

2021 Texas Undergraduate Research Day at the Capital



Congratulations to Corinne Berg, Dr. Susan Calloway, and Cara S. Young. Corinne was invited to showcase her poster during this virtual event, held on February 23-24, 2021. The purpose of this event is to showcase the experiences of undergraduate students engaged in research for Texas legislators and the public through high-quality poster presentations. The program highlighted how research conducted by undergraduate students positively impacts Texas -- and Texans -- with the theme: Transforming Texas Through Undergraduate Research.

Research Abstract:

Texas Tech University Health Sciences Center
SELF-MANAGEMENT PRACTICES OF UNIVERSITY STUDENTS WITH A MENTAL
HEALTH DISORDER; A NOVICE RESEARCH ASSISTANT PERSPECTIVE
Corinne Berg
Faculty Advisors: Susan Calloway, Cara Young

This exploratory descriptive study is designed to address the research gap related to the transition of college students with a diagnosed mental health disorder to college life and their self-management practices.

Aims: 1. Explore participant experiences with self-management practices before and after entering the university; 2. Identify barriers and facilitators to self-management in the university setting; 3. Examine correlations between transition readiness and self-efficacy, anxiety, depression, perceived stress and loneliness.