

Charles Crews

Professor Mark Noon

English 101x

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MLA

“College Mental Health: Where and Why Students Struggle.” *Origins Behavioral HealthCare*, 7 Sept. 2020,
<https://www.originsrecovery.com/college-mental-health-where-and-why-students-struggle/>.

APA

College Mental Health: Where and why students struggle. (2020, September 07). Retrieved October 26, 2022, from
<https://www.originsrecovery.com/college-mental-health-where-and-why-students-struggle/>

Summary Paragraph

To all college students do you suffer from a mental health disorder? Researchers have seen a significant rise in mental health cases in college students. Anxiety is the most reported mental health disorder found in students. College students who suffer from mental health are more likely to abuse alcohol or drugs. There are many things that contribute to this such as financial burdens, demanding schedules, and digital device interactions. College is perceived that it's all fun with a bunch of events and a place to hang out with friends but, it's not.

Pertinence Paragraph

This article connects to Adam Sinicki article “The Dark Side of Learning: Negative Brain Plasticity”. When Adam Sinicki introduced negative plasticity in his article saying that the more we do something we form bad habits. Just like how in college the more you stress about school work and other things you have going on in life can contribute to mental health. While reading this article it really shocked me how many college students actually suffer from mental health problems. It's sad how most schools don't have the proper resources to help students with their mental health.

Potentially Valuable Quotations

“The number of 18-to-26-year-old students who report suffering from anxiety disorder has doubled since 2008” (para 1)

“The consequences of struggling to cope with mental illness during college can expand from mental illness symptoms to co-occurring disorders” (para 5)

“Unfortunately, collegiate institutions have not prepared for the mental illness epidemic spreading across campuses around the country” (para 7)

MLA

Maio, Harold A. *Mental Health of College Students Is Getting Worse*. 21 Apr. 2022, <https://www.bu.edu/articles/2022/mental-health-of-college-students-is-getting-worse/>.

APA

Maio, H. (2022, April 21). Mental health of college students is getting worse. Retrieved October 31, 2022, from <https://www.bu.edu/articles/2022/mental-health-of-college-students-is-getting-worse/>

Summary Paragraph

College is a time where we are supposed to develop and find ourselves but it also is a time where many struggle due to mental health. Mental health has been on a rise since 2013. There has been a 135% increase in depression and a 110% increase in anxiety in college students. American Indian/Alaskan Native college students were found to have the biggest increase in depression. This is believed to be because of discrimination.

Pertinence Paragraph

While I was reading this article it made me realize that mental health affects way more people than we thought. The reason why I think there has been a rise in mental health found in college students is because of the pandemic and there not being enough resources to help college students. When Jessica Colarossi talked about how minority students have tested more to having some type of mental health problem it really opened my eyes on how many college students that are a minority are affected by mental health.

Potentially Valuable Quotations

“ The paper looks at survey data collected by the Healthy Minds Network between 2013 and 2021 from 350,000 students at over 300 campuses.” (para 3)

“American Indian/Alaskan Native college students were found to have the largest increases in depression, anxiety, suicidal ideation, and other mental health problems, as well as the largest decreases in flourishing” (para 7)

MLA

Daze, Gilad. "Understanding Mental Health in College Students." *BrainsWay*, 20 Sept. 2022, <https://www.brainsway.com/knowledge-center/the-mental-health-of-college-students/>.

APA

Daze, G. (2022, September 20). Understanding Mental Health in college students. Retrieved November 1, 2022, from <https://www.brainsway.com/knowledge-center/the-mental-health-of-college-students/>

Summary Paragraph

In this article it talks about how some college students are overwhelmed by so many factors that contribute to college students having stress which leads to mental health problems. Also, how some colleges think that it's helpful to take a break away from school so that you can recover from whatever you're going through. Colleges don't have the right sources to help for long-term physical or mental health conditions.

Pertinence Paragraph

While I was reading this it made me think of how there are so many factors that contribute to students that have mental health problems. Also, how colleges still don't have a full plan on how to help lower the cases of mental health. I feel like the idea of having time away from school if you're suffering from mental health problems can be very beneficial for someone since it gives them time to recover and work on themselves.

Potentially Valuable Quotations

“Some colleges require or strongly suggest long leaves of absence, often a full year of not being enrolled and staying away from campus” (para 5)

“But when circumstances become challenging, intensified symptoms can cause severe distress and, potentially, put individuals at risk for suicide” (para 8)

MLA

Pedrelli, Paola, et al. “College Students: Mental Health Problems and Treatment Considerations.” *Academic Psychiatry : the Journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*, U.S. National Library of Medicine, Oct. 2015, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4527955/>.

APA

Pedrelli, P., Nyer, M., Yeung, A., Zulauf, C., & Wilens, T. (2015, October). College students: Mental Health Problems and treatment considerations. Retrieved November 8, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4527955/>

Summary Paragraph

Mental health is a very common problem that most college students go through. Some students try to cope with their mental health problems by using illegal drugs or alcohol. Also, how most college students don't know that they have a mental health disorder so they can't get help because they don't know they are suffering from one.

Pertinence Paragraph

While reading this article I was shocked at how many college students who use drugs or alcohol to cope with their mental health problems. Also, how I didn't realize that most people don't realize that they have a mental health disorder so it becomes harder after time to fix. I feel like if there are more sources for people who suffer from mental health issues on campus the mental health cases will go down significantly

Potentially Valuable Quotations

“Therefore, it is not surprising that the most prevalent problem among college students is the presence of substance use disorders” (para 11)

“Traditional college students are in a transitional age, young adulthood, which is associated with numerous stressors and during which many mental health problems often first occur” (para 14)

MLA

Beresin, Gene. *The College Mental Health Crisis: A Call for Cultural Change – Part 2*. 22

Dec. 2021,

<https://www.mghclaycenter.org/parenting-concerns/college-mental-health-crisis-call-cultural-change-part-2/#:~:text=73%25%20of%20students%20experience%20some%20sort%20of%20mental,and%20higher%20probability%20of%20dropping%20out%20of%20college.>

APA

Beresin, G. (2021, December 22). *The College Mental Health Crisis: A call for cultural change – part 2*. Retrieved November 8, 2022, from

<https://www.mghclaycenter.org/parenting-concerns/college-mental-health-crisis-call-cultural-change-part-2/#:~:text=73%25%20of%20students%20experience%20some%20sort%20of%20mental,and%20higher%20probability%20of%20dropping%20out%20of%20college>

Summary paragraph

In this article it talks about how most college students who suffer from mental health don't know how to cope with stress and therefore their mental health disorder gets worse. Also, how colleges don't have enough sources to help every student its usually a ratio of 1: 1000 of certified counselors to students on campus. There are some solutions that can help such as changing the educational platforms around mental health and illness so that there can be more people aware of the mental health pandemic.

Pertinence Paragraph

While reading this article it gave many statistics on different groups of people who are infected with mental health problems. I liked how they gave a bunch of different solutions to help college students with mental health disorders. I feel like there needs to be more resources for college students to go get help with whatever they are going through so that they can get better.

Potentially Valuable Quotations

“Some of the vulnerabilities in college students include a pre-existing or new-onset of a psychiatric disorder or recognition of a previously undiagnosed learning disability” (para 2)

“Colleges, as noted above, have very *limited clinical services* and mental health personnel” (para 5)

MLA

Frippery. *How Does Mental Health Affect Student-Athletes?* . 16 Aug. 2022,

<https://colleageaftermath.com/students/how-does-mental-health-affect-student-athletes/#:~:t>

ext=Effect%20Of%20Bad%20Mental%20Health%20On%20Student-Athletes%201,Depression%204%20Loss%20of%20interest%205%20Over%20training.

APA

Frippery. (2022, August 16). How does mental health affect student-athletes? Retrieved November 8, 2022, from

<https://collegeaftermath.com/students/how-does-mental-health-affect-student-athletes/#:~:text=Effect%20Of%20Bad%20Mental%20Health%20On%20Student-Athletes%201,Depression%204%20Loss%20of%20interest%205%20Over%20training>

Summary paragraph

In this article they talk about how mental health affects college athletes. The author goes on about how college athletes have many triggers that leads them into having mental health disorders. Also, how the effects of mental health on college athletes can lead to anywhere from loss of interest to suicide. Colleges need to make a better environment for college athletes to be able to get help.

Pertinence Paragraph

While reading this article me being an athlete myself it gave me insight on how many college athletes suffer from a mental health disorder. Being a college athlete you have way more stress since you have to find a way to balance your school work and your sport which can be a struggle at times. I think that most college athletes don't admit to having a mental health disorder since they think it might make them seem weak so they just try and hide it.

Potentially Valuable Quotations

“The constant presence of unhealthy competition can lead to a feeling of self-insufficiency and desperation birthing an unhealthy downward spiral of mental health problems” (para 4)

“When student-athletes speak about their struggles, they should not be mocked and considered inadequate. The courage to speak up should be enough” (para 9)

MLA

Thornton, Travis. “How Does Mental Health Affect Students Academic Performance?”

CLJ, 31 May 2022,

<https://communityliteracy.org/how-does-mental-health-affect-students-academic-performance/#:~:text=Mental%20health%20problems%20can%20affect%20a%20student%E2%80%99s%20energy,co-occurring%20depression%20and%20anxiety%20can%20increase%20this%20association.>

APA

Thornton, T. (2022, May 31). How does mental health affect students academic performance? Retrieved November 8, 2022, from

<https://communityliteracy.org/how-does-mental-health-affect-students-academic-performance/#:~:text=Mental%20health%20problems%20can%20affect%20a%20student%E2%80%99s%20energy,co-occurring%20depression%20and%20anxiety%20can%20increase%20this%20association.>

Summary paragraph

In this article it talks about how mental health affects students' academic performances. Students who suffer from a mental health disorder have a hard time focusing while in class. Also, how mental health can affect a students energy level which can lead to students not wanting to go

to class and how they perform in the classroom. Students who don't deal with their stress are more likely to fall behind on school work and drop out of school.

Pertinence Paragraph

While reading it shocked me on how much mental health affects students' performance in the classroom. I think that students who try to push down their stress are more likely to develop a mental health disorder because the more you try and push something down the more its going to consume your body and make it harder to get over.

Potentially Valuable Quotations

“Mental health issues such as anxiety can cause someone to lose concentration, making it very difficult to multi-task” (para 1)

“Students facing mental health challenges may see a decline in their results or prove unable to respond effectively to the high-pressure expectations of exams and assignments” (para 3)

MLA

Singh, Ambika. *Importance of Mental Health in College Students*. 11 July 2022,
<https://www.uopeople.edu/blog/importance-of-mental-health-in-college-students/>.

APA

Singh, A. (2022, July 11). Importance of mental health in college students. Retrieved November 8, 2022, from
<https://www.uopeople.edu/blog/importance-of-mental-health-in-college-students/>

Summary paragraph

In this article it talks about all the signs of different mental health disorders that college students go through. Also, it talks about why having a good mental state in college is important and should be a top concern you have for yourself. Next, the author gives us different ways on how to have a good mental health state during college.

Pertinence Paragraph

While reading this article I liked how this author talked about the different symptoms of different mental health disorders so that you can get the treatment for it. I liked how the author gave ideas about how to maintain a good mental health such as time management, organization, and many other ones. Also, I feel like it's important to try and maintain good mental health so that you can enjoy your college experience and having good grades.

Potentially Valuable Quotations

“When you are in college, it’s a good idea to make your own mental health a priority” (para 8)

MLA

Barbayannis, Georgia, et al. “Academic Stress and Mental Well-Being in College Students: Correlations, Affected Groups, and Covid-19.” *Frontiers in Psychology*, Frontiers Media S.A., 23 May 2022, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9169886/>.

APA

Barbayannis, G., Bandari, M., Zheng, X., Baquerizo, H., Pecor, K., & Ming, X. (2022, May 23). Academic stress and mental well-being in college students: Correlations, affected groups, and covid-19. Retrieved November 8, 2022, from

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9169886/>

Summary paragraph

In this article it talks about how academic stress is the biggest stress factor college students have which contributes to students' mental status. Over 80% of students have academics as their leading stress contributor in their life. Also, that covid has been a major factor in mental health since of the constant change and how never knowing what was going to come next.

Pertinence Paragraph

While reading this article I was able to relate to the academic stress since I stress out constantly about my school work. Also, I didn't realize how much of an impact that covid had on college students' mental health. Something that I didn't know is that females have a higher stress rate than men, which I was very surprised about.

Potentially Valuable Quotations

“stress may be the single most dominant stress factor that affects the mental well-being of college students” (para 1)

“For college students, the COVID-19 pandemic has resulted in significant changes and disruptions to daily life, elevated stress levels, and mental and physical health deterioration” (para 6)

MLA

Eva, Amy Amy L. L. “How Colleges Today Are Supporting Student Mental Health.”

Greater Good, 11 Jan. 2019,

https://greatergood.berkeley.edu/article/%C3%ADtem/how_colleges_today_are_supporting_student_mental_health.

APA

About the Author Amy L. Eva Amy L. Eva, & Eva, A. (2019, January 11). How colleges today are supporting Student Mental Health. Retrieved November 13, 2022, from https://greatergood.berkeley.edu/article/%C3%ADtem/how_colleges_today_are_supporting_student_mental_health

Summary paragraph

In this article it talks about ways that colleges can help students who are struggling with mental health problems. Also, how there needs to be more awareness around campus so people can learn more about it. The author talked about how colleges need to have more resources for students who are struggling with a mental health disorder.

Pertinence Paragraph

While reading this article I like how the author gave different ways on how to help students get over their mental health problems. I think the mental health screening is a good thing since it can help students who don't know if they are suffering from a mental health disorder. The more help that colleges can give their students the percent of college students suffering from a mental health disorder will go down tremendously.

Potentially Valuable Quotations

“At the end of the screening, students receive information regarding additional mental health resources and supports, as needed” (para 8)

“When students enter Kognito’s virtual campus, they learn more about mental health from a handful of virtual students, and they talk with a virtual student in distress” (para 18)

