

**Madonna University Student Senate
Resolution**

Senate Resolution: W17-R6

Date Adopted: March 17, 2017

AUTHORED BY: Senator Globke
SUPPORTED BY: Vice President Papisoglu

A RESOLUTION TO: *Advocate for the inclusion for a section in all Madonna University course syllabi informing students of any and all mental health/counseling services available to them as Madonna University students.*

THE MADONNA UNIVERSITY STUDENT SENATE ENACTS:

WHEREAS, caring for the mental health needs of all Madonna University students as they navigate their college careers should be of utmost importance to the University as a whole and;

WHEREAS, a survey done by the American Psychological Association found that anxiety affects 41.6% percent of college students, followed by depression at 36.4% and relationship problems at 35.8%¹ and;

WHEREAS, a survey of college counseling center directors found that 95% stated that students with significant psychological problems is a growing concern¹, and;

WHEREAS, Madonna University should take every step to provide students with information to assist them with their transition into the college setting or through their years here at Madonna University, and;

WHEREAS, the Counseling and Disability Resource Center alongside with the Madonna University Psychological Services Clinic provide a variety of services to help students effectively cope with or treat mental illness², and;

WHEREAS, all faculty members at Madonna University are required to distribute a course syllabus to each of their students, and;

WHEREAS, including a statement on mental health/counseling to all course syllabi will raise awareness for this rising epidemic while simultaneously removing the stigma from using these services, and;

¹ <http://www.apa.org/monitor/2013/06/college-students.aspx>
<http://college.usatoday.com/2016/01/30/mental-health-by-the-numbers/>

WHEREAS, this statement would also raise awareness of the services available to all Madonna University students;

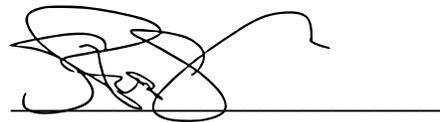
Therefore Let it Be Resolved that the Madonna University Student Senate recommends that the administration of Madonna University urges all academic department to include a statement regarding mental health/counseling on their course syllabi.

SENATE VOTE TOTALS:

17-0-0



Thomas Martin
PRESIDENT



Stefanie Papasoglu
VICE PRESIDENT

¹<http://www.apa.org/monitor/2013/06/college-students.aspx>
²<http://college.usatoday.com/2016/01/30/mental-health-by-the-numbers/>

Policy Proposal

For

“Addition of a Mental Health/Counseling section to every Madonna University syllabus”

A RESOLUTION TO:

Insert a section into all Madonna University course syllabi pertaining to Mental Health and Counseling.

RATIONALE:

For most students, the transition from high school to college life can be difficult. Couple that with personal hardships, challenges, and any pre-existing mental health issues that someone may be dealing with could increase the possibility of anxiety, depression, or other psychological issues. Due to these realities, I believe that Madonna University should make every effort to educate students about the resources available to them as Madonna University students.

I propose that a Mental Health and Counseling section should be added to every Madonna University course syllabus detailing all available University resources through the Psychological Resources Center, the Office of Disability Resources Center, the Ulliance Student Assistance Program and the National Suicide Prevention Hotline for students experiencing any type of personal hardship, challenge, or mental health issue.

The Association for University and College Counseling Center Directors surveyed college counseling center directors and 95% of them stated that the number of students with significant psychological problems is a growing concern in their center or on campus¹. While anxiety and depression may not seem like serious mental disorders, they are affecting an increasing college students. The same study done by the Association for University and College Counseling Center Directors found that 41.6% of college students suffer from anxiety, 36.4% from depression, and 35.8% of college students have relationship problems¹.

Coping with anxiety and depression without help from others is not always a viable option. Easy access to psychological resources on campuses should be a paramount concern of University administration. However, the same Association for University and College Counseling Center Directors survey found that 19% of directors reported that the availability of psychological services on college campuses are inadequate¹. I believe that by informing students about the services offered through the Psychological Resources Center, the Office of Disability Resources, and through Ulliance Student Assistance Program would be invaluable to provide effective mental health and counseling services.

Another major issue that affects college students is thoughts of suicide. Per the National Data on Campus Suicide and Depression, 1 in every 12 college students have made a suicide plan². One of the warning signs of suicide is hopelessness which 49.5% of students reported having and 60.5% of students reported feeling lonely, which is also an early indicator of depression². The

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² <http://college.usatoday.com/2016/01/30/mental-health-by-the-numbers/>

increasing prevalence of depression, feelings of loneliness, and other risk factors has caused suicide to become the number 2 cause of death for individuals between the ages of 15-34², with a majority of college students falling within this age range. Based on these statistics, I believe that it would also be beneficial to include information for the National Suicide Prevention Hotline on course syllabi for any students who may have had suicidal thoughts.

By adding a mental health and counseling section to all Madonna University syllabi, the administration would be demonstrating their commitment to the Franciscan values of respecting the dignity of others and the issues and challenges that they are facing. Another value being demonstrated would be having a respect for diversity because not every student experiences the same issues or hardships and Madonna University should be prepared to care for any student that requires assistance. The final Franciscan value that would be demonstrated by adding this section to the syllabus would be a reverence for creation. By providing resource information that is easily accessible to every student, the administration and University would show their commitment to ensuring that students do not harm themselves physically or spiritually.

Syllabus sample:

Madonna University strives to nurture academic success as well as the general well-being of our student body. During your college years, it is common for students to experience some form of hardship or personal challenge. Some students may require the assistance of a third party to help them through any troubling times or experiences they may be having.

Counseling and Disability Resource Center (Room 1303)

Anne B. Lies, M.A., LPC, Director
(734) 432-5641

Psychological Services Clinic

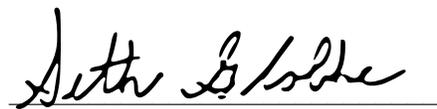
Low-fee mental health care
(734) 432-5493

Ulliance Student Assistance Program

24/7 confidential assistance
No fee required
1 (855) 774-4700

24/7 National Suicide Prevention Hotline

1 (800) 273-8255
<https://suicidepreventionlifeline.org>



**Senator for the College of Social Sciences
Seth Globke**

Date: March 13, 2017

¹ <http://www.apa.org/monitor/2013/06/college-students.aspx>
<http://college.usatoday.com/2016/01/30/mental-health-by-the-numbers/>