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The mental and physical health of college students

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The physical and mental health of college students has been a big topic in recent years, and it is the one that we have chosen. Our inspiration for choosing this topic came from being college students and getting a firsthand view of this issue. Since we are college students, who are navigating the difficulties of higher education daily, we see the issues of mental and physical health in ourselves and among our peers. Exploring the interconnectedness of societal attitudes, nutrition, and physical health regarding mental health is the inspiration for these topics as well. Each individual topic in this paper relates back to the main topic in different aspects. These ideas contribute to the conversation because it further explores the complexities of maintaining one's mental health today. In addition to this it also helps others better understand mental health and how numerous factors can contribute to it. Which is a very important aspect of college students today. One of the topics that was chosen was how technology has played a role in the decrease of working out and how that affects the overall health of college students. This is a very important point that needs to be discussed more. Since technology is so prevalent today, it is very important for people to be knowledgeable of the negative side effects on student's health. If society does not know how technology is impacting their health, then people will continue to make the same mistakes and will lead to a less healthy overall life. There are many advantages and disadvantages of technology among college students. Although it has made some aspects of school easier, it has also made students lazier. Additionally, the stakes are high because the information gathered can aid people in finding better ways to cope and understand what is going on with them which, in turn, will help them feel better in general. In addition to technology affecting individuals' fitness, other factors affect it as well. Some of these include the location of a school or how. The impact of food and nutrition on college students' health was another topic chosen. This topic goes hand and hand with fitness. Nutrition is a key part to fitness. If a student

works out but does not eat properly then they will see significantly less results opposed to someone that does eat properly. This is an important topic since college students may not have the resources to eat well and get all they require to lead healthier lives. The stakes are high, because it affects so many people and the information can benefit others. The overall health issue of college students must be addressed, the way this is started is by informing people of it. The more people that know about this issue the more people will be open to changing their ways and helping others. In addition, if colleges are more aware of this issue, then they will start to focus more on their student's health. This overall topic we chose hits close to home due to being students today.

Decrease in physical fitness among college students in the modern day of technology

Students have always had a choice in their lives regarding fitness. Students can choose to work out or not. In more recent years there have been more options for students to choose from instead of working out. One of the large factors is the introduction of technology. Students see going and playing video games as more appealing than going and working out. Students now also have a larger workload than they have had in the past, partially due to technology. In the past physical activity has been correlated with working, over time people have tried to work as little as possible which also means they do physical activity much less than they had in the past. All of this has contributed to the decline in physical activity of college students in the South since the introduction of technology. There needs to be something done to help more college students start their fitness journey, and this issue needs to be addressed.

The decline in fitness among college students poses a significant public health challenge that needs attention. While technology has played a role in this lazy behavior, addressing this issue requires an approach that addresses the factors contributing to a lack of physical activity. According to Jesse Calestine, “Upon follow-up, however, during their college years, 38% of students participated in regular vigorous and 20% moderate PA(6). This decline in activity can be related to a variety of factors. As students transition from high school to college, they gain greater autonomy relative to their daily lives”. Educational programs aimed at raising awareness about the importance of exercise, promoting healthy lifestyle habits, and providing resources for students to engage in physical activity are necessary components of any plan to prevent the decline in fitness.

Students have a decrease in physical fitness going from high school to college. College students work out less often and do not set aside time for their own physical fitness. This means that college students are having more health problems and use the fitness facilities less often. The workload of college students has increased due to the introduction of technology. According to a study done by McMaster University, “Researchers found a 24 percent decrease in physical activity over the years from adolescence to early adulthood.” Part of this issue is the lack of time due to college students’ busy schedules.

Busy schedules have caused a decline in fitness among college students, technology has made the workload of college larger. Because the amount of work has prevented students from having the time to work out. This means that there is too much of an academic load in college, and it has affected students’ health. As previously said, a major reason for this is the introduction of technology. According to a study done by Luke Eichorn, “Various factors affect the exercise habits of college students. Some of these factors include sleep habits, diet, social life, homework, and other extracurricular activities. Although college students are aware of some of these influencing agents, they do not always take the necessary steps to change their habits.” This is not the only main factor that has caused a decrease in fitness among college students.

Students at larger universities are more fit than students at smaller schools. This is because there is better access to fitness facilities at larger and more wealthy schools than at smaller schools with less money. Due to getting more money, they have the finances to provide nice fitness facilities and more opportunities for being fit. This means that larger and richer schools are typically more physically fit. According to a study by Hannah Thompson, “Larger schools with a larger source of income will put more money into the physical health of their

students.” The location of the school often reflects how rich the school is and how physically fit the students are.

Colleges that have access to outdoor activities will often be more physically fit. Because these outdoor activities give the students more opportunities to work out other than just going to the gym. This means that if a college is neat with a lot of walking trails or other outdoor activities then they will be fitter. ” Off campus, students have access to more than a dozen challenging hikes, all within six miles, as well as the Marine Aquatic Center, where students can kayak, row, surf, or windsurf. Legendary Muscle Beach is located just 20 minutes away in nearby Venice, and during the winter, students can travel a few hours north to ski some of Cali’s snowcapped peaks”. This is a quote from Men’s Journal by Sam Dehority talking about the fittest college in America. This shows that if students have access to outdoor physical activity, then they will typically be more fit.

Before the introduction of technology, activities such as outdoor sports, hiking, and group fitness classes played a big role in promoting physical activity among college students. The introduction of technology has led to a change. Many students are choosing forms of entertainment such as streaming movies, playing video games, and browsing social media platforms. This means there are fewer students working out and more entertaining themselves using technology. According to the Outdoor Foundation,” Prior to 2020, the average number of outings per participant declined every year for the last decade, and during 2020 it rose just 1 percent.” These behaviors not only reduce overall physical activity levels but also contribute to an unhealthier lifestyle.

The abundance of technology has caused students to become lazier. Because students are distracted by their phones, they are less motivated to work out. This means that the overall fitness of students has decreased due to phones and technology. A study conducted by Kent State University says “More than 300 college students in the south were surveyed on their cell phone use and activity level. Of those students, 49 had their fitness level and body composition tested. Results showed that students who spent large amounts of time on their cell phones- as much as 14 hours per day -- were less fit than those who averaged a little more than 90 minutes of cell phone use daily.” There is a large correlation between how much a person spends on their phones and how fit the person is.

Too much screen time has caused many health issues, including obesity, musculoskeletal problems, and cardiovascular diseases. This is often because college students are overwhelmed by academic studies and social interactions that are promoted by technology. Many often forget about their physical health, leading to a decline in fitness levels. This means that students need to have less screen time in their life. Shaji George did a study that says, “Students that use screens for seven hours or more a day have double the chances of being obese, sleep problems, anxiety, and depression”. Long periods of sitting and bad posture associated with screen use can also increase existing health conditions and increase the risk of developing chronic diseases later in life.

Social media has also contributed greatly to why students' screen time is so high. Because social media is programmed to keep you hooked on the app or website. This means that people will get lost and lose track of time while strolling through social media due to it catering to the consumer. An article by Josh Howarth says “The average student social media user will spend 2 hours and 23 minutes a day on social media”. It also says that “social media contribute to 35.8%

of our overall online activity. This shows that there is a major problem today among college students.

People fear missing out or comparing their looks and accomplishments to what they see online, which can be very damaging. Students will see other students doing things and become jealous, which can destroy a person's mental state. This means that there is a higher chance for students to become depressed or to become anxious, this is very common among college students. According to an article by Sarah Mininsohn, "About 77% of students experienced some kind of psychological distress, either moderate or severe. 54% experienced loneliness and 30% exhibited suicidal behavior. Continue reading for more detailed information on specific mental health challenges, their statistics, and possible causes". This shows the problem that mental health diseases play among college students in today's day and age.

Fitness helps the mental health of students tremendously. Students who work out are generally more confident and feel better about themselves since they are trying to better themselves by working out. This means that the more students that work out the fewer students that will have mental health issues. According to the Mental Health Foundation, "Studies show that there is approximately a 20% to 30% lower risk of depression and dementia for students participating in daily physical activity. Physical activity also seems to reduce the likelihood of experiencing cognitive decline in people who do not have dementia". So, working out has many mental benefits in addition to physical benefits.

As I said previously, fitness helps mental health tremendously. This is because it gives people a purpose and increases overall health. This means that if someone is depressed or anxious and they start working out then they will have a great chance of getting better.

According to a study, “Regular exercise may help ease depression and anxiety by Releasing feel-good endorphins. Endorphins are natural brain chemicals that can improve your sense of well-being. Taking your mind off worries” (Smith pg.109). The endorphins being released is what helps cure anxiety and depression.

In addition to social media, online entertainment has also contributed to the decline of fitness among college students as well. The large number of streaming services, gaming platforms, and other forms of entertainment has made it easier than ever for students to be entertained without ever leaving their dorm rooms. This means that students are binge-watching television shows, playing video games, or watching memes instead of working out. It is very difficult for students to choose working out over digital media. A study done by the university of Kentucky says, “The findings of this study demonstrated that extensive binge-watching is an antecedent of stress, loneliness, insomnia, depression, and anxiety. Furthermore, it was found that screen time on binge-watching could intensify these adverse effects of binge-watching. Interestingly, the moderating effect of screen time on binge-watching was found to be insignificant for stress and loneliness” (Turner pg.54). It is just too easy to access this online entertainment now.

Online entertainment has replaced traditional forms of entertainment that once had physical activity. Students in the past might have spent their free time playing sports, hiking in nature, or engaging in outdoor activities, today's college students are more likely to choose digital media due to its convenience. This means that if technology were less convenient more students would choose fitness. According to an article by Lincoln Larson, “We found that 67% of students reported limiting reported outdoor activities and 54% reported reducing park use during the pandemic. Students who reduced their use of outdoor spaces cited structural reasons

(e.g., lockdowns), concerns about viral transmission, and negative emotions that obstructed active lifestyles”. The lack of effort needed to watch digital media, combined with the large number of digital media, can make it difficult for students to take themselves away from their screens and participate in more physical activities.

In conclusion, the influence of technology has contributed greatly to the decline in fitness among college students. Technology has made students lazier which hurts the health and lives of college students. Due to the ease of online entertainment, many students now would rather choose to play video games instead of going and playing sports. Fixing this issue will take a lot of work, colleges need to try to promote more healthy lifestyles. This includes better fitness facilities, healthier food, and programs to promote a healthier lifestyle. To make this happen, colleges need to create a larger budget for investing in the health of their students. Technology is not inherently bad, but it can be abused very easily and then causes an unhealthy lifestyle. If our generation does not prioritize their health, then the next generation will not too. This will lead to the downfall of the health of America overall.

Analyzing the Mental Health Stigma Among Young Black Women

Mental health stigma, more specifically among younger black women is one of the main barriers that prevent them from getting the help they need when it comes to their mental health. In this analysis, we will explore the reasons of this stigma, intersectionality of race and gender, historical mistreatment, and society. Taking time to understand these factors will aid in seeing why young black women don't seek out help as much as others because of these challenges. Additionally, I will take a look at how the unreachable standards society places on them makes this an even worse issue for them and how coping strategies can fix this. By highlighting the complexities of this issue and show how vital it is to address this issue so that young black women and our society can progress.

Mental health stigma is the main reason for the barriers blocking young black women from getting the care they need. Various factors like society, cultural differences, or even within themselves is the reason young black women don't seek out help. This means that most black women will just ignore these feelings and suffer in silence from the fear of what others will think if they speak out. Jeffrey, Borenstein goes more into detail about this by explaining self, structural, and public stigma and how these issues in different racial communities can impact a person. Additionally, he states that some people avoid talking about these mental health issues so they will not be shamed by others in their racial communities. (Borenstein). The stigma that has been one of the main reasons to deter these young women from getting help but sometimes the biggest enemy can be themselves.

Young black women perceiving this stigma as true is also another barrier that prevents them from getting help. Them believing this works as another barrier because they then

internalize these beliefs which in turn steers them away from seeking help. In the words of Greg, McElhinny, "Veterans who perceive a stigma about their conditions might feel misunderstood, which can discourage them from discussing their struggles, leading to feelings of isolation and loneliness." (McElhinny). The disparities there are very clear and the only way to truly understand why they are that way is by highlighting the factors that caused this.

Racial discrimination and cultural factors are some of the main factors that caused young black women to be less likely to seek help. The factors listed are very harmful to young black women because it has a direct impact on their point of view of seeking help for their mental issues. This means that the negative views that society or their culture has will be the exact same way young black women will feel about reaching out for help. McCleary-Gaddy and others stated that, "In this instance, the association between greater self-infrahumanization and better mental health is consistent with theoretical and empirical research on the self-protective properties of stigma." (McCleary-Gaddy et al. 172). The issues surrounding this topic have been going on for ages and for others to fully understand this taking a look back from where it all started is the only way to look forward and change.

The mental health stigma surrounding black women can never be fully understood till we take a look back from the mistreatment of the past. The mistreatment that the black community had to deal with like slavery, segregation, and being used as test subjects is the reason for this stigma in the black community. This means that even though we are passed this time in history it still plays a big part on how young black women feel about mental illnesses and getting support. Loretta, McGregor stated that, the mental health systems is extremely racist and oppressive which is proved in 2021 when the American Psychological Association apologized for it (214).

These significant events from history are the foundation that this stigma is built on and has only gotten worse and worse over the years.

Over the years intersectionality is also another way this stigma surrounding black women has been built on. The negative treatment that the black community have dealt with for years is one thing but being a woman and dealing with that part of history as well just enhances this stigma. This means that women's attitude towards seeking help is not just based off of one thing it is based off of the negative opinion of their race and gender. According to Juliana Onwumere and others, "we know that young people from UK Black racialized communities report high levels of mistrust towards National Health Service (NHS) mental health services, deeming them unsafe to engage with.¹ In a recent UK parliamentary report, almost two thirds of Black people (60%) surveyed believed that the NHS does not equally protect their health when compared to White British peers.³" (Onwumere, Juliana, et al. 10) Due to these race and gender specific events in history young black women are less likely to seek help in comparison to their white counterparts.

Young black women seek help from mental health services significantly less than those of other demographics. The reason for these statistics is due to the lack of access they have to mental health. This means that young black women who are struggling mentally can't get the proper help they need concerning their mental health issues. As expressed by Hampton-Anderson, "Minorities overall in the United States have less access to adequate facilities for mental health care than other groups. Kodjo and Auinger reported that 8% of distressed Black adolescents received counseling services, as compared to 19% of non-Hispanic Whites, even after control for income and parental education." (Hampton-Anderson, et al. S141). The main

reason for this big gap is the barriers young black women face which will be analyzed in the next discussion.

In comparison of the from other races there are various barriers young black women face which hinder them from seeking help. This is because of various societal and cultural factors. This means that the problems young black women face are deeper than it seems so there needs to be more effort put into mental health services to cater to the needs of young black women. Per the words of Hampton-Anderson and others, "This is especially of concern now given recent statistics highlighting grave mental health service needs. For the first time since 1957, rates of anxiety disorders among Black Americans have exceeded those among White Americans..."(Hampton-Anderson, et al. S141). The lack of help sought out from the black youth shows how important it is to analyze societal factors surrounding this topic and how it has impacted young black women.

Trying to fit in the standards that society has for black women causes them an immense amount of stress. This is because the standards that society places for young black women aren't easy to achieve. This means that if young impressionable black women are trying to strive towards this unreachable standard their mental health will deteriorate in the process. Christy, Erving stated, "In contrast to overt resistance, some Black women attempt to alter, redefine, or reconstruct their behavior or appearance to change the dominant group's negative perception of them. One covert resistance strategy identified in the literature is 'shifting'."(Erving et al. 10). The unneeded pressure that they have to fit into one small box that society wants damages how they feel about themselves since the standards are fed off of discrimination.

Society impacts the mental health of young black women due to the racial and gender-based discrimination and prejudice. When society as a whole looks down on this specific demographic it can be very harmful to how they feel about themselves, which can cause self-hatred. This means society's lack of acceptance towards black women for who they really are and treating them differently for it will cause young black women to dislike themselves, which in turn impacts their mental health. Gaddy- McCleary stated, "In this instance, the association between greater self-infrahumanization and better mental health is consistent with theoretical and empirical research on the self-protective properties of stigma." (McCleary-Gaddy, et al.). When talking about how society as a whole can impact a demographics self-worth and their mental health there are ways to deter these feelings with positive coping strategies.

Even though discrimination is unavoidable, trying to have a more positive outlook on things is one of the best ways to keep your mental health from deteriorating. Thinking more optimistically and just letting yourself know that regardless of the situation everything will be ok can act as a barrier that prevents you from getting down over racial microaggressions. This means that thinking more positively will push out all of the bad feelings you get from outside factors. Aerika, Loyd did a study on this that showed that, "The findings suggest that coping with racial discrimination through positive thinking was associated with fewer mental health symptoms in both Black girls and women" (Loyd et al. 69). Developing a more positive outlook on life can help young black women as individuals, combining this with the support from the community in different ways as well.

Having support from the community can provide more healthy and effective ways to cope with the various stressors young black women have to deal with. Being able to see and hear from others who have had similar experiences can make you feel like you are not alone. This

means that having a community that supports you and makes you feel as though you belong will act as a barrier shielding young black women from the stressors which cause their mental health to decline. The Mayo Clinic goes more in depth about this strategy by stating, “If you have a mental illness, you may be reluctant to tell anyone about it. Your family, friends, clergy, or members of your community can offer you support if they know about your mental illness. Reach out to people you trust for the compassion, support and understanding you need.” (Mayo Clinic.)

From the mistreatment and discrimination, they had to deal with in the past and up until now has worsened this stigma which is why they are so reluctant to get the care they need mentally. As a result, young black women are less likely to get any type of mental health services compared to their counterparts as a result of these factors. There are many different coping strategies and support within their community that can help young black women find their voice and not only speak out but also get the help that they need. By addressing these issues, we can tear down these barriers piece by piece. This is important because it ensures that everyone despite their race or gender can have equal and judge free access to mental health services.

Using an inverted classroom to help students with social anxiety

As the world continues to transform through the digital age, technology redefines the way we live, the way we work, and the way we learn. As technology and the internet expand and become more affordable to all people of varying socio-economic status, the education community can develop new modes to enhance teaching and help students overcome barriers. The aim of this research paper is to explore the effectiveness of using an inverted classroom model to assist students overcome issues that arose during the Covid-19 Pandemic.

In 2020, the world underwent a crucible that shifted the global landscape and created detrimental effects that we have not yet fully realized. Covid-19 created a drastic change in the lives of college level students. The sudden transition to remote instruction necessitated by the Pandemic upended traditional models of teaching and learning, pushing instructors to rapidly adapt to digital platforms. For students accustomed to brick-and-mortar institutions, the shift to remote learning represented a drastic departure from the norm, requiring adaptability, resilience, and self-discipline.” By considering design factors that contribute to effective online delivery, educators in higher education can improve students' learning experiences, even during such difficult times” (Conrad 552).

The transition to online schooling resulted in a significant disruption to students' developmental abilities, depriving them of social opportunities and hands on learning. College traditionally offers many experiences that lead to diversification of skill and knowledge and teaches crucial academic skills. The switch to online schooling robbed students of many of those opportunities. “According to a BestColleges survey from 2021, over 9 in 10 of college students reported having experienced negative mental health impacts due to COVID-19-related

circumstances. Some of these factors included struggles with isolation, anxiety, and lack of focus.” (Nam 1). It is evident that many students struggle with the transition back to traditional learning.

Social constructivism underscores the importance of students learning through social interaction. This approach uses cooperation to create deeper understanding of topics by encouraging peer-to-peer interaction and discussion. By engaging in conversations and collaborative tasks, students construct their knowledge collectively, using their peers to further their own education. Vygotsky believed that such collaborative learning experiences facilitated a better grasp of academic concepts and promoted critical thinking skills. As Greenwood (1) suggests, "students constructed their knowledge through conversation and interaction, with each other and with teachers." This emphasis on social interaction in the classroom is particularly relevant in the context of the pandemic, where students have been isolated from traditional classroom settings. The shift to online learning deprived students of opportunities for socialization and peer engagement, hampering the development of social skills and concentration. However, by embracing social constructivist principles and fostering collaborative learning experiences, educators can help students regain lost ground and cultivate essential social skills and academic competencies.

Many of the struggles that students face is emotional in nature. “Almost half of respondents (48%) in the same survey said that mental health challenges have directly affected their education. These students said they slept less, ate worse, got less exercise, and experienced feelings of hopelessness.” (Nam 1). As students return to school, they are dealing with higher levels of stress, anxiety, and depression. This further leads to disengagement in school that is difficult to overcome without serious intervention.

While returning to school, many students may find their education relatively less important. “Many students have experienced COVID era trauma, including losing loved ones, being sick themselves, long COVID repercussions, uncertainty, lack of structure and security, and missing out on educational and social experiences.” (Lausch and Bose 1). Many students may be dealing with undiagnosed PTSD from the trauma they experienced from lost loved ones or being sick themselves. These feelings make it difficult for many to focus on schooling.

As students return to in-person classes, many teachers are facing challenges with students' readiness for traditional classrooms. The prolonged absence of students from traditional educational settings has created difficulties with students re-adjusting to the classroom setting. Instructors are grappling with students who exhibit diminished abilities, attention spans, and overall engagement, posing significant challenges to effective teaching and learning. Additionally, Instructors are dealing with students who present a diverse range of academic levels, not all are necessarily up to par for the classroom. “Crucial years of learning how to make friends, have discussions, and how to be an in-person student had been altered or taken away. Some students may have even found that they are thriving in online learning and going back into an in-person classroom is actually not the long-awaited solution.” (Lausch and Bose 1). This further perpetuates the idea that a percentage of students are going to struggle as they are reintegrated into the classroom.

Social Constructivism can help student achieve academically and socially in the classroom. “Student-centered learning activities in the classroom flipped proved to improve student achievement not only in terms of academic and soft skills but also to the existence of a close relationship with peers. Basically interaction and group activities that require students to communicate and work together brought about positive and professional relationships. (Rahman

55)”) Unlike traditional lecture-based approaches, social constructivism encourages students to engage actively with course material, sparking curiosity and inviting exploration beyond the confines of prescribed topics. By fostering an environment where questions are encouraged and diverse perspectives are valued, social constructivism broadens students' understanding and enhances their learning experience as well as increases peer to peer engagement.

Social constructivism not only facilitates learning through social interaction but also enables what can be termed as "quantum learning." This approach allows students to delve deeper into subject matter and explore interconnected concepts, leading to a more holistic comprehension of the material. As a result, students are not constrained by the limitations of traditional lectures, but they are empowered to explore diverse avenues of learning. “He (Vygotsky) believed that students constructed their knowledge through conversation and interaction, with each other and with teachers. Vygotsky’s theory was that students developed a better understanding of their topics when they worked together to complete tasks, and when they were encouraged to discuss these tasks in class.” (Greenwood 1). By embracing social constructivist principles, educators can unlock the potential for quantum learning, enabling students to develop critical thinking skills and pursue greater intellectual topics.

The flipped classroom model offers an innovative approach to education that fosters enhanced interaction among students. By shifting the learning of new material outside of class time, students engage with course content independently, typically through assigned readings, video lectures, or online tutorials. This allows them to familiarize themselves with the material at their own pace, freeing up valuable class time for collaborative activities and discussions. As Mason explains, "In an inverted classroom (IC), course content is disseminated outside the classroom through traditional formats... These resources allow instructors to capture and publish

course content online where they are easily accessible to students outside of class time." (Mason 2) In the flipped classroom setting, students are not passive recipients of information delivered through lectures; instead, they actively engage with the material before coming to class. This means that the traditional one-way dialogue often associated with lectures is shifted to the home environment, while classroom time is dedicated to interactive learning experiences. In this way, students are afforded more opportunities to interact with each other, exchange ideas, and collaborate on assignments, thereby fostering a deeper understanding of the subject matter.

As students return to the classroom, they are starting to understand that the traditional classroom may no longer be the best approach to education. Using the idea of social constructivism, we can see that a one-way dialogue does not align with the ideal way to learn. The shift from lecture-based instruction to more interactive and participatory learning environments aligns with the ideas of social constructivism and flipped classroom theory. By embracing innovative pedagogical methods, educators can better meet the evolving needs of students. A 2020 study found that "When the instructor differed between flipped and traditional modes of teaching, student satisfaction was notably higher in the flipped classroom (Strelan 9)". This shows that students in a flipped classroom are more engaged in their studies and are more likely to be successful. The increased engagement would also assist in overcoming the emotional barriers created during the isolation created by the Pandemic.

The Flipped Classroom model is an ideal solution to assist students to overcome emotional and academic barriers created by the COVID-19 Pandemic. It increases student satisfaction, student involvement, and student understanding. The same 2020 study mentioned earlier also states that "there was a positive moderate effect of student satisfaction with teachers in a flipped classroom, compared with teachers using traditional approaches (Strelan 8)".

Although the Flipped classroom model is a sound theory based on the ideals of social constructivism, it will take time and effort to implement into the educational system.

As classes transition to a flipped classroom model, it will take effort from all parties involved to prevent failure. It is important to realize that the teachers who were previously thought of as the best teachers during lecture style classes will not necessarily be considered the best in an inverted classroom. “For the pass rate outcome displayed in subplot (c), the within-teacher difference is most clearly pronounced for Teacher 1, 4, and 10, where the average pass rate of students in the control group is considerably lower than in the treatment group. However, for Teacher 6, the average pass rate of students in the control group greatly exceeds those of the students in the flipped classroom setting. Similarly, the within-teacher comparisons of the average exam grade displayed in subplot (d) also suggest some cases of notable differences, namely for Teacher 4, 5, 8, and 10.” (Buhl-Wiggers 1). This means that how the instructor uses either teaching method is more instrumental in the success of their students. A teacher who is subject focused as compared to a teacher who is student focused may find themselves better suited to a lecture method as opposed to an inverted classroom.

It will be imperative to create a professional development system for instructors to help them navigate this new pedagogical method. “Some of the disadvantages referred to teachers having to invest much time in the preparation and implementation of the online FC as well as the preparation of students, because a certain proportion of students were against FC (Divjak 20)” Unlike traditional classrooms, there is not a century’s worth of lesson plans pre-established to assist teachers. Many teachers may find a flipped classroom model to carry an increased workload. It will be important to help those individuals navigate a new balance between instructional time and prep time.

The chaos in education that ensued during the COVID –19 pandemic will have long lasting effects on the undergraduate education system. The transition to online instruction, necessitated by the pandemic, has exposed gaps in the current system that could be benefited by innovative pedagogical ideas. A 2023 study “indicated first and foremost that many students wanted student-centered forms of education that encourage reflection and a journey toward personal development and maturity. Second, many students reported a preference for campus-based learning, and to be physically present for lectures and group work. Third, many students wanted encouragement and support from teachers and fellow students, as well as to feel a sense of belonging to a student community. (Bjørnsen 16)” The use of an Inverted Classroom model may be a solution to issues in lowered attention, frequent absences, and emotional barriers. By students, instructors, and administrators working together, the academic landscape can be made better for years to come.

Food For The Brain

Research on the relationship between college students' dietary habits and mental health is fairly recent. By examining how food affects factors like mood, energy, and academic performance, etc. Because it can show how it contributes to the larger theme of college students' mental health. Additionally, because college students aren't typically known for having a lot of extra money, talk about cheap options as well as foods and nutrition's that might improve students' health. Elevated serotonin levels have been linked to improved mood, according to study. During my research for "Diet and Mental Health: Can What You Eat Affect How You Feel?" I came across

a few foods that raise serotonin levels. Firstly, eggs, as they contain a high concentration of tryptophan, which is the building block of serotonin.

College students living in dorms have a higher instance of mental health issues. Cause students living in dorms have more and easy access to more fried and processed foods, while college students who commute eat less fried and process foods and have less instance of mental health issues. According to the “National Library of Medicine”,” A meta-analysis of 34 international studies with university students of various years between 1990 and 2010 showed an average prevalence of depression of 30.6%.” College students also might not have the space to cook or the funds. College students who commute, generally have the space to cook.

Students who live off campus have a lower instance of mental health issues. Because off campus students aren’t going to be around as much fried and processed foods as people have kitchens to cook or someone to cook for them, and they can make healthier groceries choices. According to “The impact of college stress on students’ food habits”,” eating behavior during adolescence and college years is influenced by home environments, which includes the types of foods stocked at home, the types of food available and accessible and parental eating/food behavior.” Students living off campus have more control over what they have quick access to, which facilitates better eating habits and a healthier diet. Without following a complicated diet, college students can still obtain the vitamins and nutrients they require.

College students looking to improve their mental health might look for food varieties that offer good nutritional benefits. Foods with several health advantages, such as chia seeds, are an excellent example. Chia seeds offer a little less calories and more fiber than flax seeds.

According to the article “Chia Seeds vs Flax Seeds- Is One Healthier Than The Other?”,” Chia seeds have slightly fewer calories and more fiber. They also have 2.5 times more of the bone-

strengthening mineral calcium, as well as slightly more iron and phosphorus.” Chia seeds are an excellent, healthful food choice and are reasonably priced.

College students should be looking for nutrients in their food. Nutrient density is when food has a high amount of nutrients in relation to the calories it has. When people normally are talking about diet, they always bring up calories, but calories aren’t more important than nutrients.

Because nutrients are excellent for lowering stress and elevating mood. Nuts and seeds such as almonds, cashews, and peanuts contain magnesium. Because it is necessary for the creation of energy, magnesium is significant. Dark chocolate, cow liver, and white beans are among the foods high in iron. Foods high in omega-3 fatty acids include herring, walnuts, and flaxseeds. Cantaloupe, carrots, and cow's milk are examples of foods high in vitamin A. Potatoes, chicken breasts, and bananas are examples of foods high in vitamin B. Broccoli, oranges, and strawberries are among the foods high in vitamin C. Each of these has beneficial vitamins and nutrients.

Taking vitamin supplements are a good cheap way for college students to get the vitamins they need. College students sometimes have tight budgets and irregular eating schedules, which makes it difficult for them to regularly consume enough vitamins through food alone. College students can easily and affordably cover any nutritional deficiencies in their meals by taking vitamin supplements. According to “Diet and Mental Health: Can What You Eat Affect How You Feel?”, “Vitamins in the body help the function of enzymes that enable reactions such as the synthesis of serotonin, which plays an essential role in our happiness,”. Students on a restricted budget can easily purchase these supplements because they are easily accessible and reasonably priced. Furthermore, compared to meal planning or selecting nutrient-rich foods,

vitamin supplements provide an easy way to achieve daily vitamin requirements with less time and effort. Another quick and easy way for food is microwavable food.

Microwavable foods like chicken breast and rice are a good quick way for cheap food nutritional food. For people with hectic schedules or who aren't good at cooking, microwaveable meals like rice and chicken breast provide a practical and time-saving option. Furthermore, a lot of microwaveable meals are made to be nutritionally balanced, including a variety of carbohydrates, proteins, and occasionally vegetables. Prepared microwaveable meals, particularly those that include nutritious grains like rice and lean proteins like chicken breast, can have nutritional value. Additionally, people on a budget may find these options appealing due to their price as compared to eating out or buying fresh food. There are also more quick, convenient, and healthy food like whole grain cereal.

Whole grain cereal is an overlooked healthy option. For those who want to eat a balanced and healthy meal, whole grain cereal is a quick and wholesome choice. Whole grain cereals are usually high in dietary fiber, vitamins, and minerals. Eating whole grains for breakfast can enhance satiety, making people feel full and content for longer, which may aid in time management because of college students' busy schedules. According to "Diet and Mental Health: Can What You Eat Affect How You Feel?", "Whole grains are cereals like rice, wheat, and oats that are left fully intact during processing. Therefore, they contain more fiber and nutrients than refined grains, which have had certain parts of the plant discarded." To further improve their nutritional worth, a lot of whole grain cereals are fortified with extra elements like iron and B vitamins.

Smoothies, tea, and water are the finest beverages for a balanced diet.

These drinks are the best options for enhancing a healthy diet because they provide hydration and other health advantages.

Maintaining healthy body functions, such as digestion, circulation, and temperature regulation, requires water. It is the purest form of hydration because it has no calories, sweets, or additives. Rich in antioxidants, tea—especially herbal and green tea varieties—has been linked to a number of health advantages, such as strengthened heart health, increased immunological function, and better weight management. When packed with wholesome components like fruits, veggies, and protein sources like yogurt or protein powder, smoothies offer a handy method to acquire a range of vital nutrients in one drink. They can also be altered to accommodate certain dietary requirements and taste preferences.

Water's many health benefits, such as its ability to aid in weight loss, avoid kidney stones, and enhance skin health, have been shown in several studies. Similarly, studies back up the benefits of tea drinking for lowering the risk of chronic illnesses including heart disease and some types of cancer. A handy approach to improve consumption of vitamins, minerals, and fiber—all important for general health and well-being—is through smoothies, especially those made with whole fruits and vegetables. People can promote hydration, increase nutrient intake, and enhance general health and energy by making water, tea, and smoothies their main hydration sources.

When striving to eat healthily, foods that are organic and plant-based are good options.

Organic food is grown without the use of artificial pesticides, fertilizers, or genetically modified organisms (GMOs). On the other hand, plant-based foods are great for maintaining a balanced diet because they are high in vital nutrients and frequently lower in saturated fats.

Eaters of organic food may benefit from lower exposure to pesticide residues and maybe higher concentrations of specific nutrients, among other health benefits. Research has indicated that

compared to their conventionally cultivated equivalents, organic fruit may have higher concentrations of antioxidants and other healthy substances. Choosing organic food also lessens environmental effect and promotes sustainable agriculture methods. Fruits, vegetables, whole grains, legumes, nuts, and seeds are examples of plant-based foods that are high in vitamins, minerals, fiber, and phytonutrients. Plant-based diets have been linked to many health advantages, including a decreased risk of chronic illnesses like diabetes, heart disease, and some types of cancer.

Consistent evidence backs up the health advantages of plant-based and organic diets. For instance, compared to crops cultivated conventionally, organic crops had much higher quantities of antioxidants and lower levels of harmful metals and pesticide residues, people who eat a plant-based diet have lower rates of type 2 diabetes, obesity, and hypertension, as well as a lower chance of dying from cardiovascular disease and some types of cancer. People can promote their own health and the sustainability of the environment by giving priority to organic and plant-based foods in their diets.

Consuming foods rich in prebiotics and probiotics is beneficial to your health. Prebiotics and probiotics are essential for preserving a balanced population of gut flora, which promotes general health and wellbeing. Live bacteria and yeasts, or probiotics, are good for the health of your digestive system. They support the maintenance and restoration of a balanced population of gut bacteria, which is necessary for good immune system operation, nutrition absorption, and digestion. Conversely, prebiotics are fiber types that provide energy to the good bacteria in the stomach, encouraging their development and activity. People can promote a diverse and healthy gut microbiome—which is linked to several health benefits, such as better digestion, increased

immunity, decreased inflammation, and even better mental health by eating foods high in probiotics and prebiotics.

Studies have consistently shown that probiotics and prebiotics are beneficial to health.

Probiotics, for instance, have been demonstrated in trials to help prevent antibiotic-associated diarrhea and to help relieve the symptoms of gastrointestinal illnesses like irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD). Prebiotics have been linked to better blood sugar regulation, heightened feelings of fullness, and enhanced gut health. Furthermore, a healthy gut flora may be important for regulating mood and lowering the risk of mental health conditions including anxiety and depression, according to recent studies. People can improve their gut health and general well-being by including foods high in probiotics (like yogurt, kefir, and fermented vegetables) and prebiotics (like onions, garlic, and bananas) in their diets.

Latinos/Hispanic & The Struggles of Mental Health (How We Can Change for The Better)

Like everyone in the world Latinos/Hispanics are people who also struggle with mental health. Is it because of stigmas or other reasons like culture or even religion. Overall, the struggle of mental health and talking about it is real in the Latino/Hispanic community is something affecting their overall well-being. It is something that denies them from feeling free mentally and can hinder them in a magnitude of ways. Mental Health is something that needs to be talked about in Latino/Hispanic community so no self-harm of any kind due to mental health is caused.

The stigma of mental health or any mental illness in the Latino/Hispanic community is a negative one, which can be changed so long as we put an effort. The thoughts come from self-stigma, culture, religion, and bringing which are huge contributors to how people really feel about mental health. This means that people put this stigma on themselves, and with the contribution of culture, religion and up bring it causes a negative outlook on mental health overall, even if people need the help which is why new method are being used in today's society that challenges these generational problem Latinos have. In a blog created by Michelle Rojas, she states that they are many ways to overcome stigma surrounding mental health in the Latino/Hispanic community, she states that prioritizing mental health education is a good way to start breaking barriers, where one could conducting seminars, workshops, as well as sharing experiences (Rojas). Pushing the education of mental health is beneficial not only does it spread awareness to those who are part of the community but those outside of the community that have friends that many struggle with mental health and can help those to seek help. Stigma suffered by a multi-generational Latinos/Hispanic community can be solved and does not have to cause harm if it is talked about more.

The stigma suffered by multiple generations can be lessened so long as mental health is talked about. Mental health in the Hispanic community is seen as a negative connotation, people are judged, and it not talked about enough for a change to occur due to the stigma placed on it. What this means is that when no effort is put to talk about mental health among a community it can have generational effects and can cause for men who suffer with mental health to struggle to open up which is why talking about mental health can diminish the stigma around mental health. In a blog created by Michelle Rojas called. "Overcoming the Stigma Around Mental Health in Hispanic Culture" she states that there are ways the Latino/Hispanic community can overcome mental health, such as in a professional place she uses a method which cultivates open communication about mental health. Michelle gives examples/methods such as opening communication channels between leaderships and team members as well as encourage one-on-one check-ins. Which would boost the idea of communication in the community and can help transfer over from the workplace to even personal life, breaking little-by-little the wall of stigma around mental health. Immigration is also a major reason for mental health, which is why immigration needs to be looked at or even changed in the harsh policies it has.

The immigration process is a horrible system that causes many mental health issues due to fear, hatred, and depression across multiple people in the community, which is why something needs to change. This is because both of immigration policies placed on immigration as well as the trauma people have crossed the border causes mental health issues for many migrants. Immigration Policies are put in place to either regulate the flow of immigrants but do to some of these policies/laws can have a negative impact of one's mental health, such as the Florida law passed in the last 3 years which prevents immigrants to not drive, due to fear of going to jail and a chance of being deported, to up to 10 years. In a blog posted by American Psychiatric

Association, called Stress and Trauma Toolkit it, they state that there are many ways to help undocumented people, such as informing patients of their rights, as well as encouraging self-advocacy and empower patients, which can come a long way for people to fight for the human rights, which can lessen the traumatic events that immigration has on mental health. Though immigration cannot be blamed for everything, the thoughts Latinos have on mental health is a major reason for why mental health cannot proceed.

The thoughts of mental health in the community are negative ones due to the stigma around it, which is why talking about it can change the thoughts of the community. First-generation Latino Americans feel like this because of many reasons, such as difficulty talking about it, fear of being judged, and the idea of having to remain strong. What I mean by this is that they struggle with the idea of opening up due to this reason, the reasons that can be changed just by opening up to the idea of seeking help. For example, a Instagram story made by a popular music artist named J-Balvin, he publicly talks about how he when he has his first depression, he used to say, “I would never go to therapy, because it was for crazy people”, but the first time he did it changed the way he thought about mental health. The things he did are important. Not only did he publicly state that he struggles with mental health, but created a moment in time where he approves the normalization on talking about mental health. A moment in time which could’ve helped not only him but millions of Latinos/Hispanics alike who follow him to encourage them to seek help with mental health and find professionals are willing to help so long as they reach out. J-Balvin is not the only person changing the thoughts about Mental Health, many companies are trying their hardest to change the thoughts of millions of people, from the religion and cultural ideals that these thoughts originate from.

Latino college students are some of Latinos smallest group and yet struggle with mental health all over the United States and even view it as pointless to talk about or find help, which is why changing their outlook is essential. The reason this is because over the years mental health is viewed in a negative light that sadly is passed down generation to generation, although knowing when one needs help is difficult when the college student themselves feel that the mental services provided by the school are pointless and feel as they do not need them, which is further from the truth. What I mean by this is that many students do not feel they need help due to how they where raised but it could be something they truly need that they are unaware of. For example, in a study conducted by Counselling and Psychotherapy Research, they found that students mental health services themes where Access, Strategy, and Delivery and how some conditions prevented from seeking mental health or feeling some way about it. These conditions being structural barriers, psychological barriers, and physical barriers to access. Fragmentation, Inconsistency and Confusion for strategy. Lack of diversity for delivery. Some recommendations from students to help improve the support services included investment, digital access, leadership, data-sharing, wellbeing support, and E-therapy. Many of these suggestions is what college students feel that the support services can improve in and can cause students to feel more comfortable with the idea of mental health overall. Covid-19 has affected the mental state of many college students including Latinos, which is why programs are being created to counter these negative emotions.

Covid-19 has a massive impact on society including Latinos college students, which is why programs are being created to counter negative emotions. This is because many negative emotions have accumulated either due to the insanity of staying home all day with no human contact or the loss of loved ones such as family and friends due to the virus. What I mean by this

is that many college students have struggled with mental health issues due to covid-19 or are still struggling with the aftermath. But many programs were created around communities to counter these negative feelings and thoughts. The National Hispanic and Latino MHTTC is a group created to help Latino and Hispanic community from mental health such as a product they created which is to share lessons learned in implementing behavioral health strategies during the pandemic as well as exchange ideas and prepare for similar situations in the future which include programs needed to improve Latinx communities' mental health. Groups like this can help create programs which can help Latinos with situations such as mental health and help diminish the stigma of mental health. College students alike struggle with seeking help, which in itself is a struggle overall due to many barriers, which can be broken down so long as we try.

Barriers play a huge role in seeking help, not only do they prevent those who need help from finding help impossible, but that can be changed. This is because translators and other things that can help people to communicate in order to seek help are arising each day. What I mean by this is that increased people are finding ways to help break the barriers of mental health even those in the Latino community such as the many J-balvin who spoke out about mental health. For example, in the article Pathways to mental health care: Latinos' help-seeking preferences, it talks about how a study was done which interviewed approximately five hundred Latino adults and the results showed that many participants prefer seeking help from friends, family members, coworkers, religious leaders, and faith healers, rather than mental health services. Though this may be the case, older generations still struggle with mental health.

Older generation of Latinos/Hispanic also struggle with mental health. The older generation struggles with mental health mainly because of how they view it, and how they feel

about mental health, as well as language barriers. What I mean by this is that the older generation of Latinos view mental health with a negative stigma and with the addition of language barriers can place a hold for those looking to reach out. for example, in an article done by Innov Aging called “Older Latino Mental Health: A Complicated Picture”. Differences in the Prevalence of Depression and Anxiety”, it talks about how not only newer generations of Hispanics struggle with mental health but so do older generations. The article states that a prevalence of depression and anxiety in older Latinos aged older than 60 years was equal to or in some cases grader than non-Latino whites. A study showed that Latinos older 65-74 years reported high levels of depressive symptoms as they scored a level of 16 or higher on the Center for Epidemiologic Studies Depression Scale. Support systems are ideal when needing help from mental health or any danger that may affect one’s health. This includes churches.

Churches can be a safe place for people to express how they feel without the fear of judgement, but a place of understanding and support. The reason is because churches are places where people are not judged but loved by one another, maybe not physically, but emotionally, it is a place where communities are formed in order to help one another or create a safe place with each other. This is because churches teach people to love one another even of wrong doings and to learn from one another and care for others. For example, in a article titled "School Mental Health Services and Predominantly Black Churches: Supporting African American Students through Collaborative Partnerships”, by Janise S. Parker, she states that school mental health providers should collaborate with predominantly black churches in order to support African American Students’ social, emotional, and behavioral well-being. (Parker 508), by applying this idea in Hispanic churches we can see a progress in breaking down the stigma around mental

health as well as create a place of understanding. Churches are not the only thing that can be a great tool when dealing with mental health, but so can the idea of Familismo.

Familismo is the idea of helping your own family/putting them first. What this means is that it's the cultural idea that family comes first in any problem including mental health, financial problems and more. This is because in the Hispanic culture the idea of Familismo is an essential lesson in the upbringing of Latinos/Hispanics and it reminds people that family should not be forgotten or ignored no matter the situations. For example, in article titled, "Hispanic/Latinx College Students' Mental Health During the COVID-19 Pandemic: The Effects of Familismo and Self-Efficacy", it talks about how main effects of Familismo, and self-efficacy are tied with fewer days where students experience mental health symptoms and talks about how it is the core cultural value which emphasizes family closeness. As seen Familismo is a valuable tool which is a huge support system.

Familismo is a support system that can go a long way. Familismo is a crucial tool that can be used as a way for people to navigate through their mental health. The reason is because as states in the last paragraph Familismo is the idea of supporting each other, now applying that to mental health is beneficial thing for not only the family member who suffers from mental health, but also the members who are willing to help each other breaking down the stigma little-by-little. For example, in an article titled "Attachment and Social Support in Latinx Young Adults: Investigation the Moderating Role of Familismo" by Anna Abate they conducted a study using a sample of 560 Latinx young adults to find out how support may vary depending on culture and cultural values and cultural values, and find out that, "Further, a visual inspection of the figure indicates that low levels of attachment, high Familismo is associated with lower depression". (Abate). Familismo is an important tool that can be used, it is the idea of helping one's own

family and their helping back does not matter what type of mental health one may struggle with even suggesting a professional to a family member can be beneficial in many ways.

Suggesting a mental health professional can be a very an ideal way to deal with mental health. The reason is because they know more about mental health and are more understanding when talking about mental health. This is because therapists have more knowledge about mental health and seek to help others who struggle with mental health. For example, in an article titled "Mindfulness-based programs sustainably increase mental health: The role of cognitive fusion and mindfulness practice", by Sophie Lantheamue, she states that "mindfulness is defined as a state of awareness which arises when intentionally directing one's attention in a non-judgmental way to the present moment. It has been shown to lead to greater mental health.", this is a good thing because it shows the benefits of therapy a one-to-one with someone who is willing to hear people out. The idea of just suggesting is good because it opens doors to talk about mental health diminishing the stigma around mental health.

Overall, the idea struggle of mental health is a real thing in the Latino Community like everyone they struggle with the stigma and barriers that exist. But things can change little by little, by breaking down the stigma and barriers we can be better people and help others be better when tackling mental health.

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