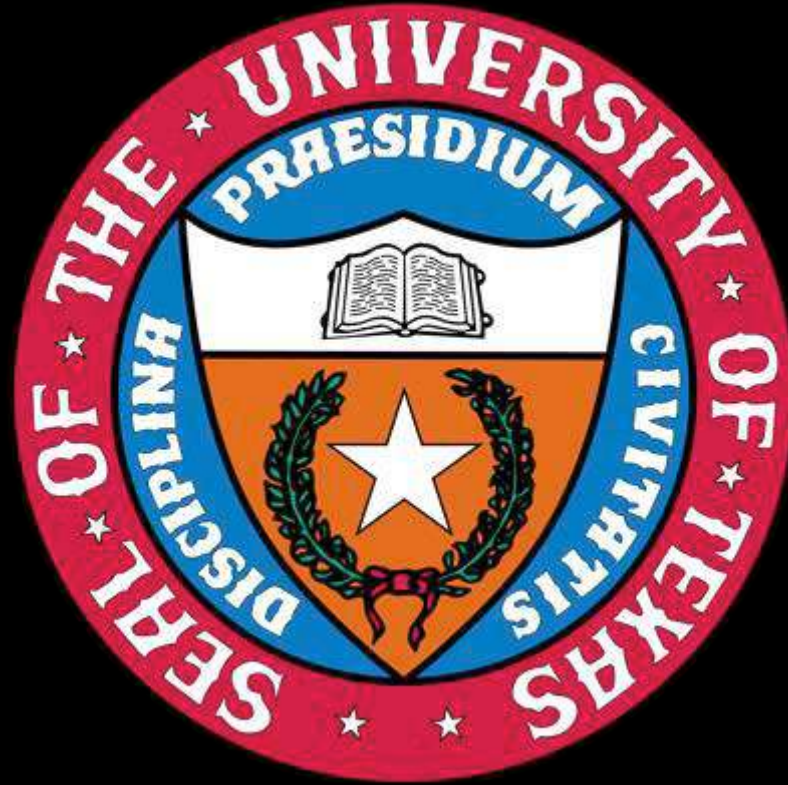


The College Digital Diet

Steps towards a healthier college experience

Peter Averack



University of Texas System



University of Texas System Student Advisory Council

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[The Texas Higher Education Coordinating Board Student Representative](#)

[Student Health Center Advisory Committee](#)

[Office of Leadership Development & Veterans Affairs](#)

[Regents' Outstanding Student Awards in Arts and Humanities](#)

[Milestones Agreement Form for Advising Ph.D. Students](#)

[Contact Academic Affairs](#)

The Academic Affairs principal liaison to the Student Advisory Council is [Dr. Wanda Mercer](#). Research and policy support is also provided by [Meredith Goode](#) and administrative support is provided by [Chris Lyons](#). [Pat Francis](#), Associate Vice Chancellor for Health Affairs, serves as a liaison to the Council from the Office of Health Affairs.



2017 - 2018 Student Advisory Council



UT System SAC Campus Life Committee

Emergency/Disaster Preparedness

Student Mental Health and Wellness

Student Mental Health and Wellness

Observation

Goal

Method

Key Findings

Recommendations

Student Mental Health and Wellness

Goal

- What is the current state of Student Mental Health and Wellness Programs?
- How are UT System Institutions addressing what seems to be a rising trend in distress and anxiety among our peers?
- What processes are in place to admit students into Mental Health and Wellness Programs?
- Are there any gaps regarding Student Mental Health and Wellness we have not yet identified and/or addressed? How can we bridge those gaps?

Student Mental Health and Wellness

Observation

Goal

Method

Key Findings

Recommendations

Student Mental Health and Wellness

Key Findings

- Suicide is the second leading cause of death for college students.
- Double Efforts towards boosting our Student to Counselor ratio.
- Barriers to entry for the use of Student Mental Health and Wellness Programs are high at a majority of our institutions.
- There is still a rising sense of anxiety and an overwhelming fear of failure growing in every new entering class.

Student Mental Health and Wellness

Observation

Goal

Method

Key Findings

Recommendations



2017-2018
CAMPUS LIFE COMMITTEE
REPORT

www.utsystem.edu



Home - News Center

Student receive

Tweet Like

TUESDAY, FEBRU

AUSTIN— As part of Th Regents on Tuesday vo

Many of the programs h provide new services to

"The health and well-be services they need to o

Also included in the fun initiative, [Cultivating Le](#) prevention and interven

The UT System has lon [Collegiate Recovery Ce initiative](#) on every acad

Over the past seven ye 26,000 college students health concerns in their

"Giving our students the student success," said C important step in that pr

TO: U. T. System Board of Regents Members
Francie Frederick, General Counsel to the U. T. System Board of Regents
William H. McRaven, U. T. System Chancellor

FROM: The 2017 - 2018 U. T. System Student Advisory Council Working Group on Campus Life

DATE: February 26, 2018

RE: Support for Funding of New and Ongoing Mental Health Initiatives

We are writing to express absolute support of the requested funding allocation for student mental health, safety, and alcohol-related education initiatives that will be considered at the February 2018 meeting of the U. T. System Board of Regents.

After a great deal of research and refinement on a spectrum of subjects, the 2017 - 2018 U. T. System Student Advisory Council Working Group on Campus Life unanimously agreed on the vitality of student mental health and wellness programs available to our U. T. System Student Body as our primary and most critical area of focus.

Each member of the Campus Life Working Group has recognized and acknowledged the personal and positive effects experienced—either directly or indirectly—by the ongoing mental health initiatives established and supported by the U. T. System over the past few years. Whether we observed a positive shift and a new sense of clarity in a peer after working with our institution's Collegiate Recovery Center or directly engaged with and promoted programs like the Active Bystander Initiative on our campuses, we believe these programs have undoubtedly made a difference in our lives and in the lives of those we attend class with every day. This infrastructure has offered a path out of a darkness our fellow students often cannot fully understand or explain, and these initiatives have made our academic environments safer, healthier, and more harmonious places to study and develop into those strong confident professionals we each seek to become.

Thank you for your time and consideration,

Peter Averack, Working Group Chair (University of Texas Rio Grande Valley)

Austin Reynolds, Working Group Vice-Chair (University of Texas Austin)

CC: David E. Daniel, Deputy Chancellor
Raymond S. Greenberg, Executive Vice Chancellor for Health Affairs
Steven W. Leslie, Executive Vice Chancellor for Academic Affairs
2017 - 2018 Student Advisory Council Members and Advisors
Wanda Mercer, SAC Advisor and Associate Vice Chancellor for Student Affairs

IS

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[bystander intervention](#)
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pt.

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initiatives are an

What happens once we're off campus?

Technology Facilitated Stress and Anxiety

Student Mental Health and Wellness

Goal

- What is the current state of Student Mental Health and Wellness Programs?
- How are UT System Institutions addressing what seems to be a rising trend in distress and anxiety among our peers?
- What processes are in place to admit students into Mental Health and Wellness Programs?
- Are there any gaps regarding Student Mental Health and Wellness we have not yet identified and/or addressed? How can we bridge those gaps?

Findings

- Suicide is the second leading cause of death for college students.
- Double Efforts towards boosting our Student to Counselor ratio.
- Barriers to entry for the use of Student Mental Health and Wellness Programs are high at a majority of our institutions.
- There is still a rising sense of anxiety and an overwhelming fear of failure growing in every new entering class.

Recommendations

- Increase Faculty role in ushering students towards Student Mental Health
- Emergency/Disaster/Crisis relief focused counseling
- Address Graduate Student Mental Health Stigma
- Review Barriers to entry for Student Mental Health and Wellness Programs
- Better understand how technology is affecting Student Mental Health and Wellness



Student Mental Health and Wellness

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- Better understand how technology is affecting Student Mental Health and Wellness



Student Mental Health and Wellness

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Are there any gaps regarding Student Mental Health and Wellness we have not yet identified and/or addressed?

How can we bridge those gaps?

Findings

There is still a rising sense of anxiety and an overwhelming fear of failure growing in every new entering class.

Recommendations

Better understanding about how technology is affecting Student Mental Health and Wellness

The College Digital Diet

Steps towards a healthier college experience

The state of Technology as it relates to
College Student Mental Health and Wellness

Tips on how to better use technology as a tool while in College
– not as a defining characteristic –

Overwhelming our Stress Threshold

Lack of Fulfillment

Looming Fear of Failure

Regulating around the Stress Threshold

Achieving a sense of Fulfillment

Overcoming the Fear of Failure



Yoshi Sodeoka

Stress Threshold

Technology Facilitated Stress and Anxiety

Stressors

Family

Work

School

Inner circle (Friends)

Outer circle (Acquaintances)

Far External

Very Very Far External

**Lack of fulfillment
and the need to be fulfilled**

**The Education Environment
asks for a constant positive trend**

When Technology is not used as a tool

Time sinks
Distractions
FOMO

Digital Rabbit Holes

and how to recognize them, stop them, and eject from them if caught

**College is the best time to establish the best habits
around the consumption of digital content**

Compulsory Education Law

"Unless specifically exempted... a child who is at least six years of age...
and who has not yet reached the child's 18th birthday –

shall attend school.”

Texas Education Code
Chapter 25
Section 25.085 (b)

The University's Main Service

ACCESS



The University's Main Service

ACCESS

*“..learning [is defined] as a comprehensive, **holistic, transformative** activity that integrates **academic learning and student development**..”*

LEARNING RECONSIDERED: A CAMPUS-WIDE FOCUS ON THE STUDENT EXPERIENCE
THE NATIONAL ASSOCIATION OF STUDENT PERSONNEL ADMINISTRATORS
THE AMERICAN COLLEGE PERSONNEL ASSOCIATION

https://www.naspa.org/images/uploads/main/Learning_Reconsidered_Report.pdf

Chickering's 7 Vectors of Holistic Development in a Higher Education Environment

Developing Competence

Managing Emotions

Moving through autonomy to interdependence

Developing Mature Interpersonal Relationships for *holistic, transformative
student development*

Developing Self Identity

Developing Purpose

Developing Integrity

: Ultimately :

Great Productive Citizens of the World

1,320 Business Recruiters were polled

The confidence to communicate well - and the ability to build and collaborate with others.

Bloomberg BusinessWeek

<https://www.bloomberg.com/news/articles/2015-01-05/the-job-skills-that-recruiters-wish-you-had>

Chickering's 7 Vectors of Holistic Development in a Higher Education Environment

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Great Productive Citizens of the World



This Panda is Dancing
By Max Stossel
<https://vimeo.com/193299995>



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Concluding Thoughts

Student Mental Health concerns are real; as students, we need to talk about them more often

When not used strictly as a tool,
using digital devices can become a detriment and may greatly reduce productivity

Notifications, FOMO, personalized recommendations, and Digital Rabbit Holes
all add to a passive form of information overload

In an educational environment that asks students to maintain a constant
positive trend until graduation, lack of productivity may cause a sense of failure,
a loss of purpose, lack of fulfillment, and ultimately – a strong feeling of
depression

With the many TFSAs surrounding students and the thousands of opportunities
for lack of fulfillment, the fear of failure can become overwhelming and
depression can set in