



POLICY MOTION NUMBER: 2014-01	PASSED: JUNE 10, 2014
TITLE: MENTAL HEALTH RESOURCE INFORMATION IN COURSE SYLLABI	EXPIRED: JUNE 10, 2017

WHEREAS it has been demonstrated that:

- a) there exists a negative correlation between GPA and both depression and anxiety¹
- b) there exists a negative correlation between GPA and untreated depression²
- c) depression has a negative impact on exam scores³
- d) depression is correlated with a higher probability of dropping out of university⁴; and

WHEREAS many students may not already make the link between academic prosperity and personal health; and

WHEREAS many students in need may not be aware of the mental health resources that are available; and

WHEREAS the inclusion of mental health resource information on course syllabi may help decrease stigma surrounding student mental health; and

WHEREAS many students may be unaware of the causes, symptoms, and responses that can be associated with mental illness; and

WHEREAS many students may not feel comfortable enough to approach faculty or administrators personally to inquire about mental health resources; and

¹ Trockel, M.T., Barnes, M.D., Egget, D.L., (2000): "Health Related Variables and Academic Performance Among First-Year College Students: Implications for Sleep and Other Behaviours," *Journal of American College Health*, 49(3), 125-131.

² Hysenbegasi, A., Hass, S.L., Rowland, C.R., (2005): "The Impact of Depression on the Academic Productivity of University Students," *Journal of Mental Health Policy and Economics*, 8, 145-151.

³ Andrew, B., Wilding, J., (2005): "The Relation of Depression and Anxiety to Life-stress and achievement in students," *British Journal of Psychology*, 95(4), 509-521.

⁴ Eisenberg, D., Golberstein, E., Hunt, J.B., (2009): "Mental Health and Academic Success in College," *The B.E. Journal of Economic Analysis & Policy*, 9(1), article 40.



WHEREAS a syllabus can assist in the development of “time management, the abilities to prioritize and multitask, strategies for studying and learning, the use of technology, social skills, maturity, and responsibility”⁵;

BE IT RESOLVED THAT the MASU recommends that mental health resource information be included in all course syllabi.

⁵ Parkes, J., Harris, M. B. (2002): “The purposes of a syllabus,” *College Teaching*, 50(2), 55-61.

