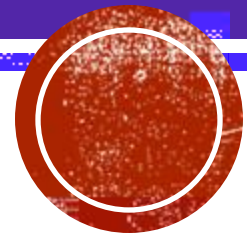


SUPPORTING MENTAL HEALTH IN COLLEGE STUDENTS

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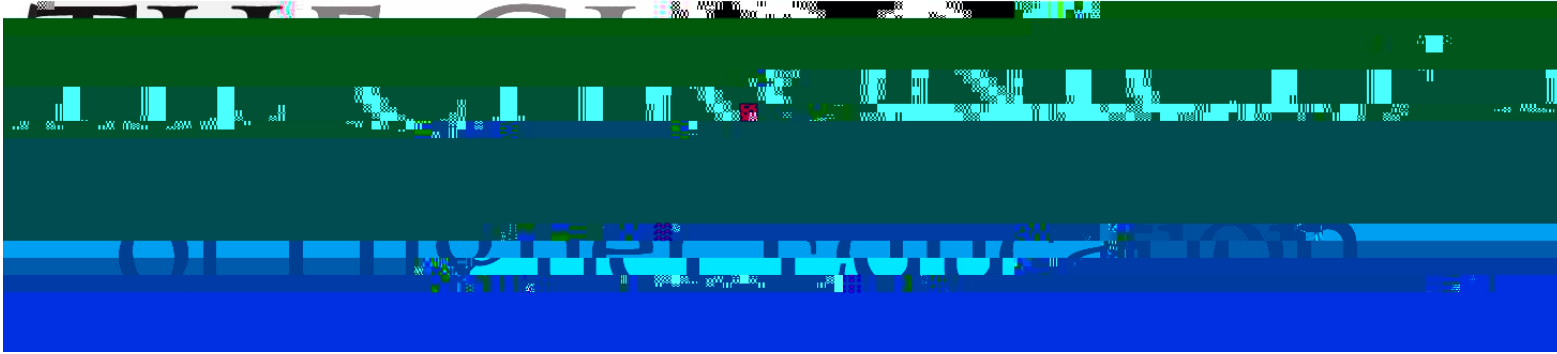
OUR DISCUSSION TODAY

Current mental health trends on college campuses

Impact of mental health on academic performance

Best practices to support college students' mental health





A 'Crisis' of Student Anxiety? - The challenges to student mental health are real. They are also decades in the making

Colleges Should Spend Covid-Relief Funds on Mental-Health Support, Education Department Says

The Mental Health Crisis on Campus

Trends in College Student Mental Health



PERFECT STORM



Collective trauma refers to the impact of a traumatic experience that affects and involves entire groups of people, communities, or societies. Collective trauma is extraordinary in that not only can it bring distress and negative consequences to individuals but in that it can also change the entire fabric of a community (Erikson, 1976).

Pandemic
Social unrest
Mass shootings
Political
upheaval
Weather-related
disasters
Inflation/Rising
prices



ADDITIONAL FACTORS

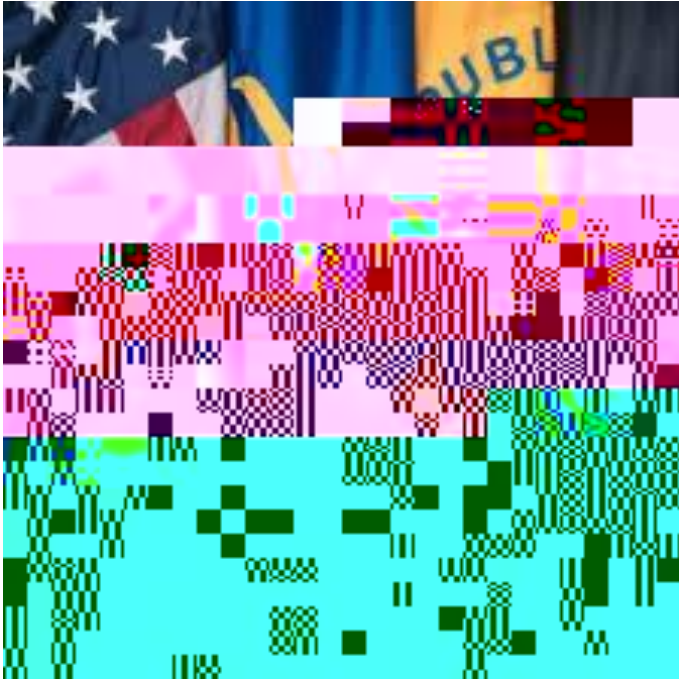


ALARMING STATISTICS!

Mental health is now one of the top reasons many college students are considering dropping out of college.

About a **third (32%)** of currently enrolled students pursuing a bachelor's degree report they have considered withdrawing from their program for a semester or more in the past six months due to





U.S. Surgeon General Dr. Vivek Murthy

In December 2021, Dr. Murthy issued a Surgeon General's Advisory on Protecting Youth Mental Health.

"Mental health is not just a side subject we need to address. It's foundational. **It is our fuel.** It takes a toll and affects whether we **show up** or build healthy relationships."



IMPACT OF MENTAL HEALTH ON ACADEMIC PERFORMANCE

Marked decline in quality of course work, class participation, quality of paper, test results

Increased absence from class or failure to turn in work

Chronic fatigue and low energy

Lack of motivation

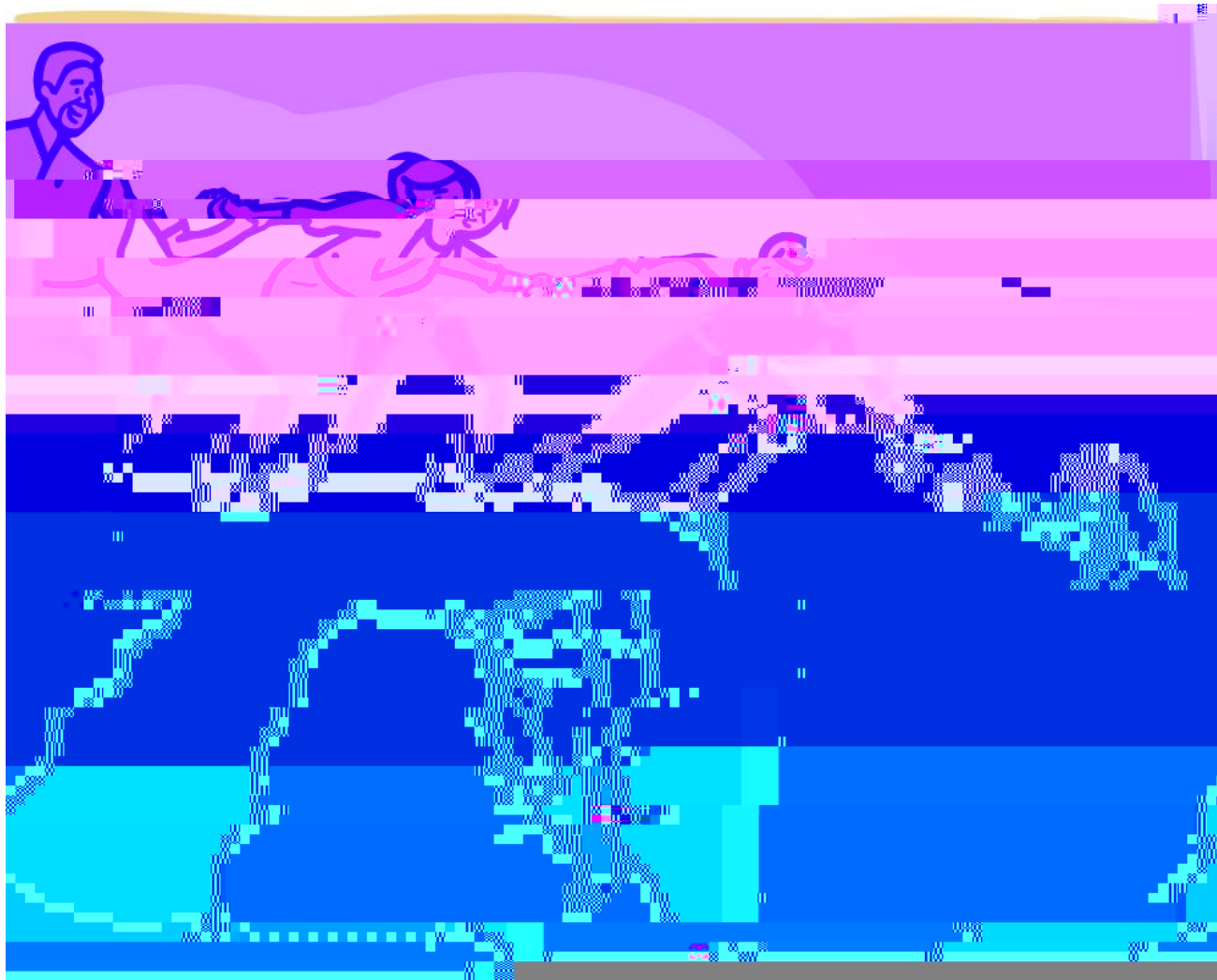
Attention and memory difficulties

Drastic change in sleep patterns, eating habits, and personal hygiene

Nervousness and excessive worry

Increased agitation and low tolerance for frustration





Ability to find ways to cope with challenges constructively, accept what has happened, adapt, and eventually move forward.

Can be developed and maintained over time!



RESILIENCY FACTORS

Persistence

Motivation

Goal Orientation

Optimism

Confidence

Cognitive reframing

Emotional regulation

Insight

Self-efficacy

Connection to others

Helping others

Well-balanced lifestyle



BEST PRACTICES TO SUPPORT STUDENT MENTAL HEALTH

1) Include a statement on mental health in the syllabus

Sets expectations

Normalizes the need to seek help

Emphasizes the link between mental health and academic success

2) Be open about your own experience with overcoming challenges

Helps students understand that setbacks are a normal part of the educational process (and life in general)

Promotes resilience (recover from stress despite challenging life events) and supports mental well-being

Allows for authenticity



BEST PRACTICES TO SUPPORT STUDENT MENTAL HEALTH

) Establish academic conditions, inside and outside of the classroom, that promote mental well-being and social connectedness

Talk about mental health openly to destigmatize it

Share ways that you practice self-care and encourage students to share how they practice self-care as well

Find ways to build connections with students

Listen and make yourself available

Empathize: share in someone else's feelings and emotions and show concern towards that person

Be flexible



BEST PRACTICES TO SUPPORT STUDENT MENTAL HEALTH

4) Identify and refer students experiencing emotional distress

<https://www.ulm.edu/counselingcenter/>

Faculty, staff, and peers are uniquely positioned to notice patterns and express concern about a student's well-being.



CONCLUSION



"If we seize this moment and lead with inclusion, kindness, and respect, we can lay the foundation for a healthier, more resilient, and more fulfilled nation."

- *US Surgeon General, Dr. Vivek Murthy*

