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Date Friday, November 22, 2024

Time 12:00 to 1:00 PM

Location SEC 201

Title: Engineering Wellness: A Longitudinal Study of Undergraduate Student Mental Health in Engineering to Inform Curriculum Development

Abstract: Higher education is facing a mental health crisis that continues to intensify, underscoring the urgent need to increase our understanding of student mental health to develop proactive support. In this seminar, I will investigate the narrative of required stress and hardship during engineering programs that perpetuate a stress culture and explore how perceptions around norms impact student help-seeking and peer interactions. I will share our work to build predictive models to enhance our understanding of the dynamic and multivariate factors related to student mental health. Finally, I will share how we connect this research to curricular interventions to support student wellness and change the engineering narrative to create a wellness culture.

Bio: Karin Jensen, Ph.D. is an assistant professor in Biomedical Engineering and Engineering Education Research at the University of Michigan. Her research interests include mental health and wellness, engineering career pathways, and engagement of engineering faculty in engineering education research. She was recognized with a CAREER award from the NSF for her study on undergraduate mental health. Jensen is an associate editor for the Journal of Women and Minorities in Science and Engineering and Biomedical Engineering Education. She earned a bachelor's degree in biological engineering from Cornell University and a Ph.D. in biomedical engineering from the University of Virginia.