

Materials linked from the May 9, 2019 Faculty Senate agenda.



The Associated Students of Oregon State University
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To Members of the Faculty Senate,

The Associated Students of Oregon State University has a longstanding tradition of promoting access to mental health services at Oregon State University. An important first step to changing the culture surrounding mental health at OSU is to recognize the separation between academic rigor and proactive self-care. We can begin to bridge this gap by promoting mental wellbeing within the academic structures that exist, specifically within the academic syllabus.

In the Spring of 2018, the ASOSU Congress passed a resolution (JR-09.14) urging the Faculty Senate to require mental wellbeing inserts in university syllabi. Many students do not see their professors or academic advisors as understanding supporters of their non-scholastic lives. This is why we believe it is crucial to include language in the syllabus statement that normalizes speaking with these authority figures as a first step.

If we want students to feel equipped to take proactive approaches to their mental health, this link to a resource landing page is incredibly beneficial. Counseling and Psychological Services is an essential, undisputed resource, one that benefits students, faculty, and staff. In fact, we see that CAPS already seeks to promote services – such as the Academic Success Center – so that students can take control of their academic wellbeing.

ASOSU refers to the experts at Counseling and Psychological Services to take what they have learned from the students they serve and respond with the best recommendations moving forward. For that reason, we continue to encourage the Faculty Senate to adopt the proposed syllabi insert that has been approved and vetted by the ASOSU Congress, CAPS, the Graduate Council, and the Curriculum Council. Creating a culture of care on our campus means that everyone -- student, faculty, and staff -- must come together to promote mental health and wellbeing.

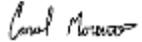
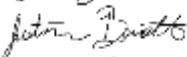
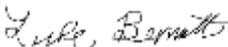
Although CAPS absorbs much of this obligation, we all must share this responsibility. That is, when we have the ability to do so, we must act as the stewards for the most vulnerable students and seek to promote and better our students' overall wellbeing. This is the opportunity to exercise that.

ASOSU supports the following proposed syllabus statement.

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. 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**.*

Best,

 - ASOSU Speaker of the House
 - ASOSU Coordinator of Wellness Affairs
 - ASOSU President
 - ASOSU Vice-President
 - ASOSU Judicial Council Chair