

## Three Things for Students' Well-being

What do you need to know and what can you do to support student well-being at Cal Poly? In 2018, four campus experts on student well-being each prepared their recommendations and advice for educators for a CTLT event (provided below). Their contributions were in response to the following prompts:

1. Three things that you wish faculty knew about student well-being
2. Three things that faculty can do to support students' well-being

	Three things that faculty should know	Three things that faculty can do
<p>Tina Hadaway-Mellis</p> <p>Assistant Vice President for Student Affairs Health and Wellbeing</p>	<ol style="list-style-type: none"> <li>1. Campus Health and Wellbeing is supported by student fees. They are our stakeholders and our mission is to support their wellbeing so they can thrive in all aspects of their college experience</li> <li>2. The increased health fee (effective Fall 2018 for new and transfer students) supports hiring of critical positions like medical and mental health providers</li> <li>3. Campus Health and Wellbeing is committed to continuous improvement and collaborates and provides outreach services across campus</li> </ol>	<ol style="list-style-type: none"> <li>1. Deliver curriculum in a supportive, empathic way that considers past and present traumas and stressors many of our students have already experienced</li> <li>2. Know that you are not alone. There are many valuable resources available and future trainings to look forward to</li> <li>3. A thoughtful approach and consideration of wellness in the classroom can have a powerful effect on our students' success</li> </ol>
<p>Geneva Renyaga-Abiko</p> <p>Director, Counseling Services</p>	<ol style="list-style-type: none"> <li>1. Suicide is the 2nd leading cause of death for ages 15-29: <ul style="list-style-type: none"> <li>• Non-college rate = 13.2/100,000</li> <li>• College rate = 7.5/100,000</li> <li>• Cal Poly rate = &lt;1/22,000 = &lt;4.5/100,000</li> </ul> </li> <li>2. More than 80% of college students who complete suicide were never seen by a university counseling center</li> <li>3. Top 5 diagnoses at Cal Poly Counseling Services: <ul style="list-style-type: none"> <li>• Depressive Disorders 19.6%</li> <li>• Anxiety Disorders 14.8%</li> <li>• Alcohol/Other Drug-related Disorders 7.9%</li> <li>• Academic Problems 6.7%</li> <li>• Trauma (including sexual assault) 6.4%</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Take your students seriously when they share/exhibit mental health-related symptoms <ul style="list-style-type: none"> <li>• Students take what you say very seriously (even if it doesn't seem like it!)</li> </ul> </li> <li>2. Refer to campus resources as needed <ul style="list-style-type: none"> <li>• This can help a student feel that it's okay to access what they may consider a stigma-filled resource</li> </ul> </li> <li>3. Model self-care and taking care of your own mental health <ul style="list-style-type: none"> <li>• Students are very influenced by what they see in their professors (even if it doesn't seem like it!)</li> </ul> </li> </ol>

	Three things that faculty should know	Three things that faculty can do
<p>Genie Jean Kim</p> <p>Director of Wellbeing, Campus Health and Wellbeing</p>	<ol style="list-style-type: none"> <li>1. We all need to care for ourselves before caring for others (Campus wellbeing matters (student staff and faculty and their health and well-being matters in their ability to teach and support their students).</li> <li>2. Many students might not know what's going on for them, students can access peer to peer support to talk to a friend and be referred to higher care. Not all students are in crisis prefer talking to a peer or a health educator. Our services complement health and counseling to help guide students to various resources.</li> <li>3. Basic Needs impact students ability to persist and thrive. The Cal Poly Food Pantry and our basic needs initiative is a collaboration of many campus wide resources. <a href="https://basicneeds.calpoly.edu">https://basicneeds.calpoly.edu</a>. All students should have access to healthy and nutritious foods and any student who have these needs can come to the food pantry on the lower level of the health center.</li> </ol>	<ol style="list-style-type: none"> <li>1. W3S's: Sleep, stress and social connection are big things that we want to ensure our students are keeping up with in their regular routines. Faculty can help shift this paradigm by avoiding midnight deadlines to help ensure students have a balanced lifestyle can contribute to over-all well-being.</li> <li>2. Our students are high achievers, there is a very real competition of who can stay work harder and achieve more without breaks. Students who "take care of themselves" are seen as less than. We need to foster a culture of well-being for our students to reduce the pressure to "be the best".</li> <li>3. Healthy Boundaries is coming up a lot for our students. The ability to have strong healthy boundaries and values can impact their choices and behaviors around alcohol, sex and healthy relationships. Having faculty model healthy boundaries and talk about them can be helpful in a mentorship capacity.</li> </ol>
<p>Joy Pedersen</p> <p>Associate Dean of Students</p>	<ol style="list-style-type: none"> <li>1. Students who want to change majors often struggle to find their way. If a student is not thriving in your area, please help them launch into another major.</li> <li>2. Non-traditional students (parents, veterans, transfer) have additional challenges at Cal Poly. Many feel the curriculum, assignments, and structure is not suited for their needs.</li> <li>3. Start by believing. If a student has feedback or shares a story about discrimination, please listen with an open mind.</li> </ol>	<ol style="list-style-type: none"> <li>1. Include a statement on your syllabus that you care about students and include a link to resources</li> <li>2. Be an upstander - if you see something, say something</li> <li>3. Acknowledge current events/tragedies that may be impacting your students</li> </ol>