

# Shedding Light on Post-Grad Depression: A Real Challenge for Many



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For years, we have celebrated the achievements of individuals who have successfully completed their undergraduate studies. The anticipation of embarking on new career paths, making a meaningful impact, and experiencing personal growth has been the narrative we often hear. However, the reality is that the post-graduation period can be an emotionally turbulent time for many.

Post-grad depression is characterized by feelings of sadness, anxiety, and a sense of loss or uncertainty about the future. It can manifest in various ways, such as a lack of motivation, difficulty finding employment, questioning the value of the degree

obtained, or feeling overwhelmed by the weight of expectations. The transition from the structured environment of academia to the unpredictable world outside can be overwhelming, leading to feelings of isolation and inadequacy. One of the key contributors to post-grad depression is the discrepancy between expectations and reality. Many graduates envision themselves landing their dream job immediately or effortlessly transitioning into a fulfilling career. However, the job market can be competitive, and the process of finding employment often takes longer than expected. This gap between expectations and reality can take a toll on one's mental well-being.

“Honestly, everything is weird now. I feel stuck and confused, it’s not easy to jump into your career field right after college. It’s just not.” said by Alexis Foster who recently graduated from Community College of Philadelphia.

Moreover, the pressure to succeed and meet societal expectations can be immense. The fear of failure, coupled with the constant comparison to peers who seem to be excelling, can further exacerbate feelings of depression. It is crucial to remember that everyone's journey is unique, and comparing oneself to others can be detrimental to mental health.

“I’m overwhelmed almost everyday because I just don’t know what my next steps are. I’m supposed to have it all figured out after college but it just doesn’t work like that nowadays. Always keep a positive mindset though, everything is gonna be ok in the long run.” said by an alumni student who attended Lincoln University.

It is essential to foster a supportive environment that acknowledges the reality of post-grad depression. Universities, employers, and society as a whole can play a significant role in reducing the stigma surrounding mental health struggles. By promoting open dialogue, providing mental health resources, and ensuring access to counseling services, we can help individuals navigate this challenging phase of life. Remember, post-grad depression is real, but it is not insurmountable. With the right support, self-care, and resilience, individuals can overcome this hurdle and find their path to success and fulfillment.