

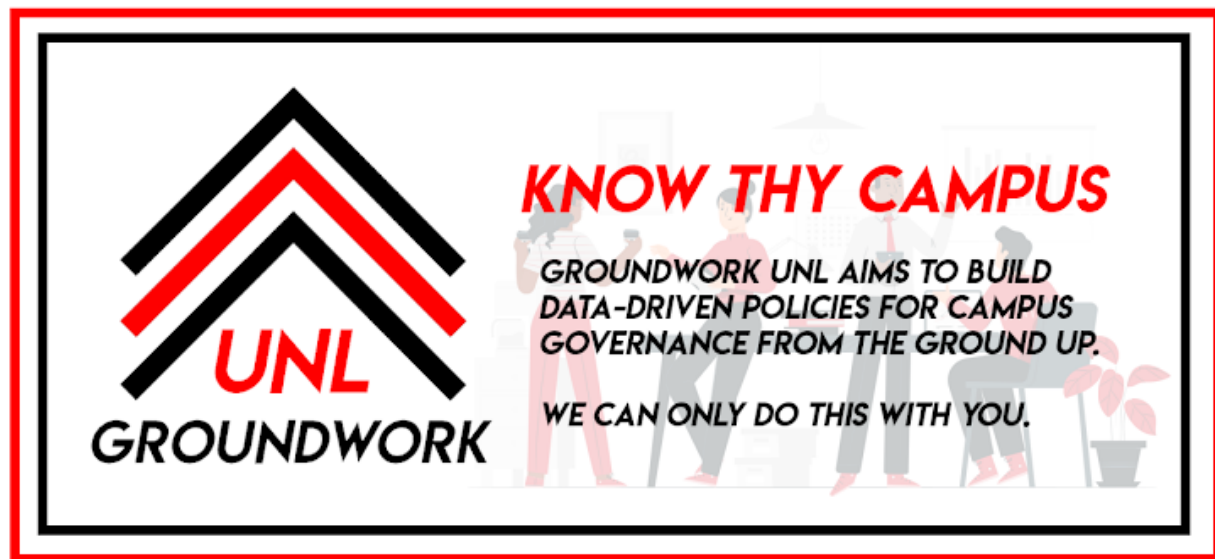
# Mental Health and CAPS #3

This survey is meant to assess the knowledge of CAPS and mental health issues in the University of Nebraska-Lincoln to inform our campus policy decisions.

All information collected are confidential and voluntary, and we uphold the right to privacy of the individual.

This is not an official ASUN correspondence.

Your Voice Matters



If you have taken this survey, please do not take the survey again. Thanks!

Survey Section 1 of 2

1. Mental Health is a serious issue on campus.

*Mark only one oval.*

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

2. How would you rate your overall mental health?

*Mark only one oval.*

- ☐ Very Good
- ☐ Good
- ☐ Neutral
- ☐ Bad
- ☐ Very Bad

3. The transition to online learning during the COVID-19 pandemic has affected my stress level.

*Mark only one oval.*

- ☐ Greatly Increased
- ☐ Somewhat Increased
- ☐ Neutral
- ☐ Somewhat Decreased
- ☐ Greatly Decreased

4. The transition to online learning during the COVID-19 pandemic has affected my academic performance.

*Mark only one oval.*

- ☐ For the Better
- ☐ Somewhat Better
- ☐ Neutral
- ☐ Somewhat Worse
- ☐ For the Worse

5. I am informed of the mental services offered by CAPS.

*Mark only one oval.*

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

### **Brief Description of CAPS**

Counseling and Psychological Services is a multidisciplinary team of psychologists and counselors that works collaboratively with Nebraska students to help them explore their feelings and thoughts and learn helpful ways to improve their mental, psychological and emotional well-being when issues arise.

All Huskers enrolled with at least 1 credit hour are eligible to the services and they are covered by student fees, and hence no additional charges are incurred for counselling other than a few specific services.

6. CAPS adequately serves the mental health needs of students.

*Mark only one oval.*

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

7. I know a student, or myself, who used counseling services provided by CAPS.

*Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Maybe/Unsure

### **CAPS Funding**

The current allocation of CAPS funding by the ASUN student government is \$45.48 per student in Fund B (non-refundable student fees), approximately 7.66% of total student fees.

This amounts to a total of \$2,170,819 for CAPS.

The total amount of student fees is projected to be \$28,339,295.

8. CAPS receives sufficient funding.

*Mark only one oval.*

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

## Policy for No-Shows

The current policy for CAPS requires students to keep a scheduled appointment.

Failure to cancel or reschedule your appointment at least 24 hours in advance will result in a no-show fee of \$25.00

9. Students should be assessed a no-show fee if they failed to cancel or reschedule an appointment.

*Mark only one oval.*

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

## ASUN Actions Regarding Mental Health

The student government in ASUN has taken a few steps to address this issue, of which include the Green Bandana Project and working with Big Red Resilience and Well-Being. They are also responsible for the fund allocation for CAPS.

However, there is some debate as to whether or not CAPS is adequately funded.

10. ASUN has done enough to improve mental health services on campus.

*Mark only one oval.*

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree
- ☐ Insufficient Knowledge

Demographics Section 2 of 2

11. What is your student class level?

*Mark only one oval.*

- ☐ Freshman
- ☐ Sophomore
- ☐ Junior
- ☐ Senior
- ☐ Graduate Student

12. How would you describe yourself in terms of race/ethnicity?

*Mark only one oval.*

- ☐ Alaskan/Native American
- ☐ Asian
- ☐ Hispanic
- ☐ Black (Non-Hispanic)
- ☐ White (Non-Hispanic)
- ☐ Other

13. How would you describe yourself in terms of gender?

*Mark only one oval.*

- ☐ Male
- ☐ Female
- ☐ Non-binary
- ☐ Other

14. Which of the following colleges is your primary area of education?

*Mark only one oval.*

- ☐ College of Agricultural Science and Natural Resources
- ☐ College of Architecture
- ☐ College of Arts and Sciences
- ☐ College of Business
- ☐ College of Education and Human Sciences
- ☐ College of Engineering
- ☐ College of Fine and Performing Arts
- ☐ College of Journalism and Mass Communication
- ☐ College of Law
- ☐ Undecided
- ☐ Other

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