



Mental Health in College



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UNIV 100 063: LEP Mastering the First Year

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Fall 2021





Mental Health in College

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Mental Health in College

Member Introductions & article name

- Dae'Ja Harris – “Breaking Down Barriers: Academic Obstacles of First-Generation Students at Research Universities”
- Erin Diaz – “Financial Anxiety among College Students: The Role of Generational Status”
- Crishell Taylor- “Improve the Mental Health of College Students by Means of Computer Network Technology”
- Destini Brown – “Depression and Impaired Mental Health Analysis from Social Media Platforms Using Predictive Modelling Techniques”





Mental Health in College Abstract

The purpose of this research is to discuss:

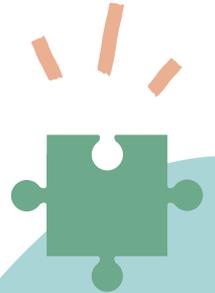
- The cause of mental health problems in first-generation college students
- What can be done to reduce cases where they feel like giving up.
- Act of breaking barriers while attending the higher education
- Ways to prevent or reduce the number of students developing mental illnesses because of college
include depression detecting social media software.

Keywords: Mental health, college, students, illness, education.



Introduction

This presentation discusses the reason first generation students experience mental health issues and ways to lessen the cases. As first generation students, we believe this topic is relevant in order to assist future students coming after us.





Mental Health in College Research Question

Identifying factors that cause mental illness development in a college setting in order to understand how to prevent students from battling mental illness through four scholarly, peer reviewed, research studies concerning mental illness.





Mental Health in College Purpose Statement

The purpose of this research is to explore the theme of mental illness relating to college students.





Mental Health in College Discussion

- First Generation vs. Non First Generation
- Uses the Student Experience in the Research University (SERU) to determine the possible obstacles of various students toward their academic success





Mental Health in College Discussion

- Obstacles 
 - Competing job responsibilities, family responsibilities
 - Weak English and Math skills
 - Inadequate study skills
 - Feeling depressed, stressed, upset
- Assisting 
 - Ease into college
 - Encourage engagement
- What can we do? 
 - Academic and social engagement opportunities
 - Address weak English skills
 - Talk to a group of first generation
 - Alienation campus





Mental Health in College Discussion

- First-generation students have been linked to mental illness due to the financial anxiety, academic outcome, and lack of resources.
 - Financial anxiety is the feeling of being overwhelmed with money hardships.
- This article explores the question of students' academic success with financial limits
 - Students who come from low-income environments experience different ways of balancing school and their personal life.
 - impact their support and interactions with peers and teachers





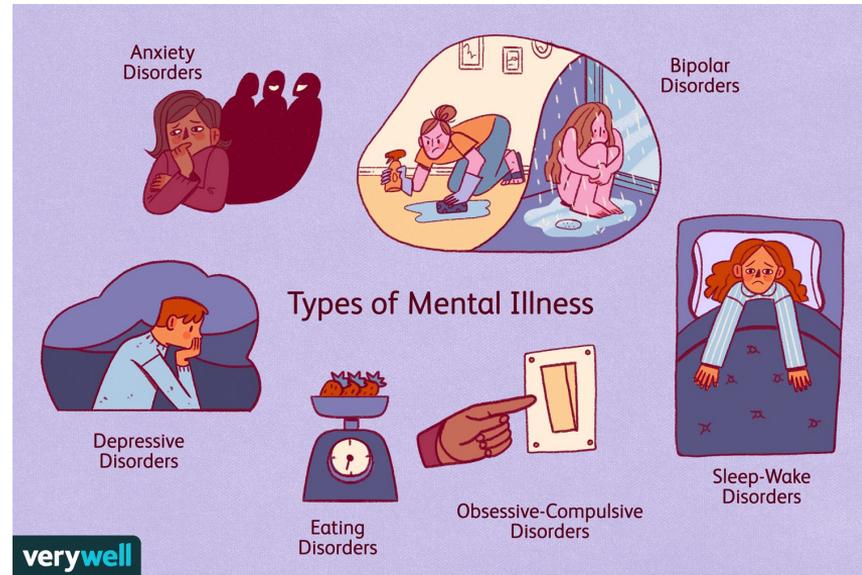
Mental Health in College Discussion

- Studies have shown first-generation students to have lower grade point averages compared to non-first generation students.
- RAM was used to focus on factors that caused students to have any stress from financial anxiety.
 - Demographic background and personal development from one's social identity that would alter the outcome of the study.
 - The data from the article measures the students' self-concept, their role in the household, their interaction with society and peers, and basic needs.



Mental Health in College Discussion

- Why does school stress students out?
 - New Environment/forming relationship
 - Cost of living independently
 - Balancing school and work
 - Understanding emotions and discovering self
 - Lack of resources and support
- These students would learn how to deal with this throughout their college experience, but some students would not even make it until their graduation.





Mental Health in College Discussion

- Can social media be in assistance with helping to overcome depression?
 - Everyone has the mindset that social media is the root of the problem when it comes to mental health issues
 - Researchers conducted a study to see how helpful embedding machine learning depression detecting algorithms in social media combined with recommendation systems would be.
 - Researchers were analyzing social media post to see if what the users were posting could help detect their mental state.





Mental Health in College Discussion

- The study found that users who were depressed tend to use dark images or filters. This conclusion was found to be accurate 60% of the time.
- This study relates back to college students because this generation that we are living in is built around technology most college students are on social media and go here to express how they are feeling.
- This could be a major help in detecting depression early on in the students lives so extreme measures can be prevented and they can receive the help they need.





Mental Health in College Discussion

- Benefits of Modern Network Technologies (Social Media)
 - A free virtual space for individuals to speak freely
 - Convenient for individuals to express ideas, concepts and viewpoints
 - Realize the transfer of information, release/ share ideas, and interact with others at any given time
 - Provides access for the teachers to find out the different mental health statuses of each student





Mental Health in College Discussion

- Internet Conducted Research Study
 - 24.50% of college students seeking psychological help through the internet
 - 57.50% of college student seeking help through the internet
 - 18% of college students seeking help through other forms of assistance
- This research study reveals the increase in codependence of internet usage by college students





Mental Health in College Discussion



- Internet Conducted Research Study
 - 78.64% of students think that making friends online is easier than in reality
 - 49.06% of students think that they are more talkative online than in reality





Mental Health in College Significance

After analyzing four scholarly, peer reviewed, research studies concerning mental illness, we learned that factors, such as finances, can lead to students developing mental illness. Having financial troubles means working more hours and lack of focus on school work. Factors such as breaking academic barriers puts excess stress on students first to graduate college. They lack guidance to prepare them for the struggles of higher education.





Mental Health in College Recommendations

It is recommended college students research student assistance programs, find a mentor with a similar background as them, or a mentor with similar goals as them, examples include, but are not limited to, programs like the Louisiana Educate Program, a part of faculty or staff at your institution to connect with, a teacher in your majoring field, or visit the counseling center.



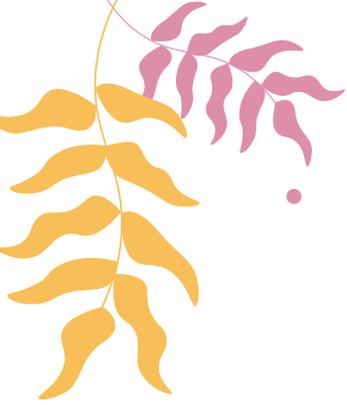
Conclusions

In conclusion, mental illness in college students stem from financial burdens, poor social life, and academic difficulties. When placed in a college setting students become overwhelmed. The anxiety of the financial burden of rising college fees combined with academic and home life obstacles create an increase in mental illness in college students. It is recommended to seek a mentor to assist with your pursue toward your Bachelor's degree. When experienced with a mental illness, reach out to someone you trust and remember you are not alone.

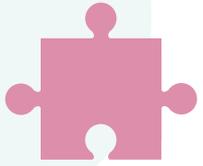


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Where are you, mentally?



Diagnosis



Memory difficulties



Personality changes



Loss of interest



Physical aches



Sleep problems



Suicidal thinking





Mental Health in College Questions and Answers





Mental Health in College

Written and Verbal feedback from class

