



The Complexity of Mothers in Doctorate Programs

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Statistics

- 40% to 50% of Doctorate students are mothers who drop out (Litalien & Guay, 2015).
- 86% report fewer opportunities for professional development (Mirick & Wladkowski 2023).
- 97% report reduced productivity (Mirick & Wladkowski 2023).
- 52% report motherhood shifts life goals (Mirick & Wladkowski 2023).

Challenges

- Time Commitments
- Role Confusion and Conflict
- Psychological Distress



What Works

(Kent et al., 2020; Rockinson-Szapkiw et al., 2018; Trepal et al., 2014)

- Support networks
- Peer mentoring
- Seek faculty mentorship

Mentoring and Relationships

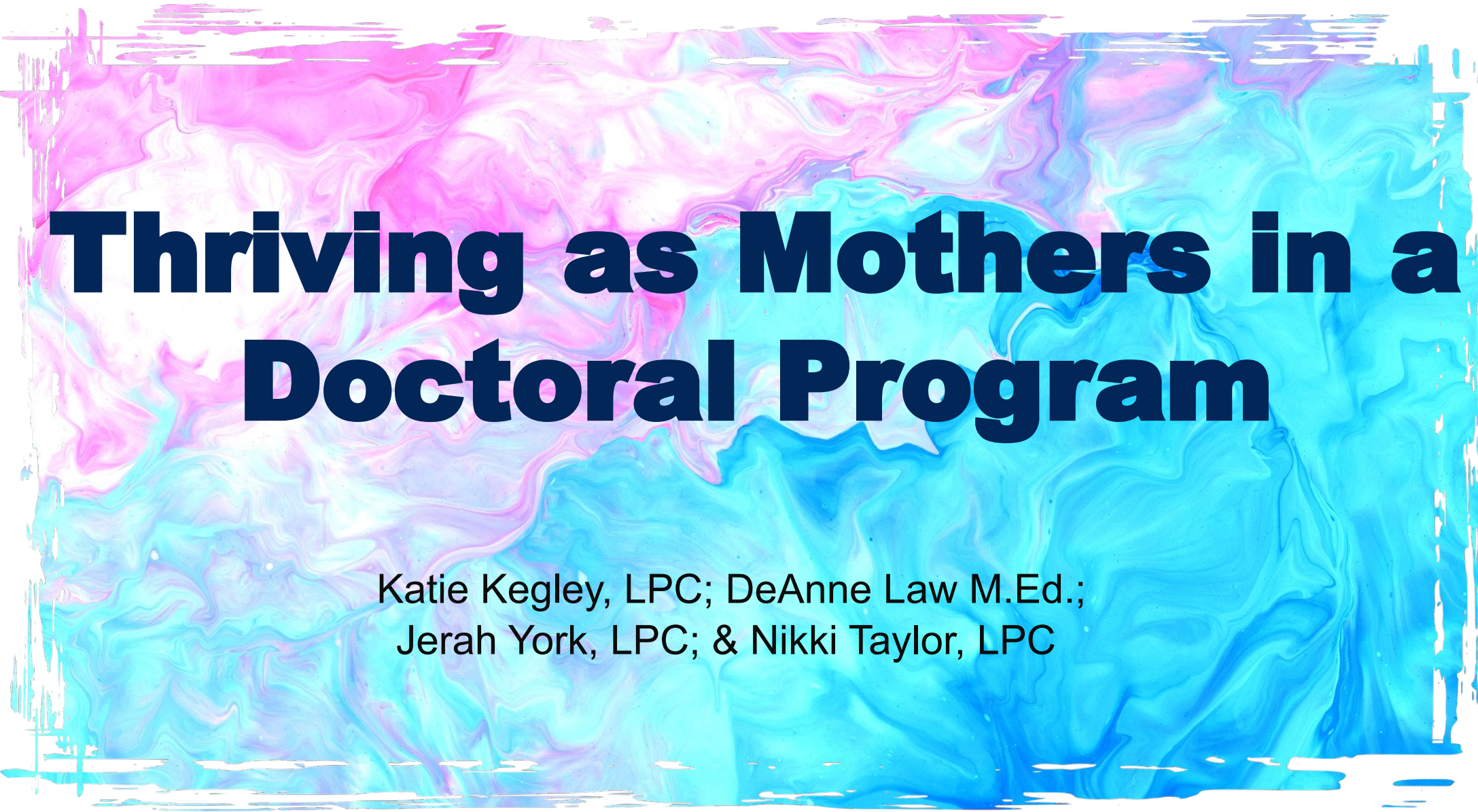
- A protective factor against dropout (ACA, 2012, Preston et al., 2020).
- Mentoring (Formal and Informal) (Kent, 2020).
 - Peer
 - Faculty
- Benefits
 - Provides support in personal lives (Kent, 2020).
 - Help create relationships that facilitate collaboration in scholarship (Kent, 2020).



What we are proposing to do

- Present 5 minutes in COUC 715 class.
- Encourage relationship building with students in the program.
- Provide formal resources for connection within the CES program.





Thriving as Mothers in a Doctoral Program

Katie Kegley, LPC; DeAnne Law M.Ed.;
Jerah York, LPC; & Nikki Taylor, LPC

Team Members



Katie Kegley

2 year old son



DeAnne Law

19 year old son



Jerah York

14 month old
son



Nikki Taylor

6 year old daughter
4 year old son



Challenges

- Time
- Balancing Roles
- Guilt



What Works

(Kent et al., 2020; Rockinson-Szapkiw et al., 2018; Trepal et al., 2014)

- Seek faculty mentorship
- Building relationships
- Support networks
 - Peer relationships



Practicalities of Peer Mentoring

- Organic process within classes with classmates
- Be proactive- reaching out via email, text, teams.
- Take advantage of peer mentoring and faculty mentoring.



Contact us!

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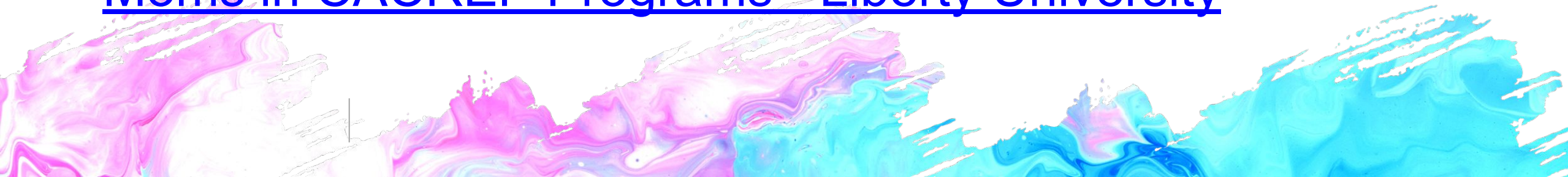
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Find our Facebook group:

[Moms in CACREP Programs - Liberty University](#)



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