



# Student Health and Wellbeing Syllabus Insert Proposal

Bonnie Hemrick  
Tess Webster-Henry  
Josey Koehn  
Carol Moreno



# 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.

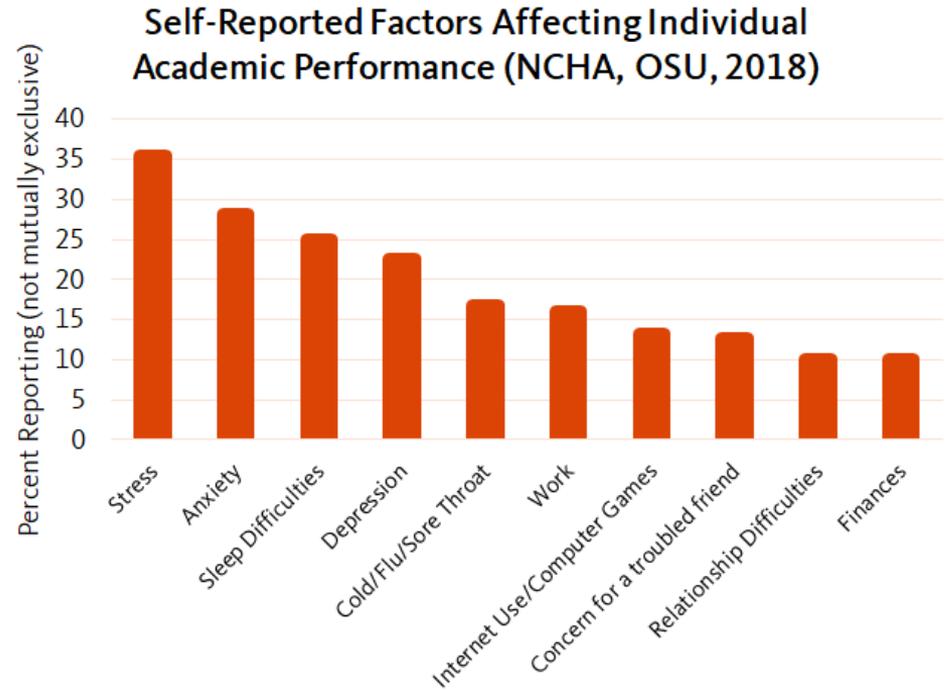
Mental Health Needs Assessment, 2018

Barriers to mental well-being:

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



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.



A decorative horizontal bar consisting of a teal segment on the left and an orange segment on the right.

## 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

→ Kognito

- ◆ Training on how to have effective conversations around mental health and suicid prevention
- ◆ Supports improved academic performance, student retention, and campus safety



# Process

- Mental health needs assessment showed need for greater mental health resource awareness
- Concurrently, ASOSU saw a need for a mental health statement on all syllabi
- ASOSU drafted and passed resolution JR-09.14 in support of a mental health statement on all syllabi
- ASOSU and CAPS worked together to draft the first version of the syllabus statement
- Received endorsements from stakeholders across campus
- Proposed and received endorsement from 3 Faculty Senate councils (Executive Council, Graduate Council, and Curriculum Council)
- Brought proposal/proposition to Faculty Senate in December 2018
- Received feedback on the draft and was encouraged to incorporate feedback and re-propose
- Elicited student focus group feedback and incorporated student suggestions into revised statement(s)



# ASOSU Support

## Shared Governance Agreement

- May 9<sup>th</sup>, 2017 – Edward J. Ray Doctrine
  - Shared Governance between ASOSU, the administration and the **Faculty Senate** with the purpose of representing student voices in decision-making on important issues.
  - ASOSU President is a standing member of the Oregon State University Faculty Senate.

## ASOSU Resolution & Letter of Support

- House Resolution JR-09.14
  - Elected group of student representatives chose this as a priority issue to address
- ASOSU Branch Leadership Letter of Support
  - ASOSU President, Vice President, Speaker of the House, Judicial Council Chair, and Coordinator of Wellness Affairs support the syllabus statement, specifically with the current language as developed in coordination with Counseling and Psychological Services

# Development Rationale



- Repeated exposure to a message, especially when it is delivered through multiple channels, may intensify its impact on audiencemembers (*FreimuthV, Quinn SC. The Contributions of Health Communication to Eliminating Health Disparities. American Journal of Public Health 94(12):2053-2054, December 2004*)
- Including a normalization statement about setbacks is important as it normalizes the struggle that is the college experience
- The statement encourages proactive help seeking as opposed to waiting for a crisis to reach out
- Making a connection between personal and academic success is stressed in this statement and includes explicit resources that can assist with these inter-related issues
- Keeping a resource list limited is in line with trauma informed practices
- Listing emergency resources explicitly in the statement is important for those in immediate crisis
- Landing page for resources will provide students with resources specific to their circumstances (i.e. ecampus students)



# Proposed Syllabus Statement #1

*Reach out for success*

*University students encounter setbacks from time to time that can impact academic performance. If you encounter academic difficulties and need assistance, it's important to reach out. Consider discussing the situation with your instructor or an academic advisor. Learn how you can plan for success at [oregonstate.edu/ReachOut](http://oregonstate.edu/ReachOut)*

*For 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 OREGONline Crisis Text Line at 741-741 or call the Suicide Prevention Lifeline at [800-273-8255](tel:800-273-8255).*



# Proposed Syllabus Statement #2

*Reach out for success*

*University students encounter setbacks from time to time that can impact academic performance. If you encounter academic difficulties and need assistance, it's important to reach out. Consider discussing the situation with your instructor or an academic advisor. Learn how you can plan for academic and personal success at [oregonstate.edu/ReachOut](https://oregonstate.edu/ReachOut)*

**If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting OREGON to 741-741.**