

Student Affairs Committee 2018-2019 Annual Report

Student Affairs Oversight and Advisory and Responsibility:

The **Committee on Student Affairs** has oversight and advisory responsibility for all matters of student life and discipline. Members: One member elected by and from the Faculty of each School, the Vice President for Student Affairs (ex-officio), the Dean of Students (ex-officio), and a bargaining unit representative appointed by the President of the Union (ex-officio). One undergraduate student and one graduate student shall be appointed to serve as non-voting liaisons.

Meetings: The committee met three times in the Fall of 2019 and three times in the Spring 2020 semesters. In an attempt to accommodate schedules and increase participation, the last three meetings used zoom video conferencing.

I attended meetings two meetings with BOT Student Success Standing Committee Meeting, where the primary focus was student mental health and wellness. I specifically asked what role can the Student Affairs play in heightening our faculty's awareness of students requiring more services to help them cope with college-campus life.

Theme: *Remove the Social Stigma Associated with Asking for Help.*

Again this year's theme focused on *raising an awareness* campaign to assist student's adjustment to life on campus. The mental and emotional health of students is a growing concern for institutions of higher learning. Expectations of new freedoms, making friends, partying, joining clubs, social events, and failing course(s) can turn into mental health and academic problems.

Nearly every student will encounter obstacles they did not anticipate. Therefore, they may become paralyzed with fear denying or hiding their problems, refusing to seek out care. Additionally, students with hidden/invisible disabilities such as learning disabilities (LD), emotional and psychiatric disabilities, ADD/ADHD, and those suffering from chronic pain are among the fastest-growing category of students with documented disabilities attending postsecondary institutions.

One major obstacle discouraging students from seeking the appropriate intervention is the social stigma toward people in pursuit of mental health and academic services.

Last year, the Student Affairs committee decided to play a significant role in removing the social stigma associated with asking for help by conducting a poster contest that awarded prizes for three winners. This year, new committee members brought very positive energy looking for an opportunity to develop an identity and mission to help faculty be more aware and knowledgeable of the underlying problems our students are dealing with on a day-to-day basis.

Starting in Fall 2020, the committee unanimously agreed to use their sphere of influence within Stockton to develop strategies to help our faculty, staff, and students

- Know where and how to access campus and community mental health resources.
- Encourage students not to be afraid to ask for help
- Work cooperatively with students.

- Be open to and aware of problems and solutions related to disability and mental health.
- Develop substantive relationship other than deliverables and deadlines

I want to thank new and existing members from the Student Affairs Committee for their dedication and service.

This report was written by:
Emmanuel Small
Chair Student Affairs Committee