

Student Affairs and Campus Life Advisory Committee Minutes

Meeting time, place and date:

November 17, 2021, 4:00 pm

Held Virtually

Committee members present:

- Christopher Ryder (Chair)
- Laura Wilson
- Veena Ravishankar (Secretary)
- Cate Brewer
- Ginny Morriss

Ex-officio:

- Cedric Rucker, Associate Vice President & Dean of Student Life
- Juliette Landphair, VP for Student Affairs, Student Affairs

Nonvoting student members:

- Kaylee Deardorff

Approval of Minutes

October - Approved

Introductions

Tev Zukor, Director of the Talley Counseling Center

Jennifer Walker, Associate Professor, COE

Items of Business, including Motions

- An Adhoc group looking into mental health in response to Covid was formed prior to pandemic. Met in May 2020, made recommendations to students based on specific challenges.
- Challenges in students: related to pandemic, pre-existing, students of color, minority gender and lgbtq+ reported more. They were all referred to resources to help.
- Faculty reported similar concerns about their wellbeing. Mindfulness, exercise programs were some suggested resources.
- Wellness over time for students affected their performance in class with anxiety and other increased stressors.
- Past 5 years to the pandemic, all mental health issues were already trending up. Teenage women have been disproportionately affected in middle/high school. Pandemic only exacerbated this. They had additional responsibilities/stressors with being in college.
- College experience wasn't met due to pandemic. Depression, anxiety, relationship concerns were the top three reported to Talley Center. Family finances, furloughs,

layoffs, being at home, navigating elderly and young at home to care added to academic challenges, and have made navigating this difficult. Happens to be a significant universal/statewide problem and increasing over time.

- Phenomenon of social isolation created additional issues, lacking sense of connection over last year.
- Students continue to expect flexibility but faculty walking on a tight rope due to this. It is all getting compounded. Faculty and staff are in a similar situation.
- Finding solutions for mental health issues is difficult.
- Students who will be future college students (middle/high school kids) will have similar issues including behavioral, social and not just academic. Will have to be prepared for future students who have been through pandemic.
- Certain student demographics have been affected by having to stay home for extended period, they wanted to stay on campus but weren't able to previous pandemic year.
- Not getting attention but is a part of the problem: not being able to navigate and problem solve, starting at a heightened mode and getting into a panic mode. In fight or flight situation. Students could have worked through some issues earlier but due to this condition things are becoming difficult.
- How can faculty be more sensitive other than listening to them or redirecting them to Tally center or putting information on the syllabus?
 - Often being a sounding board helps versus problem solving, have an empathetic ear.
 - Submit a concern a form regarding students who suddenly stop coming to class and/or drop out.
 - Have some intermediary between students and faculty to provide additional support or have some training for faculty to address and understand these. There has been an evolution in faculty/staff understanding.
 - This training will help faculty understand when and where to set boundaries. Faculty can make students understand and not have to compromise course requirements completely.
 - Faculty can be more flexible with attendance.
- New QEP plan is underway to address all these. It would be good to have a wholesome plan to create a training for faculty to connect different needs, and backgrounds to make it work.

Adjournment and next meeting details

- Future meeting topics for Spring and people to invite:
 - Later in Spring, new diversity officer
 - Students/RAs on social media being cyber bullied, getting threats. Interact at different planes. Have university social media rep speak to us.
- Student rep to replace Brianna:
 - Can get some suggestions from Melissa Jones.

The meeting adjourned at 5:02 pm.
Next meeting day/time: January/TBD