Caring for the Whole Student

How Faculty and Department Leaders Can Address Their Students’ Mental Health

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Agenda

By the end of this presentation, we hope to be able to answer the following questions:

1. What **burdens** are students facing?
2. How does this **impact education**?
3. What can faculty and department leaders **do**?
4. Where can I find **more resources**?

We have also reserved time for a general Q&A.
What burdens are students facing?

- Financial insecurity
- Climate change
- Healthcare
What burdens are students facing?

Financial insecurity

Historical Cost of Tuition & Fees

What burdens are students facing?

**Financial insecurity**

What burdens are students facing?

Food insecurity: 2-year and 4-year students

“I've always thought about finances. That's the first thing on my mind, anywhere.”

Poverty-Impacted Student
University of Massachusetts Amherst

2. Center for Student Success Research, “Financial Stress and Insecurity Among Undergraduates at the University of Massachusetts Amherst” (2021). Reports and White Papers. 9. Source URL
Climate change

What burdens are students facing?

“...surface temperatures in the city that routinely exceed what you might find in the desert.”

- Stuart Gaffin, Columbia University

The hottest surface temperature recorded from space in the past decade was 159°F, in Iran’s Lut Desert. The temperature of black tar rooftops in New York City can reach 180°F in summer.
What burdens are students facing?

Climate change disproportionately impacts Black, Latinx, and Indigenous students and students who are affected by poverty.³

Students are aware of and frightened about the looming crisis.⁴

Common feelings: Fear, fatalism, and hopelessness.⁵

⁵ Wray, B. (2019, May). How climate change affects your mental health. TED. Source URL
“I think it’ll take years to recover from the Thomas Fire. I’ll remember the panic and chaos it created for the rest of my life.”

Julie Madsen
Senior at Buena Vista High School, Ventura, CA
What burdens are students facing?

Healthcare

Total national health expenditures, US $ per capita, 1970-2020

<table>
<thead>
<tr>
<th>Year</th>
<th>U.S.</th>
<th>Switzerland</th>
<th>Germany</th>
<th>Netherlands</th>
<th>Austria</th>
<th>Sweden</th>
<th>Comparative Country Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>1970</td>
<td>$3,200</td>
<td>$6,731</td>
<td>$6,299</td>
<td>$5,899</td>
<td>$5,754</td>
<td>$5,736</td>
<td></td>
</tr>
<tr>
<td>2020</td>
<td>$12,531</td>
<td>$11,945</td>
<td></td>
<td></td>
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</tbody>
</table>

Notes: U.S. data obtained from National Health Expenditure data. Data from Australia, Belgium, Canada, Japan, and Switzerland are from 2019. Data for Australia, France, and Japan are estimated. Data for Austria, Canada, Germany, Netherlands, and Sweden are provisional. Health consumption does not include investments in structures, equipment, or research.

Source: KFF analysis of National Health Expenditure (NHE) data
What burdens are students facing?

Healthcare

12-month prevalence of illicit drug disorder among population age 12+, by age, 2020

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>6.6%</td>
</tr>
<tr>
<td>Age 12-17</td>
<td>4.9%</td>
</tr>
<tr>
<td>Age 18-25</td>
<td>14.6%</td>
</tr>
<tr>
<td>Age 26+</td>
<td>5.6%</td>
</tr>
</tbody>
</table>

Source: Substance Abuse and Mental Health Services Administration, NSDUH 2020
How does this impact students’ education?
Impacts on students’ education

How does this impact students’ education?
How can faculty and department leaders help?

- Reduce cost and promote access
- Adapt pedagogy and policies to climate change
- Cultivate a supportive learning environment
How can faculty and department leaders help?

Reduce costs and promote access

- Switch to low-/no-cost instructional materials, such as OER.
- Provide at least two weeks of free access to all content.
- Partner with and/or identify student support programs that provide extra course materials.
- Create a consolidated resource in the LMS that orients students to the availability of resources.
How can faculty and department leaders help?

Adapt pedagogy and policies to better support students

- Create a course that has **flexible deadlines**.
- Ground instructional materials in **emerging needs**.
- Remain **culturally responsive** in your approach.
- Approach teaching and learning from a **trauma-informed perspective**.
How can faculty and department leaders help?

Cultivate a supportive learning environment

- Create a syllabus that is welcoming and inviting.
- Create alternative methods for assessment.
- Be mindful of the use of online proctoring software and lockdown browsers.
Where can I find more information and resources?

- You can find and download the full version of *Caring for the Whole Student* (and more!) by visiting us at [everylearnereverywhere.org/resources](http://everylearnereverywhere.org/resources).

- For a short list of other related resources, [CLICK HERE](http://everylearnereverywhere.org/resources).
Thank you.

Questions?