

To: The University Senate

From: Grace Brooks, Joshua J. David, Sammy Bonnet, and Hannah Walter

Subject: Mental Health Statements on Purdue Course Syllabi

Disposition: University Senate Student Affairs Committee and the University Senate for discussion and approval

Proposal:

Rationale:

WHEREAS: According to College Degree Search, there are more than 1,000 suicides on college campuses annually in the United States alone¹; and

WHEREAS: Students aged 15-24 are in the highest risk group for a majority of mental illnesses, and 1 in 4 of those students in the highest risk group will not seek any form of help²; and

WHEREAS: Research conducted by Stanford University's School of Medicine said that cognitive behavioral therapy can effectively decrease peoples' depression, anxiety, and other related symptoms³; and

WHEREAS: Purdue's Counseling and Psychological Services (hereafter referred to as CAPS) is a "team of multiculturally sensitive professionals delivering comprehensive psychological services to the students of Purdue University"⁴; and

WHEREAS: CAPS's mission is "to help Purdue University students maximize their value of their life experiences"⁵; and

¹ <http://www.collegedegreesearch.net/student-suicides/>

² <http://www.collegedegreesearch.net/student-suicides/>

³ https://www.purdue.edu/caps/about/faq_caps/index.html

⁴ <https://www.purdue.edu/caps/about/mission.html>

⁵ <https://www.purdue.edu/caps/about/mission.html>

WHEREAS: CAPS accomplishes their mission through the use of “a variety of professional services, including individual, group, and couples psychotherapy; psychological testing; psychopharmacology; crisis intervention; drug and alcohol programs; outreach and consultation; and the training of helping professionals”⁶; and

WHEREAS: Purdue also offers an online resource called “WellTrack” that can assist students with managing their stress and mental health⁷; and

WHEREAS: Course instructors at Purdue University are a direct link to students on a consistent basis, and are an important resource in relaying information to students; and

WHEREAS: Purdue currently does not require course instructors to include Mental Health Statements or other resources available for students on campus in their course syllabi; and

WHEREAS: Every student who attends Purdue University should receive course syllabi, and those syllabi should also be available online for students to review the information contained within.

THEREFORE, BE IT RESOLVED THAT:

The University Senate urges the Administration to require all course syllabi by the Fall 2020 academic semester to include the Mental Health Statement provided by the Purdue University administration containing a list of mental-health resources available to students on and around campus; and

The University Senate urges the Administration to encourage course instructors to take time during the first week of classes to speak about the various resources available to students regarding mental health.

⁶ <https://www.purdue.edu/caps/about/mission.html>

⁷ <https://purdue.welltrack.com/>

**Respectfully submitted by Grace Brooks, Joshua J. David, Sammy
Bonnet, and Hannah Walter**

Student Affairs Committee

In Favor

Opposed

Tom Atkinson
Matthew Dittman
Joshua David
Rayvon Fouche
Signe Kastberg
Felicia Roberts
Paul Robinson
David Sanders.
Steven Scott
Jane Yacilla