



ABSTRACT

Mental health issues are a common problem among college students today. Students must maintain good health on both a physical and mental level in order to study and perform effectively. Through this project, I want to illustrate why mental health is essential for A-state students to be aware of, suggest the solution for this problem, refer for help, and recognize the symptoms as soon as possible.

MATERIALS & METHODS

As I researched this topic, I realized the importance of raising student awareness. Most of them find it hard to balance school work and social life. Furthermore, most students go to college after graduating high school. Many students reported that their lack of adulthood skills and experience leads them to stress and face mental health illnesses. Some students experience stress because they lack socialization or have poor time management. Opening workshops to give awareness to everyone around campus is one of my suggested solutions for this problem.

INTRODUCTION

Most college students are traditional students, international students, or non-traditional students. According to recent studies, almost 73% of college students experience mental health problems. Many students today are experiencing different mental health problems for many reasons. The mental health illness of college students impacts many aspects of their lives and perform academic work. As a result, these problem needs to change since having good mental health can bring many benefits.



RESULTS & DISCUSSION

Johns Hopkin University uses this method at their Counseling Center. In this way, students can be more aware of their symptoms by hearing doctors or therapists talk about this problem. This solution is practical because there is an interaction between the therapist and the students directly. In addition, opening workshops can help understand what impacts a mental health condition and how to seek out help when needed. Besides that, the Counseling Center can raise awareness of mental health throughout campus by email, flyers, the A-state student app, A-state websites, and wearing green. These practical solutions can do every day during school hours so that the student would catch more attention to mental health awareness.

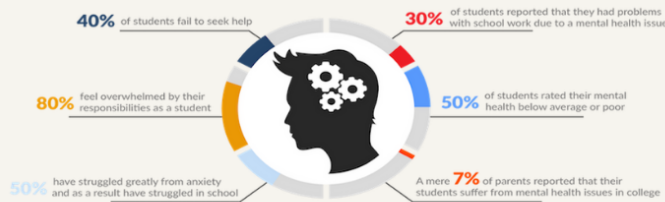


Figure 1: Reasons why college students deal with mental health problems

Works Cited

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