

*Anti-Black Racism & Mental Health in  
Higher Education: Perspectives of Current  
& Prospective Post-Secondary Students in  
a Canadian Context*



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# *Purpose & Rationale*

- *Anti-Black racism leads to health inequities for Black young people seeking higher education*
  - *Negative mental health and educational outcomes (e.g., depression, anxiety, low self-esteem, premature dropout)*
- *We need more research on how experiences of racism in postsecondary institutions, among Black students, impacts wellbeing and mental health in Canada*
  - *We especially need to learn more about perspectives of young Black people contemplating postsecondary education and perceive barriers to equitable access*

# *Research Question*

- *What are Black postsecondary students' experiences of ABR in postsecondary contexts?*
- *How can current and prospective Black students be better prepared to cope with its mental health impacts?*

## *Focus on collaboration...*

- *WMRCC – community-based organization that provides a variety of services to racialized youth and emerging adults*
- *Study Advisory Committee*
  - *UofT research team – manage project; data collection and analysis*
  - *WMRCC executive director – represent needs and priorities of WMRCC*
  - *One prospective student from WMRCC Together We Can Youth Mentorship Program – represent WMRCC student participant needs and priorities*
- *Goal is to ensure all phases of research are collaborative, with feedback on study aspects shared at critical stages so any needed changes can be implemented. Student/community youth expertise is prioritized*

# *Methods*

- *Participants: 30 youth aged 18 to 25; self-identify as Black/African descent*
- *Procedures: participants to complete a 45 min interview involving 10-12 open-ended questions to stimulate discussion of their experiences*
- *Interview location: secure virtual video session or in person at any of the 3 UofT campuses or WMRCC*
- *Interview will be audio recorded, transcribed and analyzed with Nvivo software*

## *Participants will receive:*

- *Amazon gift card as a thank you for their time!*
- *Updates regarding study results, once all data is collected and analyzed*



# *Objectives & Impact*

- *Explore current and prospective Black postsecondary students' perceptions and experiences of racial discrimination within postsecondary contexts*
- *Identify ways in which the students' perceptions and experiences of on campus racial discrimination impact on their mental health and well-being*
- *Explore student perceptions and experiences of on-campus mental health supports and resources for coping with exposures to ABR*
  
- *Results will help us: improve university mental health supports, advance research knowledge, inform new initiatives to support students*

*Thank you*

