Student Health and Wellbeing Syllabus Insert Proposal

Bonnie Hemrick
Tess Webster-Henry
JoseyKoehn

Rationale

There is a need on the OSU campus to ensure that all students are receiving information through a medium that makes the connection between health and academics – the course syllabus.

- **23%** of students at OSU disagreed with a statement that said that they would know where to seek mental health resources on campus.

Including a short insert in each course syllabus with resources to support student mental health will encourage help-seeking.

Mental Health Needs Assessment, 2018

Barriers to mental well -being:

- Lack of help-seeking
- Lack of mental health/resource education
- Campus culture & norms
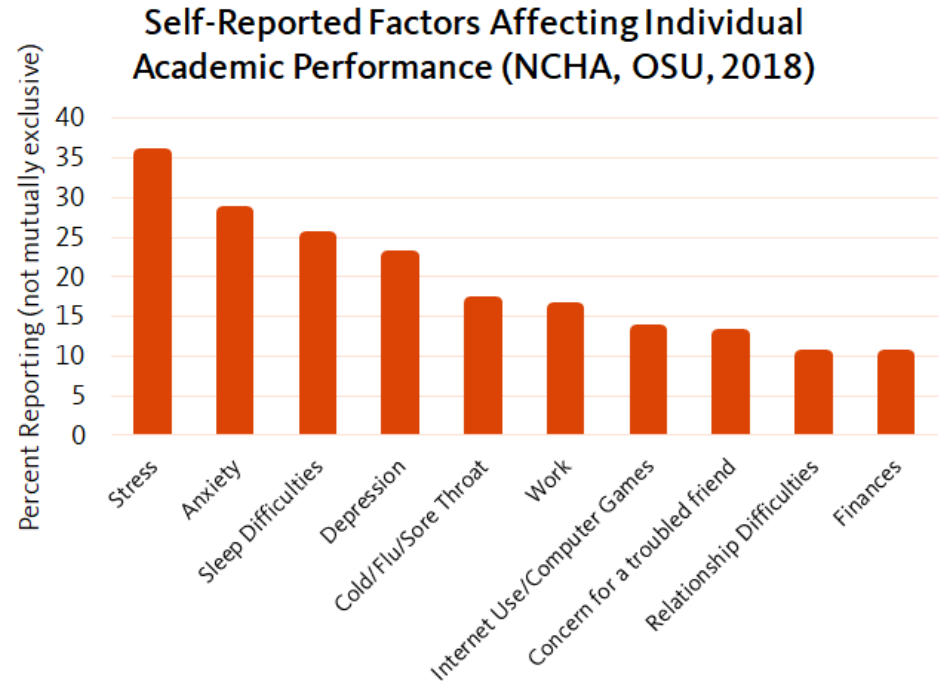- Faculty & staff
- Academic culture

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Why the Syllabus?

- Three main purposes: Contract, permanent record, and **learning tool.**

- The syllabus should be limited to only that which is **essential** to communicate to students.

- By integrating this messaging into a component of the academic sphere, there is the potential for a reduction in stigma surrounding the reality of student mental health on this campus.

- The syllabus is one of the most thoroughly read items by students, and it provides a strong signal from the institution and instructor. This is in line with our Mental Health Needs Assessment.
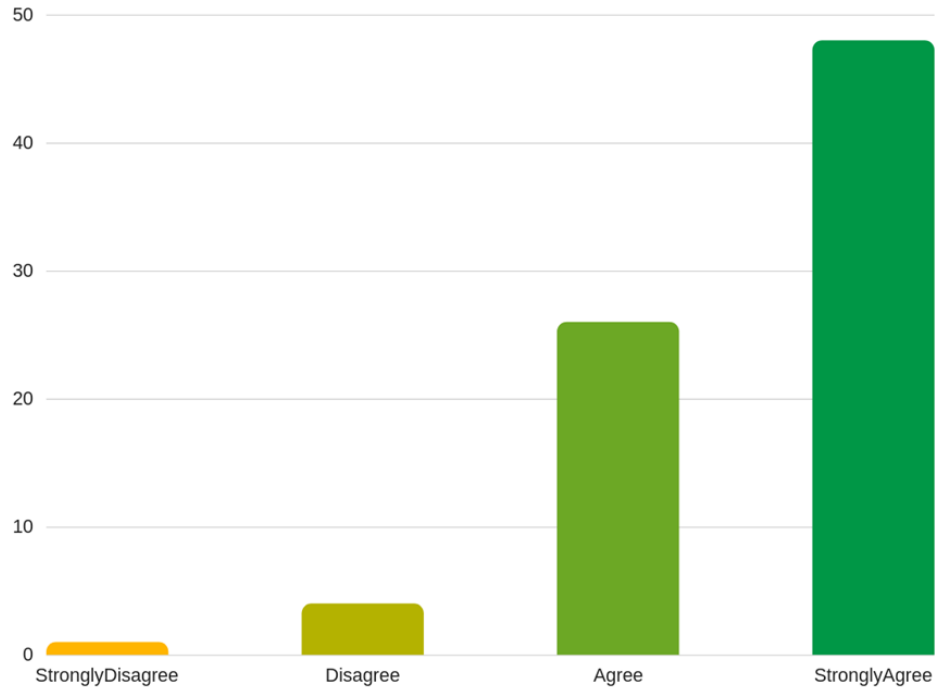
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Within the previous 12 months of NCHA 2018 survey administration, students reported the following factors affecting their individual performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work.

Self-Reported Factors Affecting Individual Academic Performance (NCHA, OSU, 2018)

On a scale of Strongly Disagree to Strongly Agree please rate the following statement: Part of the role of faculty, staff or student is to connect students experiencing psychological distress with mental health services.

CARE Folder Survey Q8
Completed by
Faculty/Staff
Fall 2018
n=92

Current Projects to Support Staff and Faculty

➜ CARE Folder
  ◆ Digital format via Box
    ● Easily accessed and updated
    ● Track usage
    ● Easily provide additional resources in the future
➜ CARE Folder Feedback
  ◆ Ongoing Qualtrics Survey sent to campus and stored in Box
  ◆ Feedback to inform future support efforts and CARE Folder improvement
➜ Helping Distressed Students Training
  ◆ Initiative area from needs assessment
  ◆ Committee formed and working
    ● Faculty representation: 3 instructors (Gen Psych, Foreign Language, Chemistry), 2 Student Success Coordinators (College of Sciences, College of Engineering) + 4 students and Student Affairs Staff

Proposed Syllabus Insert Draft:

Reach Out for Success

University students often encounter setbacks from time to time that can impact academic performance. If you or a fellow classmate encounter difficulties and need assistance, it's important to reach out. Consider discussing the situation with your instructor or an academic advisor. Learn about how you can plan for success at: http://success.oregonstate.edu or http://experience.oregonstate.edu/well -being/ .

For information about help addressing mental or physical health concerns, including seeing an OSU counselor or doctor, visit http://counseling.oregonstate.edu/ or http://studenthealth.oregonstate.edu/ . For those who may need or prefer immediate mental health support, text OREGON to the Crisis Text Line at 741-741 or call the Suicide Prevention Lifeline at 1-800-273-8255.