FOCUS ON DISCRIMINATION
Many students (about half) report discriminatory experiences (almost 450 over two quarters), a major source of stress.
Daily discrimination impacts anxiety and stress [Sefidgar et al, CSCW 2019]
Biometric analysis shows it also changes sleep, phone use, and activity levels [ibid.]
Social support and other factors can help reduce the negative impact
When discrimination interacts with other risks (such as admission to a major), its impact can be long lasting [In Submission]
“This study is powerful because we can observe the impact of discrimination on our students in real time.”
- Jennifer Mankoff, UW Professor of Computer Science & Engineering

OUR TEAM
Dr. Jennifer Mankoff, Principal Investigator
Anind Dey, Co-Investigator
Eve Riskin, Co-Investigator
Paula Nurius, Co-Investigator Anne Browning, Co-Investigator Yasaman Sefidgar, Graduate Student Kevin Kuehn, Graduate Student Orson Xu, Graduate Student Pamphlet compiled by Addie Bjornson

OUR FUNDERS

To learn more about the study, visit make4all.org/uwexperience

CONTACT: uwexperience@uw.edu

Using large-scale, passive data to understand and support student health and wellness at the University of Washington.
WHAT IS UW EXP?

UW EXP is a longitudinal study that investigates how stressful events impact student health and wellness. Our goal is to help University of Washington students and administration improve the Husky Experience.

A COMPREHENSIVE APPROACH TO UNDERSTANDING STRESS

Some stresses students experience include academics, major life events, unfair treatment and adjusting to college.

This study is takes a holistic approach to understanding negative associations with student stress.

- Students complete many surveys about their emotional state, social interactions, coping methods, and stressful experiences
- Phone data of calls, text, app usage, and location measure ways students cope with stress
- Fitbits track steps and sleep
- Academic performance and financials collected from institutional records.

ADDRESSING A DIVERSE STUDENT BODY

The 2018 sample included 209 first-year students in the College of Engineering and across campus (table below).

- We oversampled women and underrepresented minority (URM) students to better understand why these students leave engineering at higher rates.
- We also oversampled students in microclimates, including the STARS program for first-generation and low-income students, and students directly admitted to an engineering major.

2018 STUDY DEMOGRAPHICS

<table>
<thead>
<tr>
<th>Participant Demographics</th>
<th>All (N=209)</th>
<th>Engineers (N=91)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>135 (65%)</td>
<td>48 (53%)</td>
</tr>
<tr>
<td>Direct Admit</td>
<td>43 (21%)</td>
<td>33 (36%)</td>
</tr>
<tr>
<td>First Gen</td>
<td>42 (20%)</td>
<td>33 (36%)</td>
</tr>
<tr>
<td>URM</td>
<td>31 (15%)</td>
<td>16 (18%)</td>
</tr>
<tr>
<td>STARS</td>
<td>16 (8%)</td>
<td>16 (18%)</td>
</tr>
</tbody>
</table>

BIOMETRICS OF STRESS

Our analyses of biometric data help us understand physical effects of stress. Students who experience high stress...

- Walk more
- Sleep less
- Spend more time on their phones
- Report more anxiety and frustration
- Are helped by social support

POSITIVE IMPACT OF MICRO-CLIMATES

Students in protective microclimates report less depression and stress

“The positive impact of microclimates will inform institutional change.”

- Eve Riskin, Associate Dean of Diversity & Access, UW College of Engineering