Aspire to Be Well for Graduate Students

In this Aspire session, we will be discussing the importance of mental health and well-being as a graduate student and how to best assist undergraduate and fellow graduate students through the utilization of on-campus and off-campus resources.

Emilie Bracchitta
Graduate Assistant
Healthy Campus, Student Health Services
Clemson University, Clemson SC

Emilie Bracchitta is a graduate student at Clemson University, where she received her undergraduate degree in 2020. She is currently obtaining her Master of Engineering in Systems Engineering from Clemson. Emilie is a four-time intern for the National Aeronautics and Space Administration (NASA). She is now a Graduate Assistant with Healthy Campus, in which she facilitates Aspire for Graduate Students sessions, discussing topics of mental health and well being.