

## *1.Strategy of a successful journal launch: ADAA's community-and-beyond approach*

*The Anxiety & Depression Association of America (ADAA) has launched the Journal of Mood & Anxiety Disorders, an open access journal designed to serve both the professional community and the public seeking reliable mental health research. Under the leadership of Editor-in-Chief Stephen M. Strakowski, MD, the journal aims to improve education, research, and treatment for common conditions like anxiety and depression.*

*Unveiled at ADAA's annual meeting in April 2023, the journal publishes quarterly and has already achieved impressive milestones, including over 60 accepted submissions and more than 75,600 article downloads in its first year. A key feature of the journal is its open access model, which allows anyone to access research papers without the barriers of costly subscriptions, empowering individuals seeking information about mental health.*

*The journal's early success can be attributed to strategic decisions, such as waiving publication fees initially and offering competitive rates for submissions. The experienced editorial board, including Associate Editors Erika J. Wolf, PhD, and Olusola Ajilore, MD, PhD, ensures high-quality research is published, with a commitment to quick turnaround times for submissions.*

*Overall, the Journal of Mood & Anxiety Disorders represents a significant step forward for ADAA, with the potential to enhance the dissemination of vital research and treatments in mental health, ultimately benefiting those affected by anxiety and depression. Dr. Strakowski looks forward to the journal's continued impact in the field.*

## *2.Engaging the Next Generation of Dairy Leaders: Strategies to Inspire and Retain Undergraduates—Especially Women—in Dairy Science Programs*

*A recent symposium review published in JDS Communications highlights the urgent need to address labor shortages in the dairy industry, primarily caused by declining enrollment in dairy science programs. Author Grace Lewis, PhD, from the University of Wisconsin–River Falls, emphasizes that mental health issues significantly contribute to student withdrawals, particularly among*

female students in STEM fields. With 37% of American college students experiencing anxiety and 44% facing depression, universities must prioritize mental health support to retain students.

The review suggests enhancing faculty training in mental health awareness and improving access to mental health resources. Additionally, effective teaching methods are crucial for student engagement. Dr. Lewis advocates for active learning approaches, such as flipped classrooms and team-based learning, as well as high-impact experiences like internships and competitions to solidify students' career aspirations in agriculture. Furthermore, universities should provide career exploration guidance through workshops and mentorship programs. By focusing on mental health support, student engagement, and innovative teaching methods, universities can cultivate a new generation of passionate dairy science leaders, particularly women, to drive the industry forward.