



# Student Wellbeing & Support

Presentation by Keanan  
Anderson

# Agenda

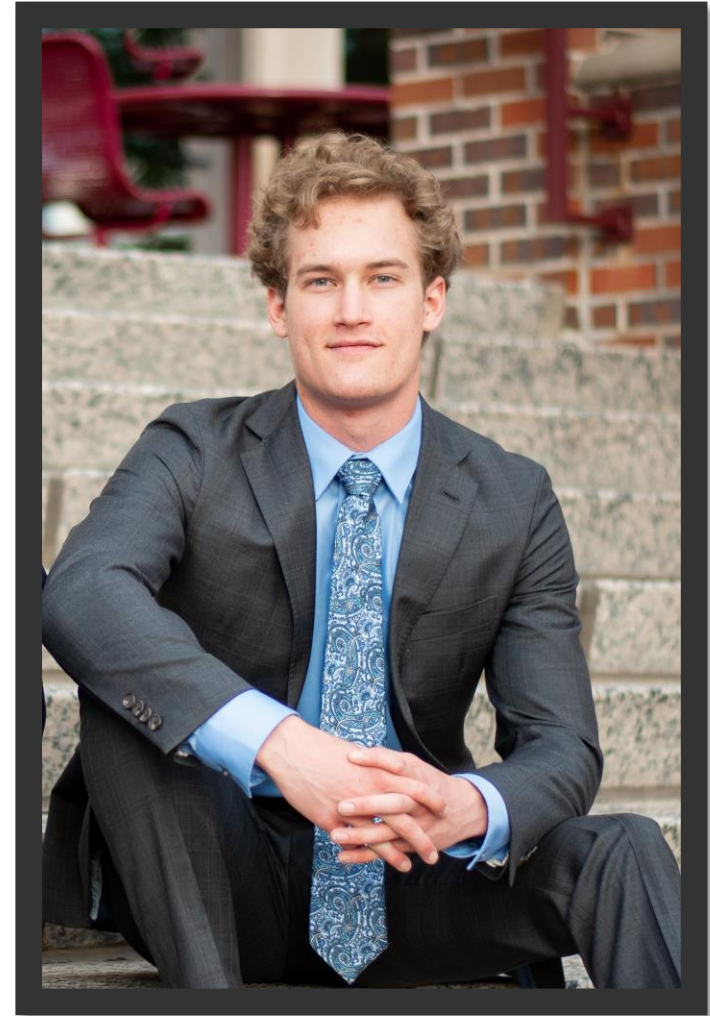


- Introduction
- Why Mental Health & Wellbeing
- Student Perspective / Sentiment
- Initiatives Present & New
- Questions & Comments



# Introduction

- Hometown: Pagosa Springs, CO
- Major: Business Information & Analytics
- Minors: Computer Science & Mathematics
- Hobbies: Outdoors (climbing, skiing, hiking), reading, and being busy



# Why Mental Health & Wellbeing



# Stakeholders

- Students
- Alumni
- Respective Departments
  - HCC
  - Athletics
  - Student Affairs
- Faculty, Staff, Administrators
- Board of Trustees

Happy  
Students,  
Happy Alums

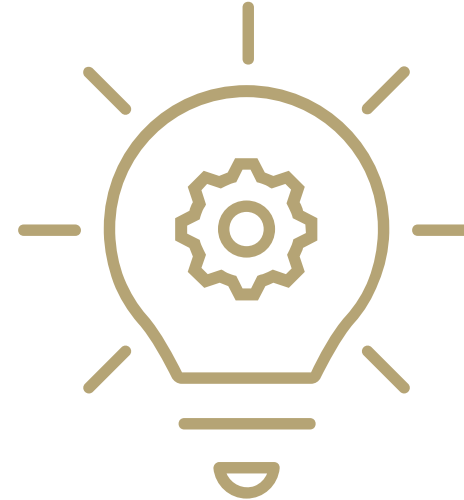
44.4% display  
Moderate to  
Serious Distress\*



Exploring Character



Well-Being




Intellectual Growth



Careers and Lives of  
Purpose

# 4-D Model

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# COVID-19 and its Repercussions



# Student Perspective





# Academic Performance

- 44.2% attributed stress to negative academic performance\*
- 40% Reporting having problems or challenges with academics
  - Of those 88% reported moderate to high distress
- Positive Correlation between alcohol, sleep, and GPA.\*\*

85.4%  
Undergraduate  
Moderate to  
High Stress\*

79.6% felt  
tired/sleepy  
3 > days of the  
week\*

79.8%  
Frequently  
use Alcohol\*

\*American College Health Association National College Health Assessment III (Spring 2021)

\*\*SINGLETON, Royce A, and Amy R WOLFSON. "Alcohol Consumption, Sleep, and Academic Performance Among College Students." Journal of studies on alcohol and drugs 70.3 (2009): 355–363. Web.

# Social Life & Engagement

- 62.7% of Undergraduates reported as lonely (UCLA instrument)\*
- 43.1% reported drinking five or more drinks in the last two weeks\*
- High Engagement O-Week
  - Dropping Numbers
  - Engagement for Athletics

79.8%  
Frequently use  
Alcohol\*

36.5% get less  
than 7 hours of  
sleep\*

41.2%  
Frequently use  
Cannabis\*

# Side Note: Quarter System Impact

Prioritization--  
what's  
important

How do we help  
time  
management?

How do we help lower  
the prevalence of  
drinking for students?

- Academics
- Stress levels
- Time Management
- Work Hard / Play Hard
- Coping Mechanisms
- Exhaustion
- Social Engagement



# Initiatives New & Ongoing



# Ongoing

- BIPOC, LGBTQIA+, Religious representation
- Nightcap®
- Healthy Masculinities
- USG task forces
- Campus Climate Surveys
- Active Partnerships w/ USG
- Alcohol Policy

# New

- HCC Funding & Support
- Student Wellness Coaching
- Wellbeing Center
- Quarter System Evaluation



Questions?

