



**Inside
Higher
Ed**

How Mental Health Can Help (and Hurt) Student Success

Presenters

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How Mental Health Can Help (and Hurt) Student Success



Setting the Agenda

College mental health crisis is:

- Widespread
- Complex
- Enduring
- A threat to student success

We'll discuss:

- Practical classroom advice
- Campuswide interventions
- Remaining challenges

1. Survey: Half of College Students With Mental Health Issues Haven't Accessed Care

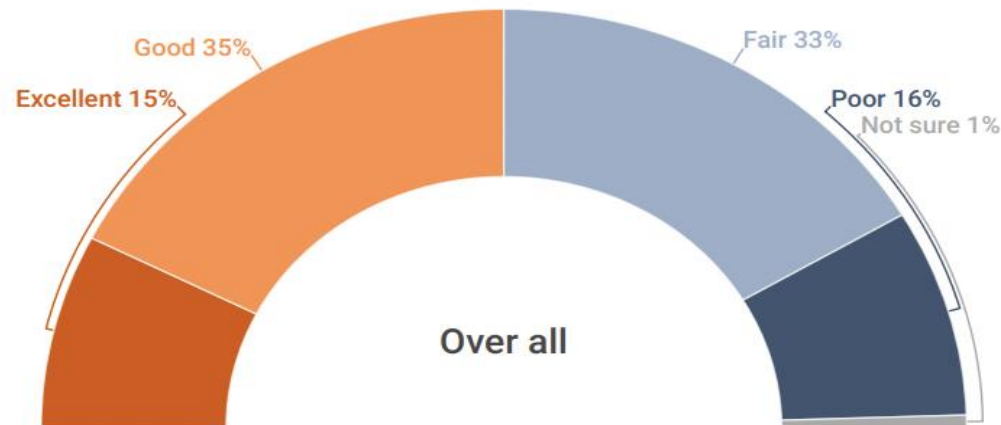


Student Voice:

- 1 in 2 students with a mental health condition hasn't used any campus counseling services
- 2 in 3 students say they know where to go on campus if they or a friend is experiencing a mental health crisis
- Mental health issues linked to chronic stress

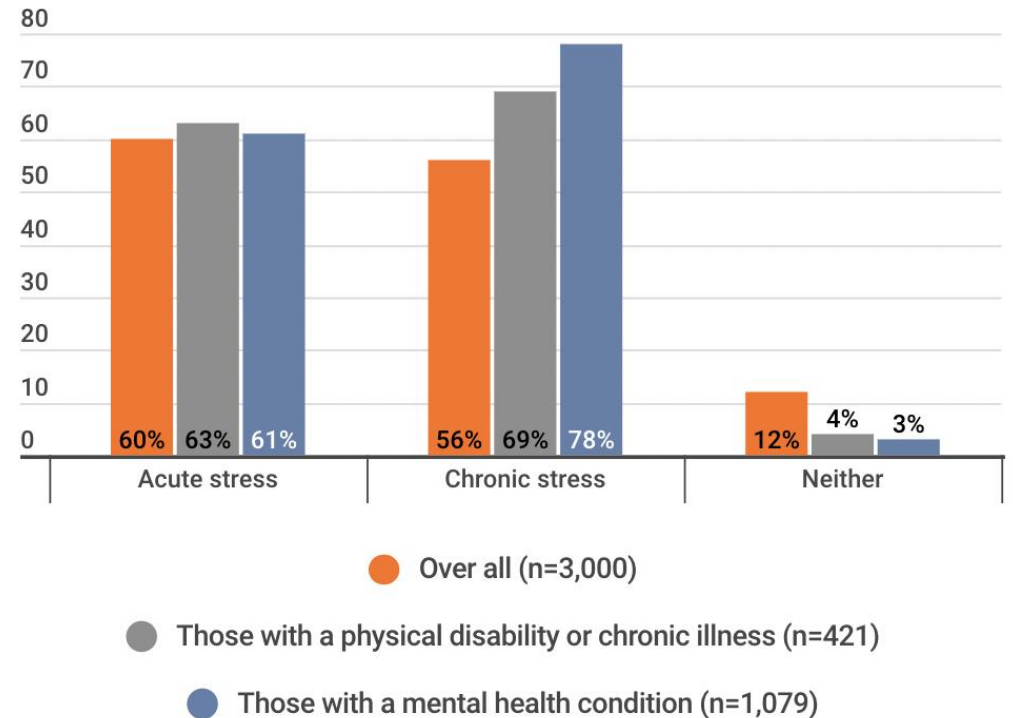
More From Student Voice

How Students Rate Their Mental Health



Experiences With Acute vs. Chronic Stress

Students identify the types of stress they've experienced during college (by share over all and by share of those reporting health issues)

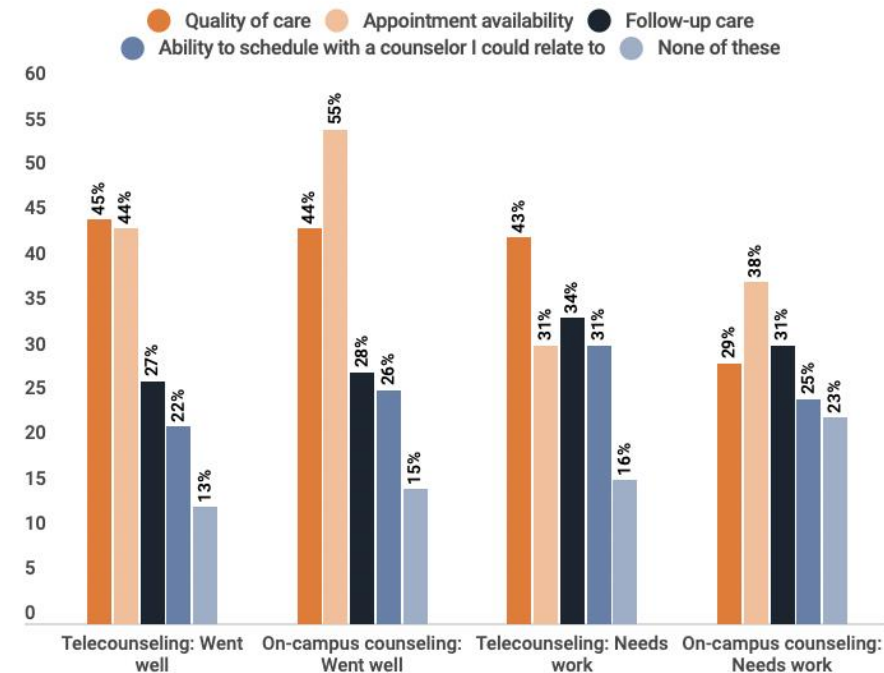


2. Telecounseling Talk: What Students Say

Student Voice: Students' Experiences with Telecounseling



Share of students who have received mental health *telecounseling only* (n=172) and *campus-based counseling only* (n=555) through their institutions who say the following aspects of care **went well** or **need improvement**



Telecounseling Partnerships



“There is a lot they can offer,
but it has to be a relationship based
on both partners being honest about
what they need and want.”

Marcus Hotaling

director of counseling at Union College,
on partnerships between colleges
and teletherapy vendors



Considerations:

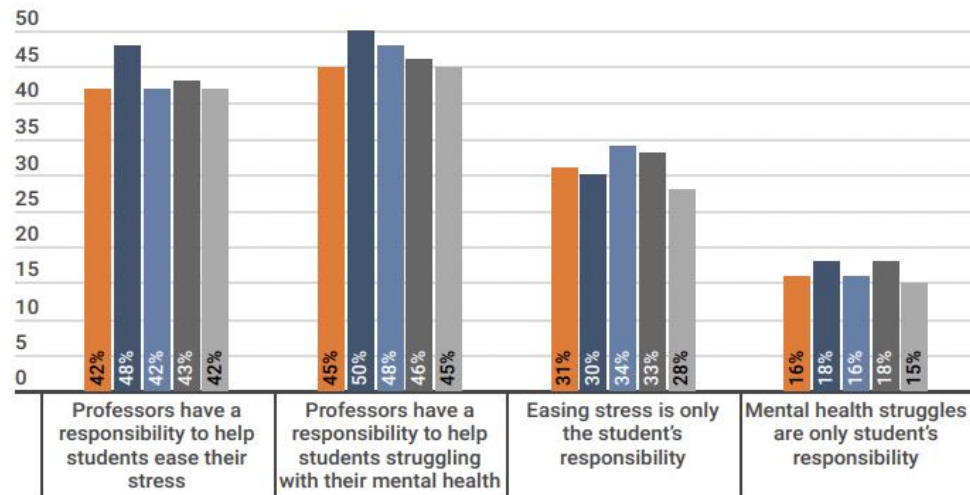
- Clinician-to-student ratio
- After-hours capability
- Emergency care
- Diversity
- Psychiatry

3. Students Say Professors Are Responsible for Helping Ease Their Mental Health Struggles

What Students Expect From Their Professors

Share of respondents over all and by group who say:

- 1) **Professors** have a responsibility to help students *ease their stress*.
- 2) **Professors** have a responsibility to help students *struggling with their mental health*.
- 3) *Easing stress* is **only the student's** responsibility.
- 4) *Mental health struggles* are **only the student's** responsibility.



Helping Struggling Students

Not an individual problem

- Just 3 in 10 survey respondents over all say easing stress is only the student's responsibility
- Just 16 percent say addressing mental health problems is only the students' responsibility

HMN recommends:

- "Saturation approach"
- No late-night or early-morning deadlines
- Rethinking high-stakes exams or assignments
- Finding small ways to build community in the classroom

4. Tackling Students' Mental Health in the Classroom



“

“[M]ost of my students don't indicate urgent crises but rather an interest in developing their own repertoire of skills and a greater sense of self-efficacy in managing challenging thoughts, emotions and behaviors.”

Psychologist Rachel Goldsmith Turow
adjunct professor at Seattle University and
Icahn School of Medicine at Mount Sinai

”

5. Wellness Tip: Using Polls to Get a Pulse on Students' Mental Health



“At the end of the day, the student that’s coming out of the pandemic and coming back to our institutions just wants to know they matter, just wants to know that somebody knows their name and just wants to know that somebody will genuinely ask them how they’re doing.”

Matt Merkel
Associate professor at
Salt Lake Community College



How it works: At the start of each class, Merkel creates an anonymous Zoom poll for his students to provide a check-in on their mental and emotional health that day. The poll is a 10-point scale—modeled loosely after health care’s 10-point pain scale—with a 10 being the best and one being “I’m just pressing buttons today,” he says.

6. How Online Teaching Can Promote Empathy



Lisa J. Anderson says:

- Listen to what students want, but take it with a grain of salt
- Build a culture of empathy in teaching and learning
- Invite students to be co-designers of learning

7. Report: Colleges Help, and Hurt, Student Mental Health

College Futures Foundation identifies how colleges hurt MH:

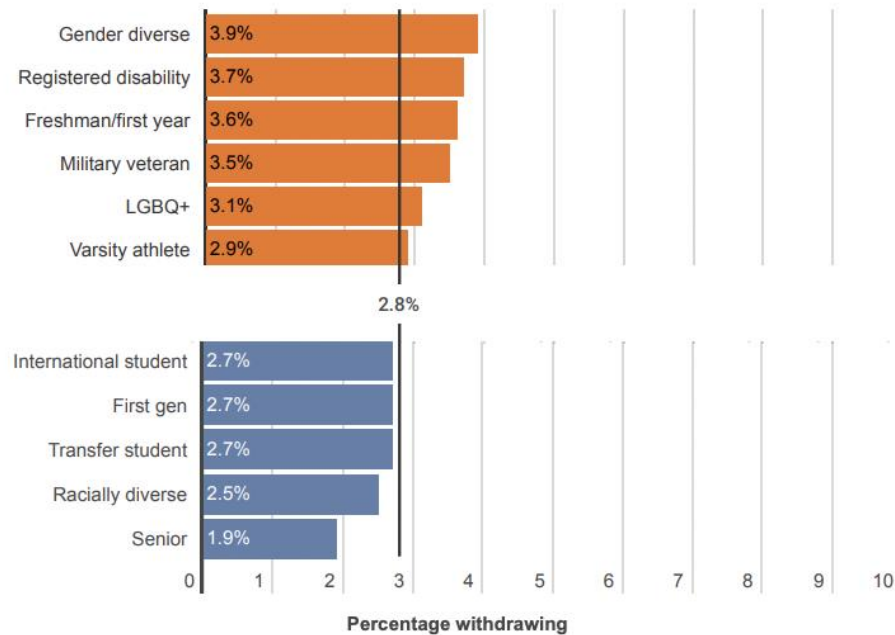
1. Social isolation, especially for minority students
2. Hostile climates
3. Individualistic, competitive attitudes
4. High costs, debt
5. Barriers to accessing mental health care

Areas of opportunity for supporting student MH:

1. Teach proactive self-care
2. Foster belonging through connections
3. Affirm and validate students.
4. Embed diverse curriculum throughout disciplines
5. Provide culturally relevant mental health programming

8. What Makes a Student Withdraw?

The Rate of Withdrawal Across All Demographics is 2.8 Percent



Source: The Center for Collegiate Mental Health



9. Survey Gauges Student Supports for Well-Being at College



The Student Well-being for Institutional Support Survey (SWISS):

- Evaluates students' perception of their college
- Found 6 areas for institutional development:
 1. Financial literacy education
 2. Faculty support in academic goal-setting
 3. Affordable housing
 4. Identity exploration
 5. Religious and spiritual interest exploration
 6. Social connections in residence halls

10. Mental Health and ‘Expectable’ vs. ‘Unmanageable’ Discomfort: Key Podcast

“

“Experiences for college students are going to arrive in three categories. They’re going to be enjoyable, we hope, uncomfortable and sometimes unmanageable. Situations that are uncomfortable and unmanageable are not the same thing. A lot of undergraduate education will be uncomfortable, because that means you’re growing, right?”

Lisa Damour
Psychologist and author of
The Emotional Lives of Teenagers

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From left, Lisa Damour, R. Ryan Patel and Nance Roy

Discussion

Trends

Many students who need care aren't seeking it.

Students expect professors, others to help.

A responsive, "saturated" campus can catch students falling through the cracks.

Trends (continued)

Student mental health is an emergency, and instructors, whether they want to be or not, are first responders.

Teaching self-care strategies and offering opportunities to discuss mental health promote wellness.

Holistic student well-being involves not just mental health but also financial, spiritual, academic and social wellness.

Q and A:

Ask us anything!

Thank you!

