

JR-09.14

“Resolution Urging the Faculty Senate to Require Mental Wellbeing Inserts on University Syllabi”

- WHEREAS** ASOSU has a vested interest in ensuring resources that better the mental, emotional, and physical wellbeing of students are easily accessible.
- WHEREAS** 22% of students at Oregon State University reported that emotional or mental difficulties have hurt their academic performance for 6 or more days in the previous month. Mental health can have a significant impact on the academic success of students, and when mental health disorders are left untreated, it can result in higher dropout rates and a lower GPA.
- WHEREAS** According to the results of a 2015-2016 Healthy Minds Study, 23% of students at Oregon State University indicated receiving treatment or being diagnosed with an anxiety disorder. 32% of students indicated being treated for depression, and 20% of students had engaged in non-suicidal self-injury at the time of the survey.
- WHEREAS** The results of the Healthy Minds Study show that students at Oregon State University struggle with mental wellbeing at higher rates than the national average. The majority of students do not seek help due to lack of time, financial restrictions, lack of knowledge of campus resources, or fear of being stigmatized.
- WHEREAS** A syllabus serves as a learning contract that outlines the expectations of the instructor and student during a course. A syllabus is the one document that students turn to for guidance throughout the term, and it can serve as an effective intervention tool for students that may be struggling to actively seek out resources.
- WHEREAS** Non-course related messages in the syllabus are limited to what is essential to communicate to students. The University currently requires that a Disability Accommodation disclosure is included in all syllabi, and given the unique relationship between mental health and academics, a mental health insert is a necessity as well.

WHEREAS 23% of students disagreed with a statement that said that they would know where to seek mental health resources on campus. A syllabus insert will not solve financial restrictions, but it will improve the level of knowledge that students have.

WHEREAS A syllabus insert on Student Health and Wellbeing is the first step that can be taken to ensure that student mental wellbeing is a priority for instructors, and that students are being given the tools that they need to be successful.

BE IT HEREBY RESOLVED BY THE ASOSU THAT:

The Associated Students of Oregon State University strongly urges the Faculty Senate to require Mental Wellbeing disclosures in all university syllabi that include the Counseling and Psychological Services Contact information, and academic support resources.

BE IT HEREBY ORDERED BY THE ASOSU THAT UPON PASSAGE:

The Associated Students of Oregon State University strongly urges the Faculty Senate to include the following insert in all syllabi:

Reach Out for Success

University students often encounter setbacks that can impact academic performance. If you encounter difficulties and need assistance it's important to reach out. Discuss your situation with your instructor or an academic advisor. Learn about how you can plan for success at: <http://success.oregonstate.edu/>

For help addressing mental or physical health concerns, including seeing an OSU counselor or physician visit: <http://counseling.oregonstate.edu/> OR <http://studenthealth.oregonstate.edu/about-shs>.

If you are unable to meet course expectations due to mental or physical health reasons review your course outline for information on what to do.

Sources: Oregon State University, The Healthy Minds Study 2015-2016 Data Report

This resolution be sent to:

President Ed Ray

Faculty Senate President Jon Dorbolo

Counseling and Psychological Services Director Ian Kellems

The Editorial Board of the Daily Barometer

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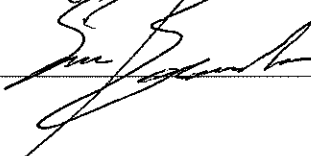
Peter J. Halajian, ASOSU Speaker of the House of Representatives

Signature:  Date: 5/11/18

Joshua D. Kaufman, ASOSU President of the Senate

Signature: Joshua D. Kaufman Date: 05/11/18

Simon A. Brundage, ASOSU President

Signature:  Date: 5/11/2018