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11-2022

Mental Health and Wellness

Sophia Walker

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Mental Health & Wellness

Sophia Walker

COR 101 – 031

Instructor: Dr. Laura Eierman

TOPIC!!

The topic I chose for one of my lessons in COR 101 was Mental Health and Wellness. During the first class, we asked the students what topics they wanted to learn about throughout the semester and mental health and different parts of mental health were on many of their lists. I started off with a short video as a mental reset and to get students relaxed before the rest of my lesson. I listed and talked about resources available to students at SUNY Cortland, locally, and nationally which was provided through the power point and on a print-out sheet for them. I also discussed strategies and ways to manage mental health, how to deal with stress during midterms week, which is when I completed my lesson, how social media can impact mental health, and ways to use social media in a positive way. We finished with a Kahoot to wrap up and review what they had learned during the presentation.



WHAT IS MENTAL HEALTH?

- According to the National Institute of Mental Health, "Mental health includes emotional, psychological, and social well-being." (NIMH)
- It affects how we think, feel, act, make choices, and relate to others
- It is essential to overall health and quality of life
- Up to 44% of college students reported having symptoms of anxiety and depression (Mayo Clinic)
- Up to 75% of students who struggle with depression and anxiety are reluctant to seek help (Mayo Clinic)

Question: What does mental health mean to you?

Preparing the Lesson

I chose this topic because it is one of the most important aspects about being a first – year student at college and going through all the transitions. Also, it has been something that I have struggled with in the past and so I wanted to do a lesson on it because it is something personal to me and something that I found very beneficial when my student facilitator did it last year. Mental health is an extremely important topic to me personally and it is a passion of mine because I have personally been affected by it and I know many people that are close to me that have been affected by it as well.

"There is hope, even when your brain tells you there isn't."
– John Green

Parade

+

Mental health problems don't define who you are. They are something you experience.
– Matt Haig

you'll always
re braver than you believe,
and stronger than you seem,
and smarter than you think.



Preparing the Lesson (continued)

To prepare this lesson, I did some research using the SUNY Cortland Library database, I looked up different resources online including phone numbers and local places, and I used SUNY Cortland's website to find information that I included in my resources handout that I provided to the students. I reviewed all the material myself and made sure to completely read through all my sources so I had a good understanding of what I would be talking about and so that I would be able to answer any questions the students had. I also talked with my COR 101 Student Facilitator from freshman year about things she did that worked for her in our class because she did a similar lesson.

BIG TAKEAWAY

PRIORITIZE YOUR MENTAL HEALTH.

Coming to college is not easy, but there are so many resources and people who want to help you here at Cortland. Reach out if you are feeling overwhelmed. Talk to your professors, your friends, your family, your RAs, the Counseling Center, or ME!! We are here to support you no matter what you are going through. Please, please, please reach out to someone if you are struggling.

Abi-Jaoude, Naylor, K. T., & Pignatiello, A. (2020). Smartphones, social media use and youth mental health. *Canadian Medical Association Journal (CMAJ)*, 192(6), E136–E141.

- this is the resource I used from the SUNY Cortland library. It is a journal about social media use and mental health which is something I talked about in my presentation.

[https://www.aarp.org/health/conditions-treatments/info-2022/national-suicide-hotline.html?cmp=KNC-DSO-VMF-Veterans-Caregiving-NonBrand-Phrase-33814-Bing-SuicideLifeline_NB-Phrase-NonBrand&&msclkid=ebd83a008fd2153349bd593cc4944e0b&utm_source=bing&utm_medium=cpc&utm_campaign=Veterans-Caregiving-NonBrand-Phrase%20\(SuicideLifeline%20ad%20group%20live,%20others%20paused\)&utm_term=suicide%20prevention%20hotline%20number&utm_content=SuicideLifeline_NB&gclid=ebd83a008fd2153349bd593cc4944e0b&gclid=3p.ds](https://www.aarp.org/health/conditions-treatments/info-2022/national-suicide-hotline.html?cmp=KNC-DSO-VMF-Veterans-Caregiving-NonBrand-Phrase-33814-Bing-SuicideLifeline_NB-Phrase-NonBrand&&msclkid=ebd83a008fd2153349bd593cc4944e0b&utm_source=bing&utm_medium=cpc&utm_campaign=Veterans-Caregiving-NonBrand-Phrase%20(SuicideLifeline%20ad%20group%20live,%20others%20paused)&utm_term=suicide%20prevention%20hotline%20number&utm_content=SuicideLifeline_NB&gclid=ebd83a008fd2153349bd593cc4944e0b&gclid=3p.ds)

<https://www2.cortland.edu/titleix/>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

<https://www.apmreports.org/episode/2021/08/19/under-pressure-the-college-mental-health-crisis>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/college-students-and-depression>

<https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>

- these are the supplemental websites and sources I used for information throughout my lesson

Sources!

SOURCES

- [https://www.aarp.org/health/conditions-treatments/info-2022/national-suicide-hotline.html?cmp=KNC-DSO-VMF-Veterans-Caregiving-NonBrand-Phrase-33814-Bing-SuicideLifeline_NB-Phrase-NonBrand&&msclkid=ebd83a008fd2153349bd593cc4944e0b&utm_source=bing&utm_medium=cpc&utm_campaign=Veterans-Caregiving-NonBrand-Phrase%20\(SuicideLifeline%20ad%20group%20live,%20others%20paused\)&utm_term=suicide%20prevention%20hotline%20number&utm_content=SuicideLifeline_NB&gclid=ebd83a008fd2153349bd593cc4944e0b&gclid=3p.ds](https://www.aarp.org/health/conditions-treatments/info-2022/national-suicide-hotline.html?cmp=KNC-DSO-VMF-Veterans-Caregiving-NonBrand-Phrase-33814-Bing-SuicideLifeline_NB-Phrase-NonBrand&&msclkid=ebd83a008fd2153349bd593cc4944e0b&utm_source=bing&utm_medium=cpc&utm_campaign=Veterans-Caregiving-NonBrand-Phrase%20(SuicideLifeline%20ad%20group%20live,%20others%20paused)&utm_term=suicide%20prevention%20hotline%20number&utm_content=SuicideLifeline_NB&gclid=ebd83a008fd2153349bd593cc4944e0b&gclid=3p.ds)
- <https://www2.cortland.edu/titleix/>
- <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
- <https://www.apmreports.org/episode/2021/08/19/under-pressure-the-college-mental-health-crisis>
- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/college-students-and-depression>
- <https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>
- Abi-Jaoude, Naylor, K. T., & Pignatiello, A. (2020). Smartphones, social media use and youth mental health. *Canadian Medical Association Journal (CMAJ)*, 192(6), E136–E141.

I included this slide at the end of my lesson so the students could see where I got my information from

The Lesson

I showed a 5-minute video about mental health and had the students participate in the quick meditation the video went through to begin class. Then, I directly lectured and talked about the information on my slides. Throughout my lecture, I posed questions to the students about their own personal experiences and if they wanted to share anything about the subject. I chose to end the class with a Kahoot to wrap up and quiz what they learned, and I followed up a few weeks later with a Google Form asking their thoughts on how the lesson went and if it was beneficial.

This is the handout I provided for the students in my section. It lists resources both on campus and off campus, their locations, phone numbers, and hours available.

University Police Department (SUNY Cortland):
Phone: (607) - 753 - 2111
24 hours
Whitaker Hall (down by the SLC)

Counseling Center (SUNY Cortland):
Phone: (607) - 753 - 4728
Van Hoesen Hall Room B-44
Hours: Monday - Friday 8am-12pm & 1pm-4pm

Student Health Services (SUNY Cortland):
(607) - 753 - 4811
Van Hoesen Hall Room B-26
Hours: Monday - Friday 8:15am-12pm & 1pm-4:30pm

Title IX Coordinator (SUNY Cortland):
Phone: (607) - 753 - 2956

SUNY Cortland Emergency Squad (EMS):
Phone: (607) - 753 - 4111/4112

The Learning Center
Phone: (607)-753-4309
Van Hoesen Room B-205
Hours: Monday - Friday 8:30am-4:30pm

Suicide and Crisis Lifeline:
Phone: 988 (call or text)
24/7

National Sexual Assault Hotline:
Phone: 1 - 800 - 656 - HOPE (4673)
24 hours

Cortland City Police Department:
For emergencies: 911
Phone: (607) - 756 - 2811 for non-emergencies
24 hours

Cortland County Suicide Prevention & Crisis Service:
Phone: (607) - 272 - 1616
24 hours

TLC Ambulance:
Phone: (607) - 756 - 7564

Guthrie Cortland Emergency Room:
Phone: (607) - 756 - 3740

BUT FIRST: A
5-MINUTE
MEDITATION RESET

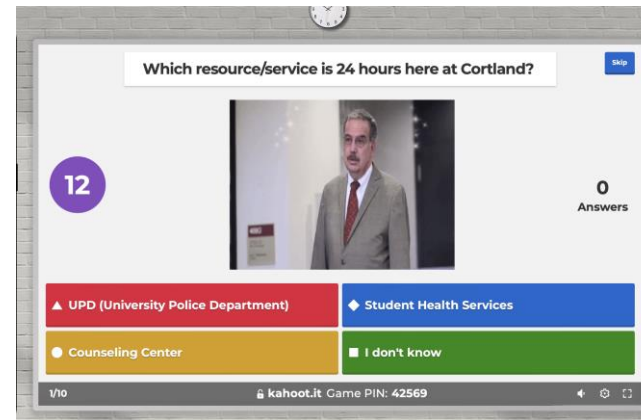
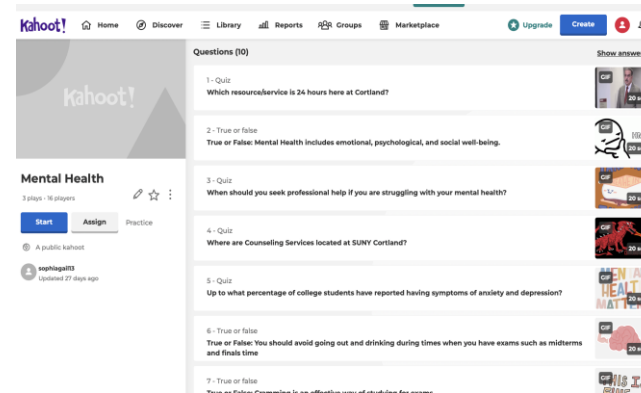


This is the video I began class with and here is the link: <https://youtu.be/inpok4MKVLM>

I decided on these methods because I wanted the students to be engaged and paying attention throughout the lesson. I also wanted to give them a chance to share any personal thoughts or experiences and give them a chance to talk and have discussions in class because those discussions can be extremely helpful.

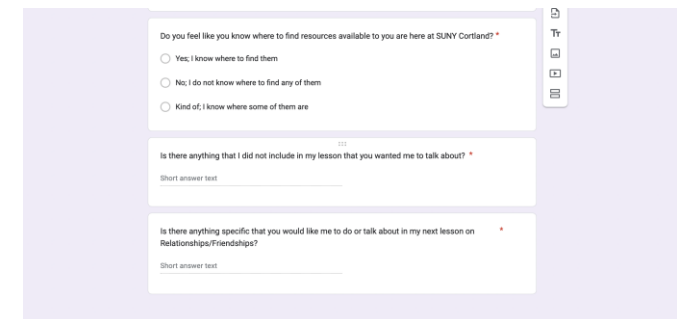
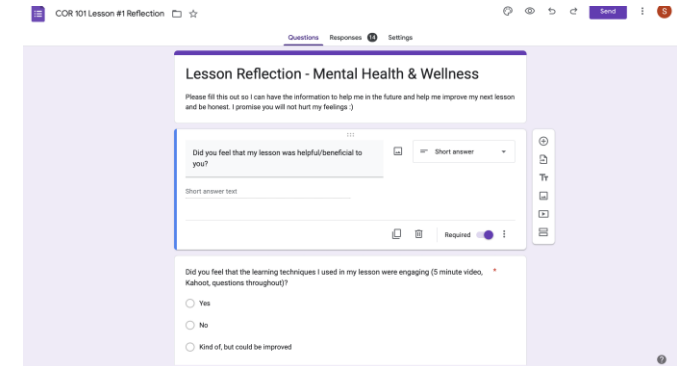
The Lesson (continued)

I chose to include a 10-question Kahoot at the end of my lesson to review what I had talked about and to have something fun to wrap up the class.



These are two images from the Kahoot I created for my lesson.

- Goals of the Lesson:
1. To know and understand what resources are available to students at SUNY Cortland, locally, and nationally and where to find them
 2. Understand what mental health is, why it is important to transitioning into college, and when to seek professional help if they need it
 3. Learn about ways to manage social media and stress surrounding midterms and school in general



These are images of the Google Form I followed up with a few weeks after my lesson and here is the link to it: <https://docs.google.com/forms/d/1txCERhZFwwOC946fjjZ5n2GoCon5tHoUsFEmAuUeRfY/edit>



Lesson Reflection

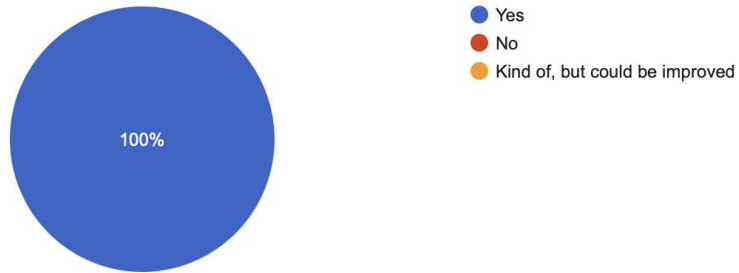
Overall, I received a lot of positive feedback from the students in my section. After class, many of them said thank you on the way out and they seemed happy taking the candy I brought in as well. On the google form, everyone who answered said that they found my lesson to be helpful/beneficial, they found my teaching methods and the things I included in my lesson to be engaging, and they did not have anything that they had wished I talked about. I included this data in the images on the next slide which show the responses to the questions asked on the Google Form I had them fill out a couple weeks after I completed my lesson.

Form Responses

Did you feel that the learning techniques I used in my lesson were engaging (5 minute video, Kahoot, questions throughout)?



14 responses



Do you feel like you know where to find resources available to you are here at SUNY Cortland?



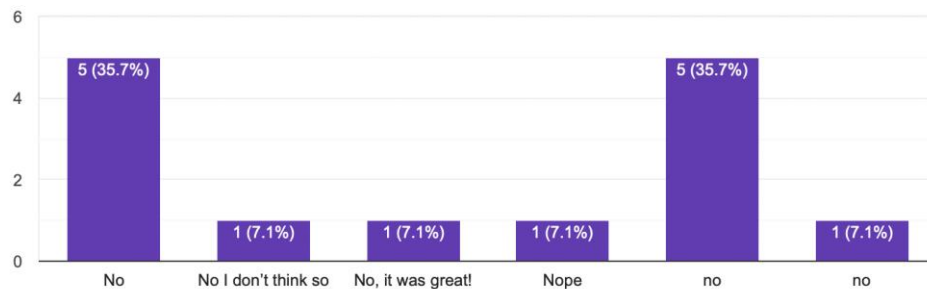
14 responses



Is there anything that I did not include in my lesson that you wanted me to talk about?



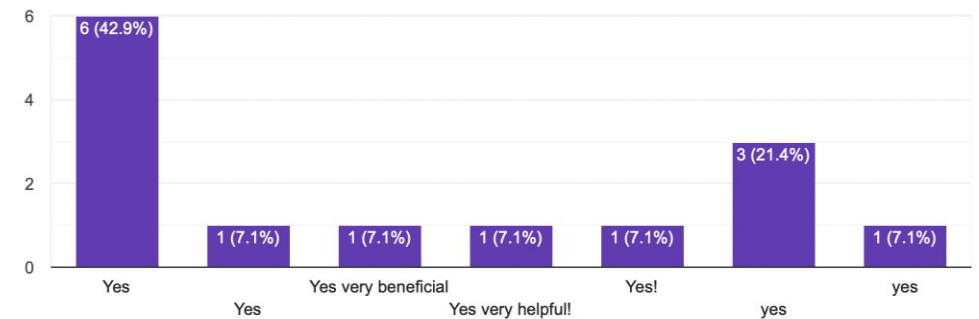
14 responses



Did you feel that my lesson was helpful/beneficial to you?



14 responses



These are the responses I received on my Google Form.

Personal Reflection

I think this lesson I prepared and taught went pretty well for it being my first time ever doing something like this. I did talk a little bit fast, so next time I will slow down and make sure to not rush through the material. It went a little differently than I expected because my class was not very talkative. I posed a few different questions related to the topic and their personal experiences, if they wanted to share, throughout my lesson, and the class was quiet and did not seem to want to share. Next time, I think I will include less questions and more activities such as videos or independent activities. The lesson ended up being about 30-35 minutes long instead of 50 minutes partially because I was expecting there to be some conversations when I asked the different questions. Next time, I will include more information to talk about, maybe make my quiz at the end a little bit longer, and make sure not to rush through what I am talking about.