Five themes emerged from the data analysis based on roughly 50 photos and in-depth interviews from 12 participants.

Two themes, **Participant Struggles with Work-School Balance** & **Detailed Experiences of College Burnout**, highlight barriers/stressors that the participants experienced.

The remaining three, **Recollections of Being Nurtured by Nature**, **Seeking Food for Comfort**, and **Leaning on Cultural Connections for Relief**, offered insights into key facilitators for stress management.

**Keywords:** First Generation College Students, Student Wellness, Photovoice, Mental Wellness

**BACKGROUND**
- College students are experiencing increasingly high levels of stress, anxiety, depression, and other mental health concerns (Milojevich & Lukowski, 2016).
- Compared to continuing-generation peers, FGCS face unique & exacerbating health challenges (Atherton, 2014) that can impact their ability to thrive in college.
- There has been limited exploration in the literature regarding the use of photovoice to explore the mental wellness of FGCS in college settings (Kiebler & Stewart, 2021)

**STUDY AIMS**
This study included the following aims:
- To amplify student voices while exploring the experiences of FGCS
- Uncover factors that help and hinder students from managing stress in the college setting.

**FINDINGS**

**METHODOLOGY**
- Participants were trained in photography techniques and ethical considerations.
- Images were captured and uploaded to a secure folder over 4 weeks.
- One-on-one semi-structured In-depth Interviews (~45 min) to discuss and reflect on images.
- Interview discussions were audio-recorded and transcribed.
- Analysis was informed by existing literature, theoretical frameworks, and emerging data from preliminary analyses and team discussions.

**CONCLUSIONS**
- Photovoice emerged as an empowering medium enabling participants to visually display then articulate their mental wellness experiences.
- The study contributes valuable insights into the mental wellness experiences of FGCS using visual methods.

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An art gallery-style exhibit was organized to display the photographs and engage the campus community.