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Mental Health

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Daniella Zuart

MENTAL HEALTH FROM HIGH SCHOOL TO COLLEGE.. AT
SUNY CORTLAND.

Why mental health matters with the transition from high school to college

Mental health is super important and properly taking care of it and feeding it positive attention is a big aspect of it. It is vital to have a good mental health state especially as a transitioning high school student to college. This is one of the hardest transitions as a young adult, people don't really pay attention to this matter and honestly overlook it because they do not realize how important it truly is. Personally, I feel this transition can make or break your academic success as a person, because it did for me. Once you fall into the path that you shouldn't, it is hard to change but it is possible. Everything happens for a reason, and it helps you grow as a person. Although you may go onto the path you do not want to, if you can overcome it, you come out stronger. That is exactly what happened to me, I want these kids to know they always have a chance. They are capable of anything and everything, the only person ever standing in their way is themselves (including the lack of discipline).

High school

Where did
you go to
high school?

What was the
dynamic?

Habits
picked
up/dropped?

Mental state?
Who were
you?

Getting to Cortland

What have
you learned
so far?

Describe the
transition

Classes?
Teachers?
Resources?

"Wise people learn from their mistakes, wiser people learn from other people's mistakes"

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graph TD; A["Wise people learn from their mistakes, wiser people learn from other people's mistakes"] --> B["Academic probation"]; B --> C["Changed majors"]; C --> D["Caught up over breaks"];
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Academic probation

Changed majors

Caught up over breaks

My
experience
(learn from it)

Why Mental
Health
MATTERS!

Determines your
capability of work.

Does not define you.

It does get better.

TO DO : (photo, 3 words)

1

Go out with
friends anywhere

2

Go outside OR
the SLC

3

Do something
alone

Where to
reach me

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"FIRST NAME, LAST NAME
COR 101 CLASS"

Reflection

why does this
matter to me
and how did
the students
respond

Mental health, especially as a student, is a topic that is super important to me. I feel the reason is because for many years I struggled with my own mental health, silently, and it effected my personality, my grades and my overall lifestyle. I always wished I had someone there for me or to guide me and let me know what I was truly capable of, and that there was always a light at the end of the tunnel. That is exactly what I wanted to be for these students, they are like sponges. They are so new and eager and everything they learn in this first semester is vital to them. It will stick with them throughout their entire college experience, I deeply care about these kids and want to watch them succeed and live out their best life to their fullest potential both here at SUNY Cortland with their academic career as well as in life and forever.

"I really take everything you say and process it and reflect. It gives me a sense of direction. I appreciate the lessons you do because this is what I truly should be learning" - Kate (student)

Citations – resources

Kay, Jerald., and Victor Schwartz. Mental Health Care in the College Community. Wiley-Blackwell, 2010.

Ebert, David Daniel, et al. “Barriers of Mental Health Treatment Utilization Among First-Year College Students: First Cross-National Results from the WHO World Mental Health International College Student Initiative.” International Journal of Methods in Psychiatric Research, vol. 28, no. 2, 2019, p. e1782–n/a, <https://doi.org/10.1002/mpr.1782>.