



PCACAC

POTOMAC & CHESAPEAKE ASSOCIATION
FOR COLLEGE ADMISSION COUNSELING

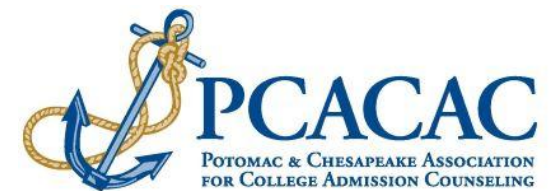
*LEADERSHIP EDUCATION WEBINAR CERTIFICATE
PROGRAM
ETHICAL NAVIGATIONS*



Mental Health

LEADERSHIP EDUCATION WEBINAR

November 2024



PRESENTERS

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LEARNING OBJECTIVES

1. Understanding the Current Landscape of Mental Health with current High School/College Students
2. Understanding How Mental Health Challenges Affect Colleges and the Admissions Process
3. Understanding Resources for both High School and College Populations

What is the current Landscape with Students and their Mental Health?

The Chronicle of Higher Education , 9/21/24

Fewer College Students Reported Mental-Health Challenges for the First Time in Years

Data from Healthy Mind Studies -

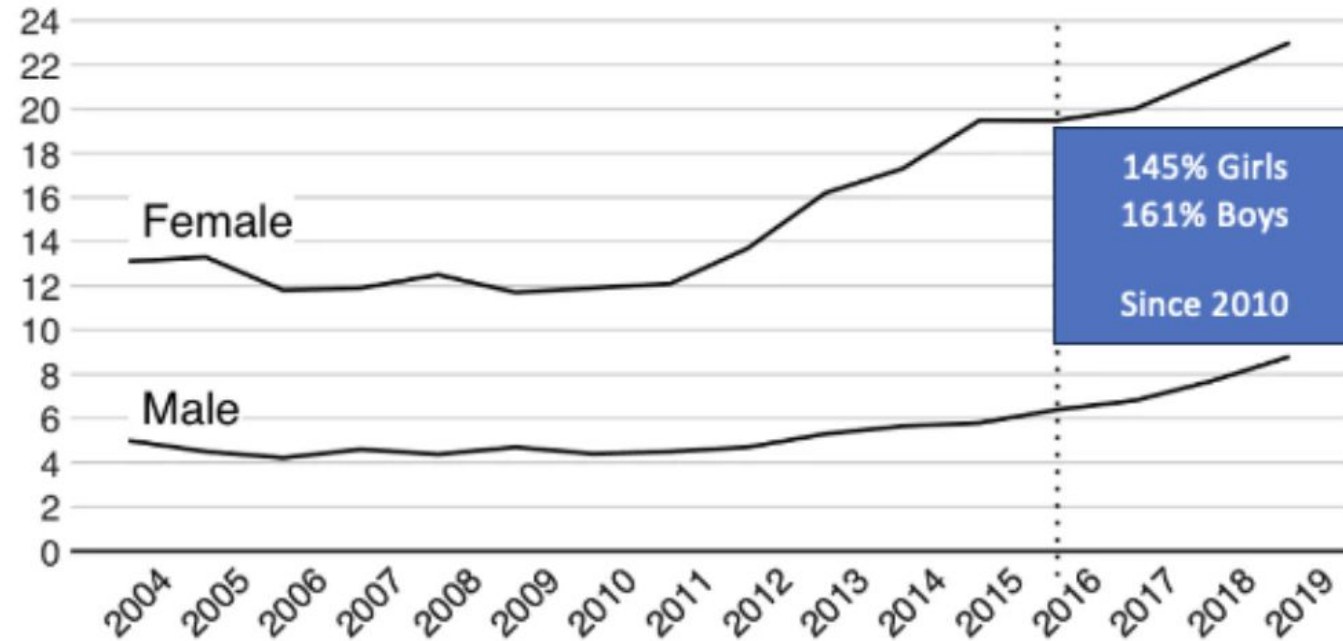
one of the country's largest datasets on student mental health.

- Improvement of positive mental health up 32% from last year consecutively gone up for 3 yrs according to their study
- HOWEVER – Challenges still are prevalent
 - More than 1/3 students screened positive for some form of anxiety, and almost 4/10 met criteria: moderate or severe depression
 - Loneliness: approx. 60% of students reported lacking companionship.
 - 75% of students report emotional or mental difficulty impaired their academic performance

If we have a 20-foot flood and now we're at 19.5 feet, it's still a flood," said Marcus Hotaling, President-Assoc. for University/College Counseling Center Directors, Dir. Counseling Center at Union College (NY).

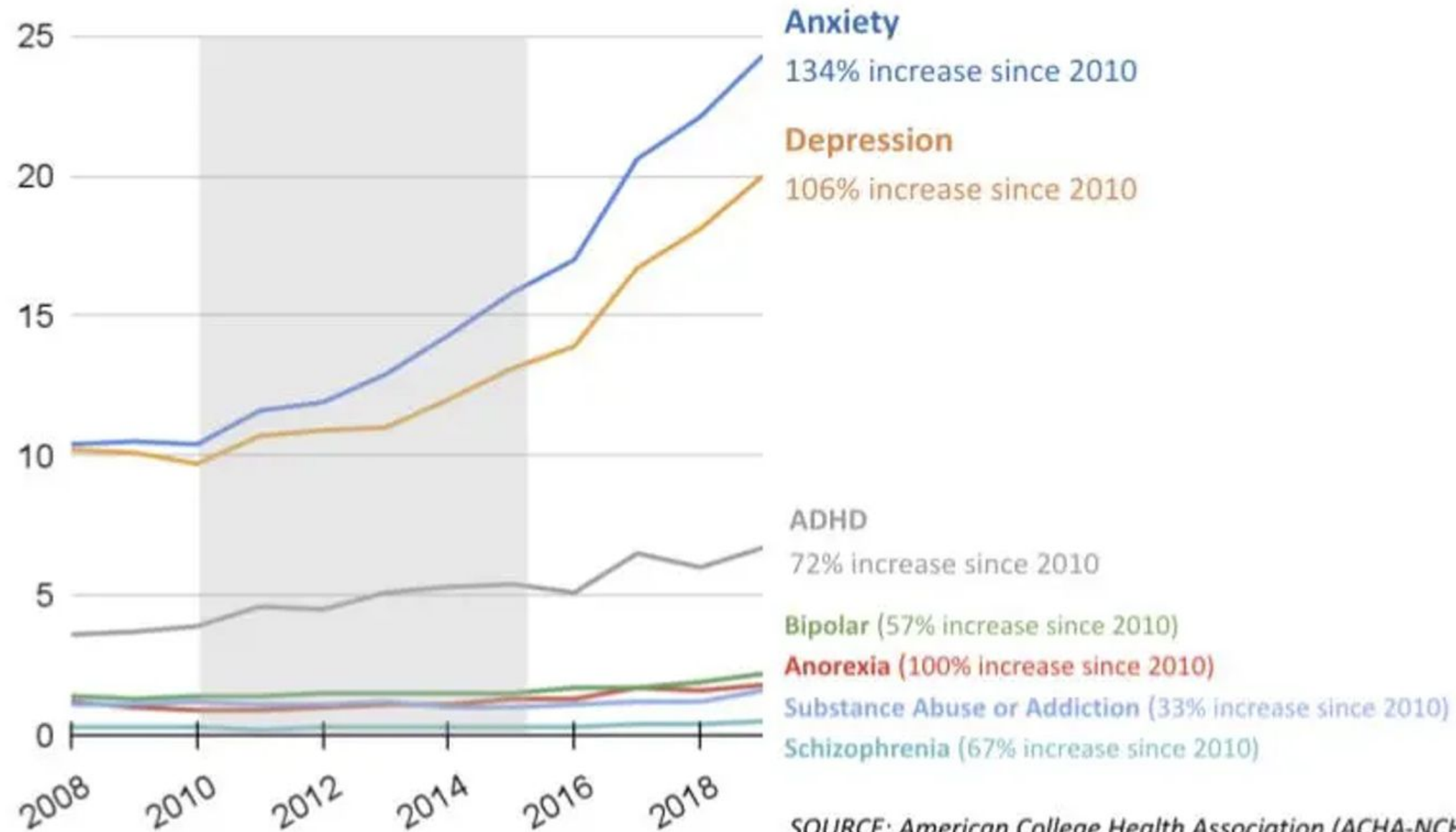
Depression Rates, Ages 12 to 17

Percentage with major depressive episode in the past year



(Coddling of An American Mind, Lukianoff and Haidt 2016)

Percent of U.S. Undergraduates Diagnosed with a Mental Illness



SOURCE: American College Health Association (ACHA-NCHA II)

Working with Students and their Mental Health

- We as Professionals must educate ourselves on Mental Health and the complexities of it
- Transfer/GAP year students will continue to be prevalent with the process (pivoting our skills)
- Different type of Recommenders coming into play (personal counselor, mentor who was virtual, etc.)
- Colleges/Universities will need to be more explicit in what specific accommodations/ new supports that are offered
- Economic/Political/Safety Concerns will continue to arise (and will continue – Political/Social Environment)
- Pulse Checks on the process will be important, and we as counselors have to be flexible
 - But I can't change deadlines...I always say
 - Watching my tone and empathy towards anxiety/despondent feelings

What do we need to be aware of for the next class(es) of college students?

Considering the following Factors that will influence and affect their choices/importance of their mental health:

- Political/Social Environment
- Information on Transitional Issues (Campus Life, Academic Resources, etc.)
- Interpersonal connection and help (orientation programs, advising)
- Campus Safety and the College geographic area
- Financial Challenges
- Present Medical Issues and how College/University environment can assist

2016 - **77%** of teens had a phone – **23%** had a smart phone

Gen Z was the first generation to go through puberty and the sensitive period for cultural learning on smartphones

Generative AI is already producing **CarynAI**

(Anxious Generation, Haidt 2024)

38 percent of undergraduates surveyed in the 2023–24 academic year experienced moderate or severe depression symptoms—down from the peak of 44 percent two years prior

Although it has declined slightly from 2022, the percent of students who said they currently need help managing their mental health and negative feelings remains extremely high at 78 percent

Perhaps most strikingly, rates of positive mental health—evaluated using something called the Flourishing Scale, which inquires into factors like students’ satisfaction with their relationships, self-esteem and optimism—have increased, rising from [a low of 32 percent in 2022](#) to 38 percent this year

Around two-thirds of incoming college seniors said college has significantly contributed to their ability to land a well-paying job, according to [a new survey](#) from job platform Handshake

(Alonso, 2024) (Schwartz, 2024)

Using the Guide to Ethical Practices in College Admission in reference to Mental Health

- What is The Guide also called GEPCA?
It is the Guide to Ethical Practices in College Admission. It is a document that “reflects NACAC’s commitment to principled conduct among professionals that support students in the college transition process.”
- CORE VALUES of the Guide include; **commitment to education, access and equity, professionalism, collegiality, collaboration, trust and social responsibility**

QUESTIONS?



**YOU MAY ENTER YOUR
QUESTIONS INTO THE Q&A
BOX IN ZOOM**



THANK YOU!



Please complete the Webinar Exit Survey!