



National Trends

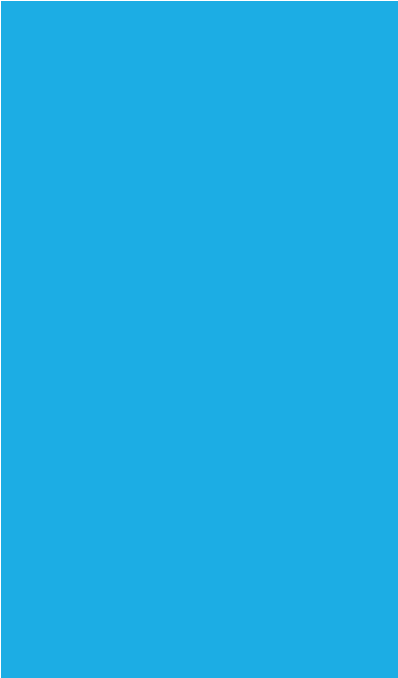

College is the time/age when many mental health issues develop.

Healthy Minds Network Survey (looking at data among college students from 2013-2021)

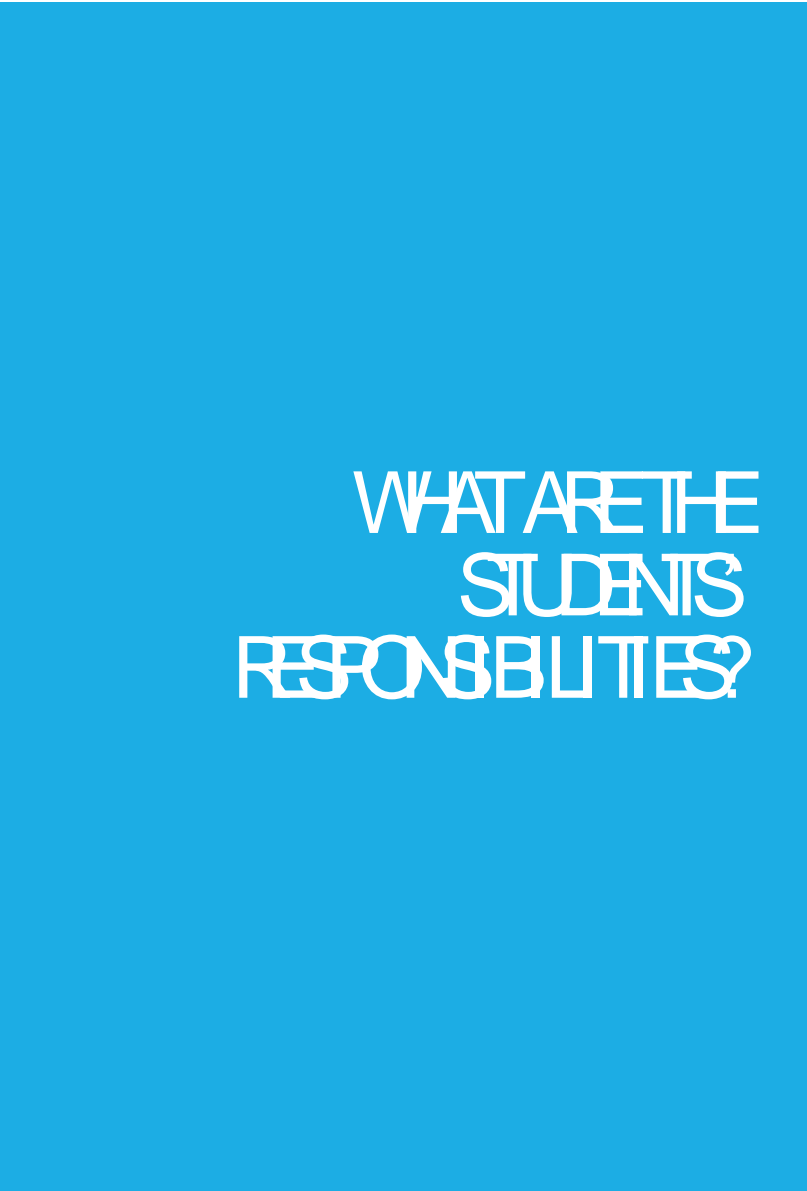
Overall, 135% increase in depression and 110% increase in anxiety from 2013 to 2021;

The number of students who met the criteria for one or more mental health problems in 2021 had doubled from 2013.

Not just a trend due to the pandemic

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- We've seen a rise in students' need for attendance and deadlines accommodations.
 - In 2018-2019, 23% of students who were registered with our office for a mental health diagnosis needed these types of accommodations.
 - Although we're going to focus on the attendance and deadlines accommodations as they relate to students with mental health conditions, these accommodations can also be approved for students with chronic health conditions that are episodic in nature, such as diabetes or cancer, which would be approved by ODS.
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“Attendance and timely submission of assignments may be impacted due to flare-ups in the student’s condition and may require additional absences and reasonable extensions. The student is expected to communicate with you directly should this



These accommodations require students to communicate to their professors when they have a flare up in their condition.

Students should identify how they are going to make up any missed material, tests, assignments if they missed a class or when they will turn in an assignment if they need an extension.

These accommodations are not unlimited. If a student exceeds a reasonable number of absences or extensions, it may be necessary for them to WX the class or take a medical leave.



Dear Professor,

My name is _____ and I am in your _____ class. I am writing to follow up with you about my accommodation letter and discuss the accommodations outlined. I would like to be proactive about the expectations for utilizing my deadlines and attendance accommodations in your course.

If and when I need a deadline extension for disability-related reasons, I will try to contact you (before/after) the due date to initiate the request. (I will include a reasonable due date to submit the work OR I will request a new deadline from you.) While I can't always predict when my disability will impact me, I will be as timely as possible with contacting you when I need an



What is reasonable is very course dependent.

A large lecture course where all classes are recorded and uploaded to Blackboard, may not weigh attendance as heavily as a seminar course that is largely discussion based.

If a course has a long-term assignment with multiple deadlines that build on each other, it may not be as reasonable to provide extensions. Or if assignments are discussed in class the day it's due, an extension may not be reasonable.



However, there may be more flexibility than you originally set up.

Maybe a student who misses a class could do an alternate assignment and get participation points back.


Maybe the deadlines you originally set do not need to be as absolute as you first thought.

It's helpful to think critically about the fundamental requirements for this course.

What are your course objectives?

What do you want students to get out of this class?

Can they meet these expectations with some additional flexibility around the attendance and deadlines policies?



If a student is struggling, missing a lot of classes or not turning in assignments, regardless of whether they're registered with LSS or ODS, it may help to reach out to additional campus partners to include them in conversations about how to best support the student.

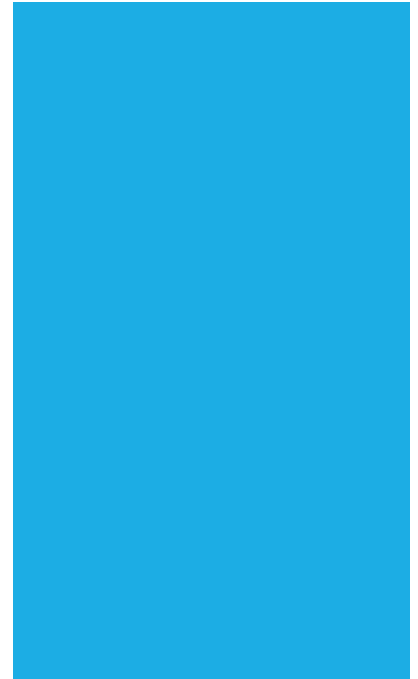
Retention Coordinator or Assistant Deans, depending on your college

Counseling Center

Dean of Students

Academic Advisors

Public Safety – If there is an immediate threat to a student's or your safety



There are several resources on campus for students who are struggling

Counseling Center

LSS (if they aren't already connected for accommodations or academic coaching)

CASA (if students are first gen, Pell eligible, or underrepresented)


Retention Coordinator and Assistant Deans

Academic Advisors

ResLife

Health Promotions





What experience have you had working

