Emphasis on competition widens the performance gap.


While colleges and universities may provide academic and financial resources to help aid their students, psychological health is often ignored and exacerbated through competitive culture.

College's competitive atmosphere can cause:
- Mental Health Issues
  - Depression
  - Anxiety
- Unhealthy Coping Methods
- Imposter Syndrome
- Higher Dropout Rates
- Failing Course Grades
- Low Attendance Rates
- and more...

Moreover, underrepresented and marginalized student groups together with people of color suffer even more: they are less likely to use mental health services and less prepared to the competitive culture. Posselt, J.R., & Lipson, S.K. (2016); Lipson, Kern, Eisenberg, Breland-Noble (2018).

"Stanford creates an environment that emphasizes mental health, but it also creates an environment where if you fall for a second, you're gonna fail."

"Institutions like Stanford pride themselves on the few students that graduate in certain majors and overall a culture that excludes as many people as possible."

"FLI students have to struggle to be aware or even begin to understand what they would need to do to be competitive."

"Stanford always talks about self-care, yet there are departments that do not care at all."

What does Stanford offer?
- CAPS
- Specialized therapy through community centers
- FLI Center
- The WCC