

**Minutes of the University Council on Teaching**  
**Wednesday, February 4, 2019**  
12:30-1:45, CTE Seminar Room

**Attendees: Kathleen Bailey, Jesica Black, Robert Bloom, Jeff Cohen, Julia Devoy-Whitcavitch, Stacy Grooters, Sylvia Sellers-Garcia, Billy Soo, Patricia Tabloski, Danielle Taghian**  
**Guest: Craig Burns, Director, University Counseling Services**

The agenda of the February 4 meeting was student mental health.

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Dr. Burns informed the committee that UCS sees about 2,000 students a year for individual or group counseling. The average number of sessions is 6-8, after which students might then be referred to off campus providers. Group sessions are increasingly given to meet demand when group therapy is indicated.

Emergency cases have gone up by 200% over the last 10 years to about 1,150 a year. Urgent cases are seen on the same day and focus on crisis management to alleviate acute distress.

Students seeking help at UCS is 66% female.

UCS consults with faculty, staff, RAs and others who are in contact with students to help them identify a student in distress. Staff members give presentations throughout the academic year to inform faculty about student mental health issues.

Dr. Burns referred to studies that indicate that students have fewer internal resources to deal with problems, and therefore look to external sources to fix their problems. They tend to have lower tolerance of, and patience for, problems and believe they can be fixed quickly.

Anxiety, which is on the increase, is the most common issue for students. They feel pressure to do so many activities in very little time and have no room for relaxation. There is a widespread fear of failing among students. Recommendations are to allow students to slow down, be present in the moment, and perceive failure less traumatically.

A UCT member asked if the prevalence of academic dishonesty was linked to anxiety. Dr. Burns felt there is a very strong correlation.

The Behavioral Evaluation Team meets weekly to discuss students in crisis or who display concerning behaviors. The team includes staff from the Office of Dean of Students, BCPD, UCS.

UCS has seen an increase in the use of Adderall and other stimulants to improve academic performance but the drug eventually produces anxiety.