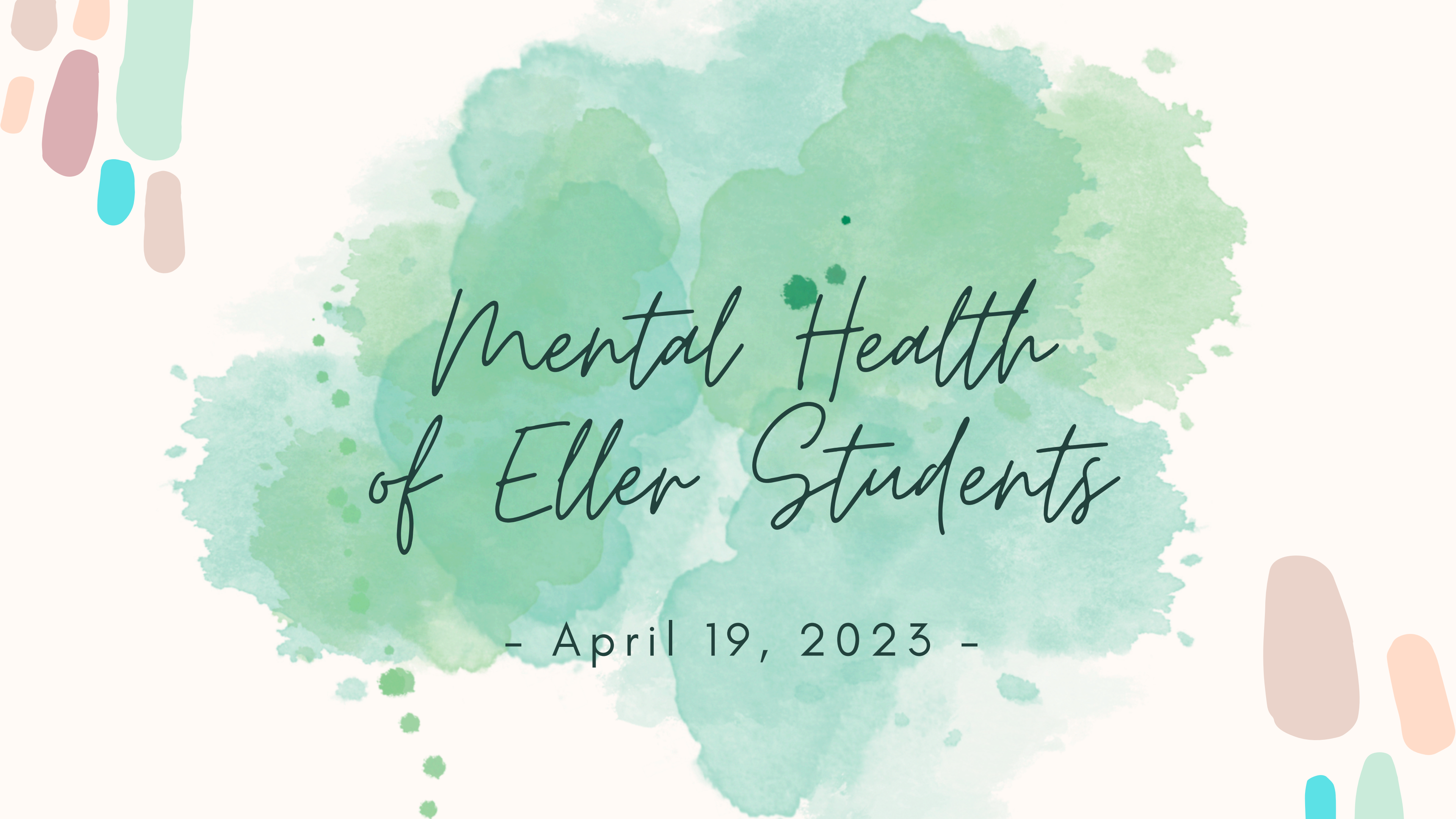




Mental Health of Eller Students

- April 19, 2023 -

Our Team



Mikaela Formica



Justine Kim



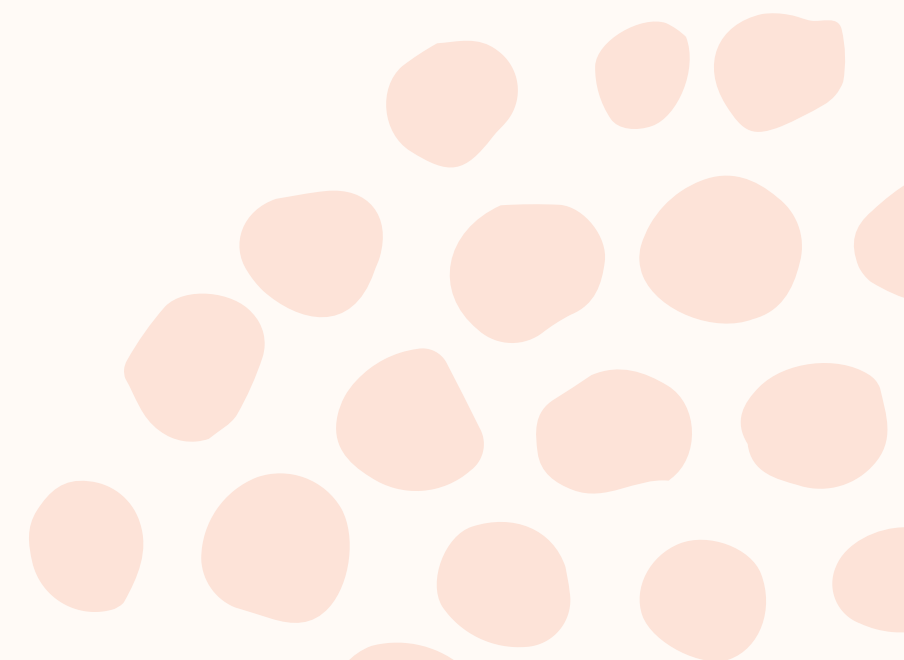
Rachael Ferry



Kylie Anderson



Dominique Phillips

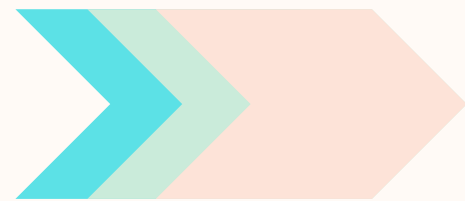


Agenda

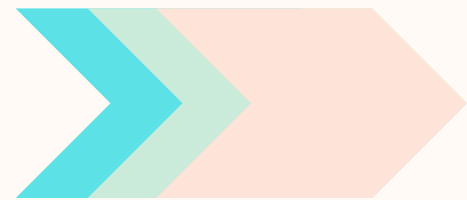
1. Introduction
2. Demographics
3. Clubs
4. Lifestyle
5. Diagnosis
6. Coping & Treatments
7. Recommendations



Introduction



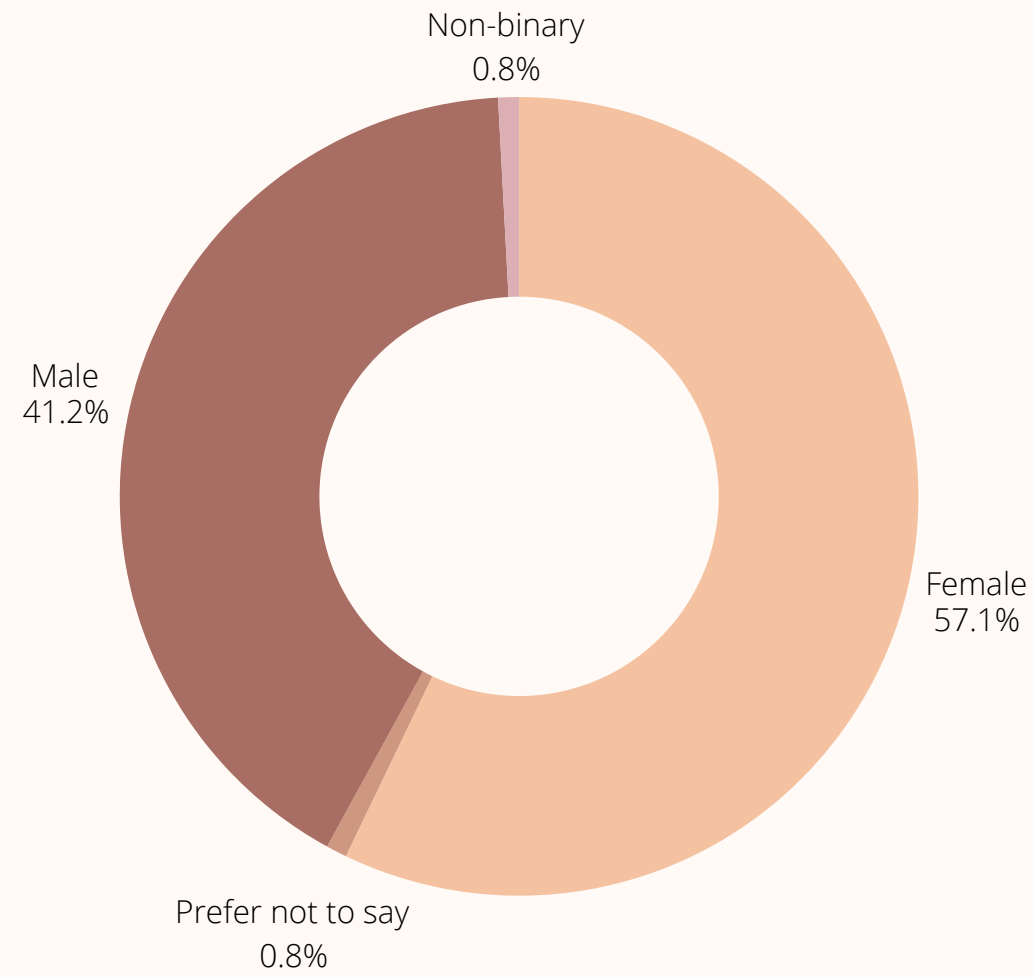
ONLINE SURVEY



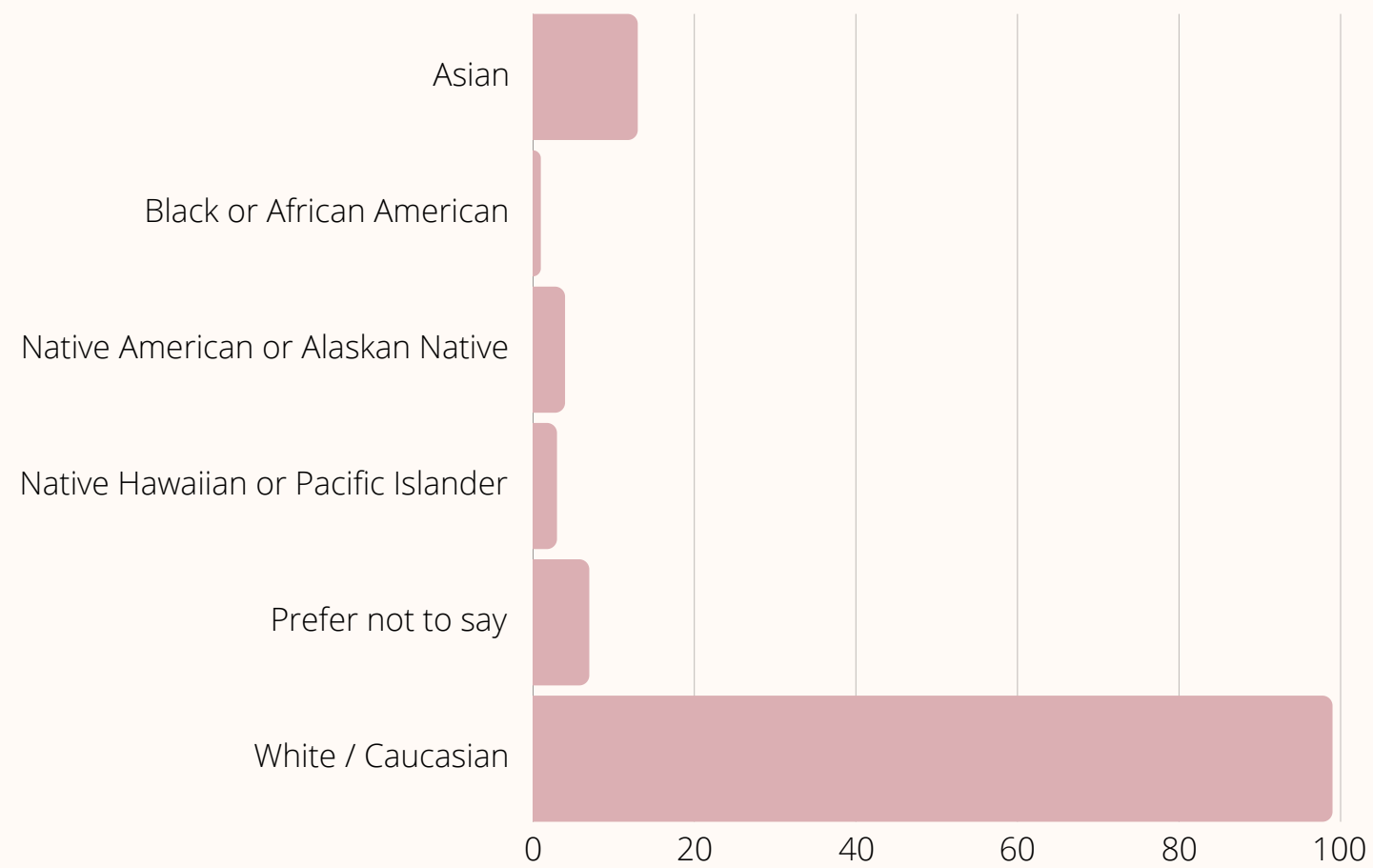
119 RESPONSES

Demographics

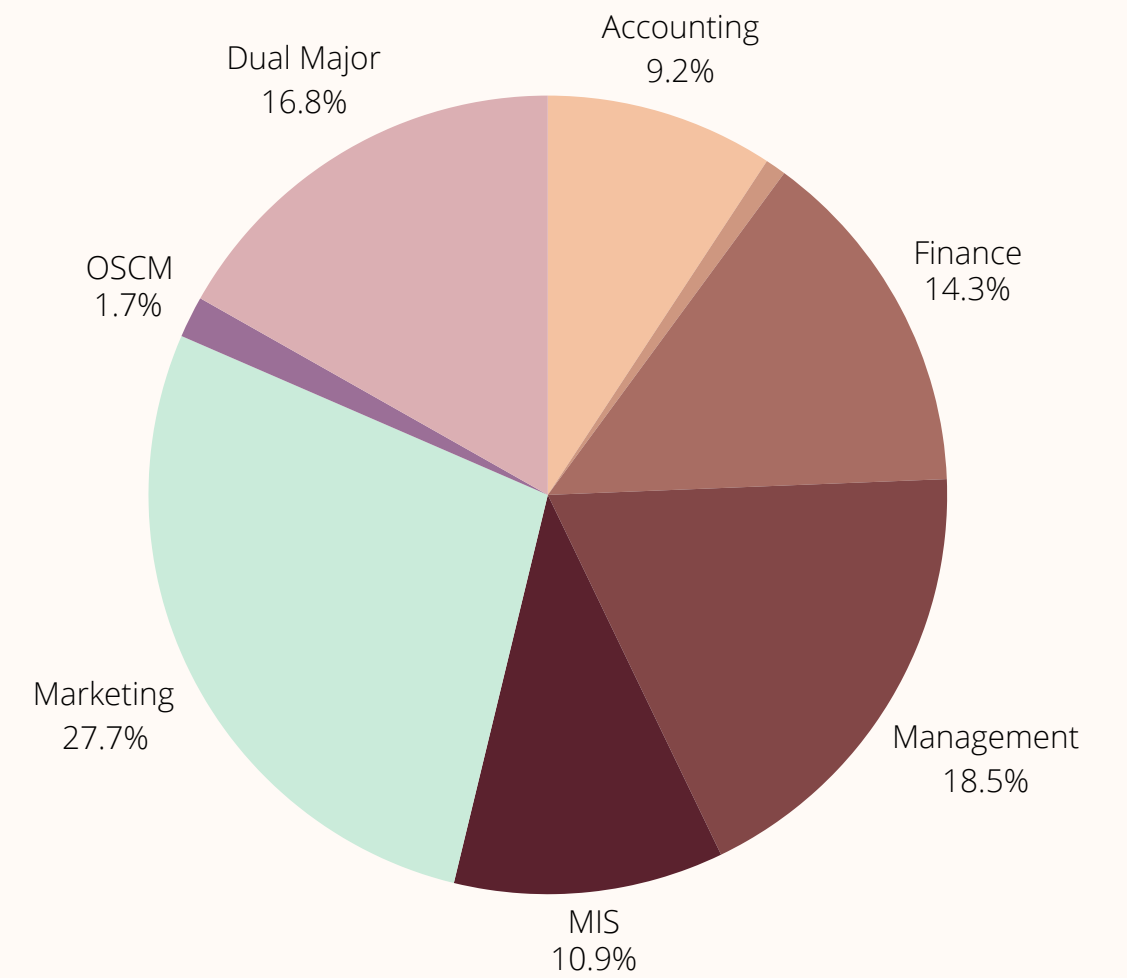
GENDER



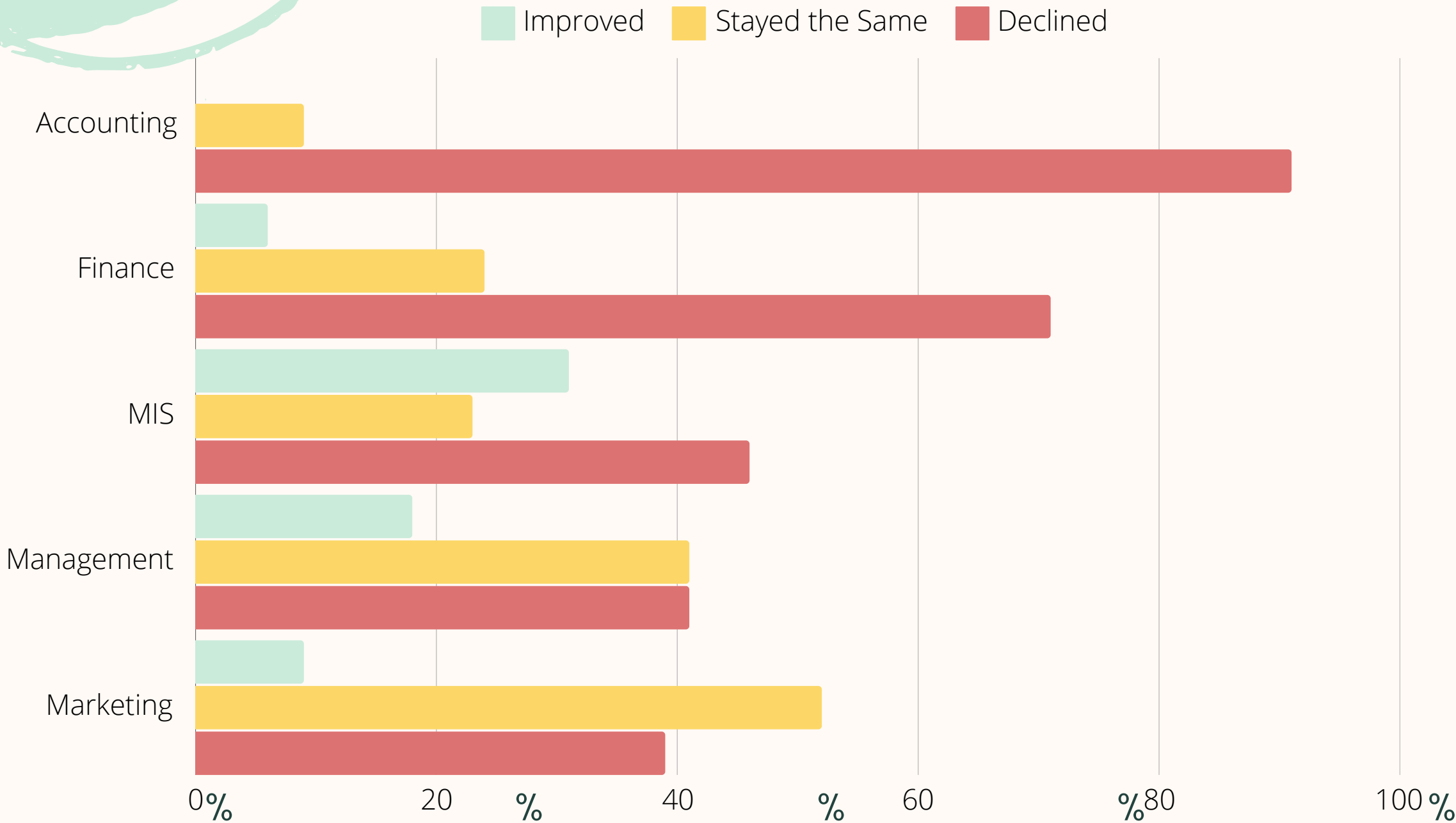
RACE



MAJOR



Mental Health by Major



Low Response Rate

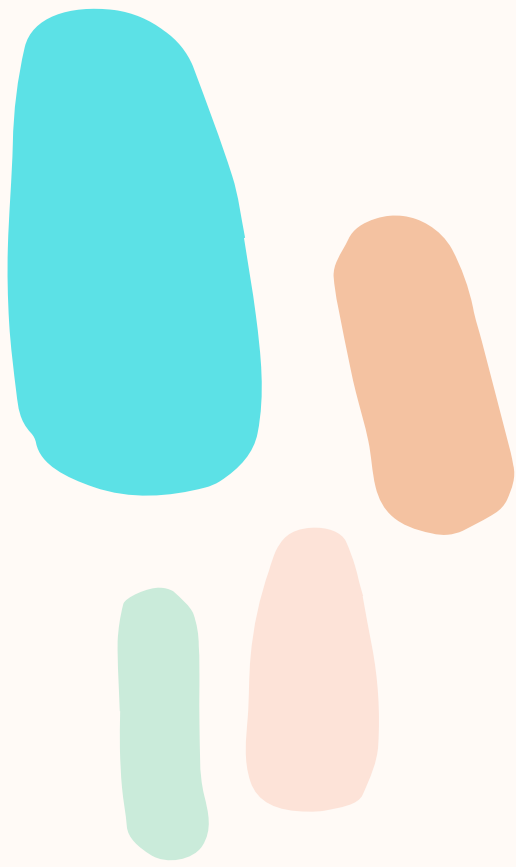
- ~~ECONOMICS~~
- ~~OPERATIONS & SUPPLY CHAIN MANAGEMENT~~
- ~~DUAL MAJORS~~

Contributing Factors for Decline

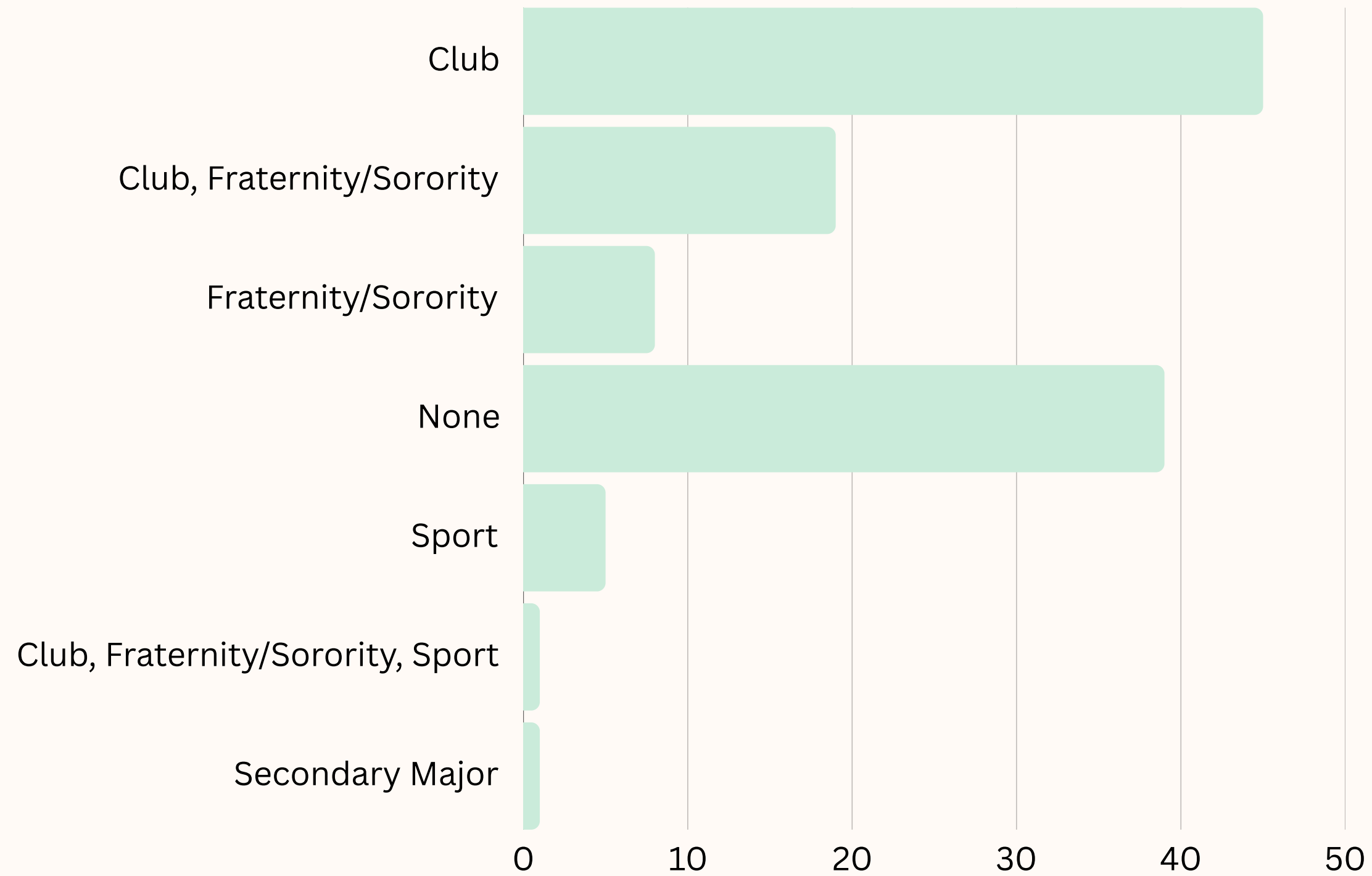
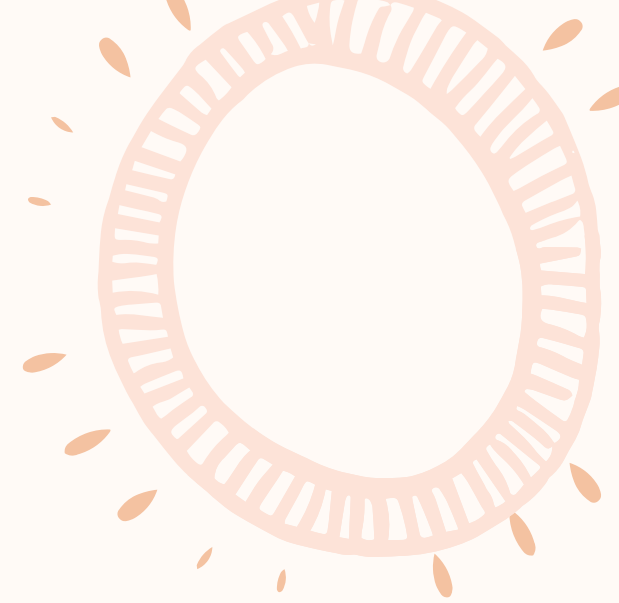
- COURSE WORKLOAD
- COMPETITIVE ENVIRONMENT



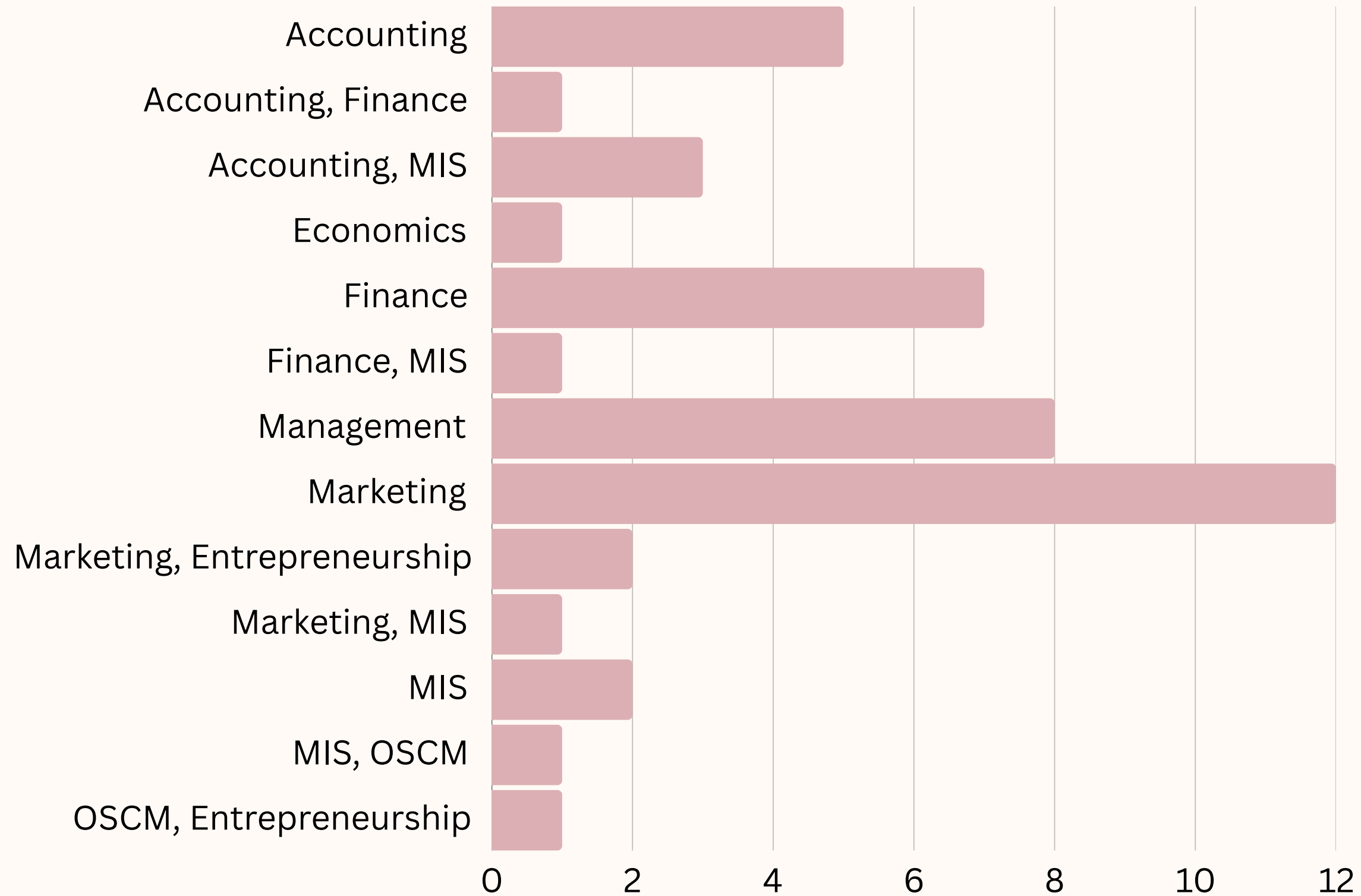
Clubs



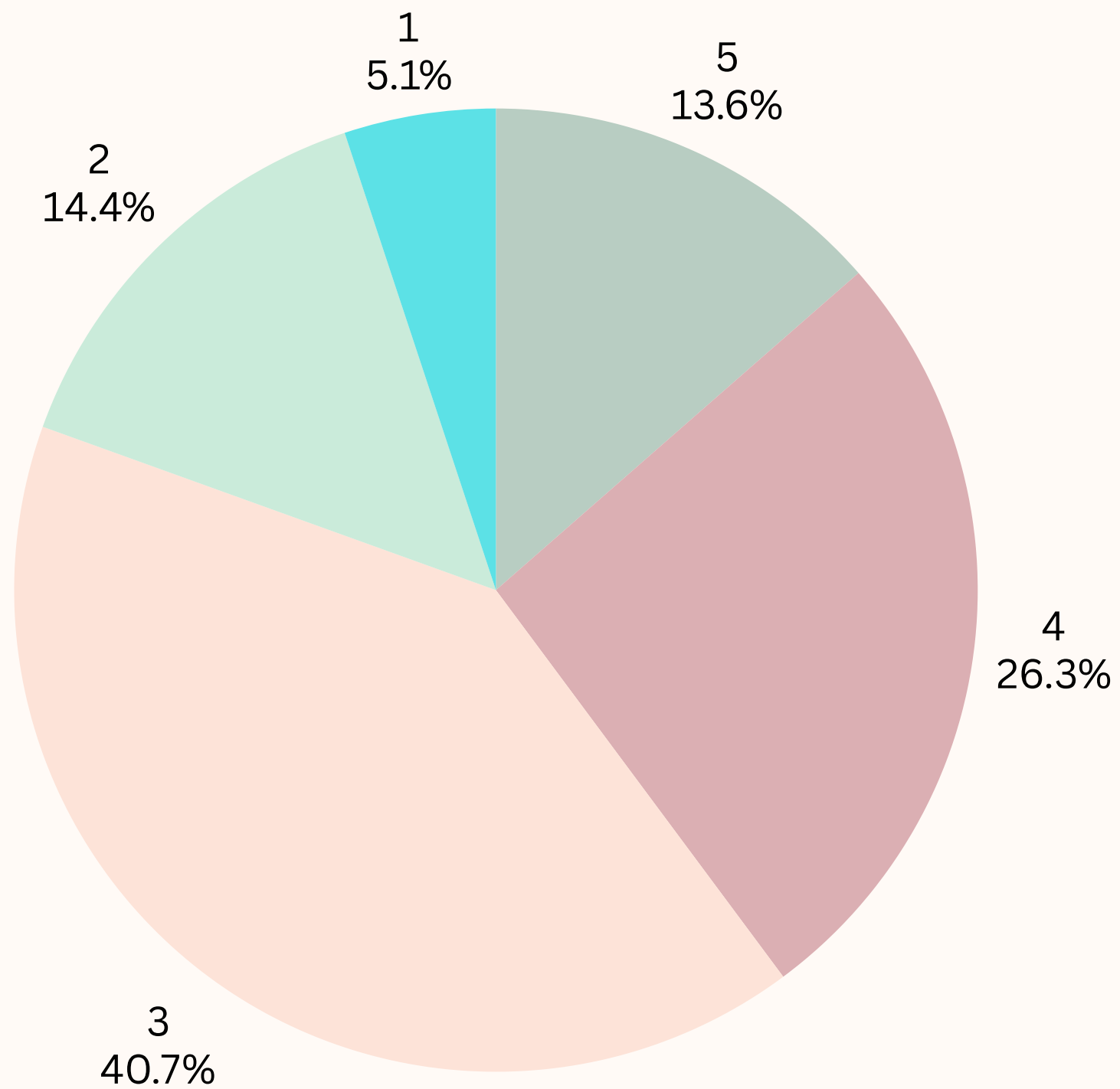
Extracurricular Activities

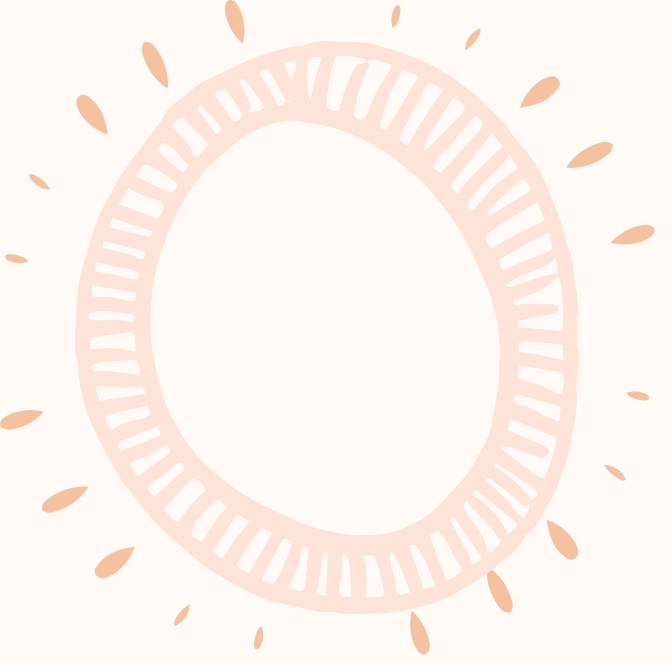


Clubs by Major

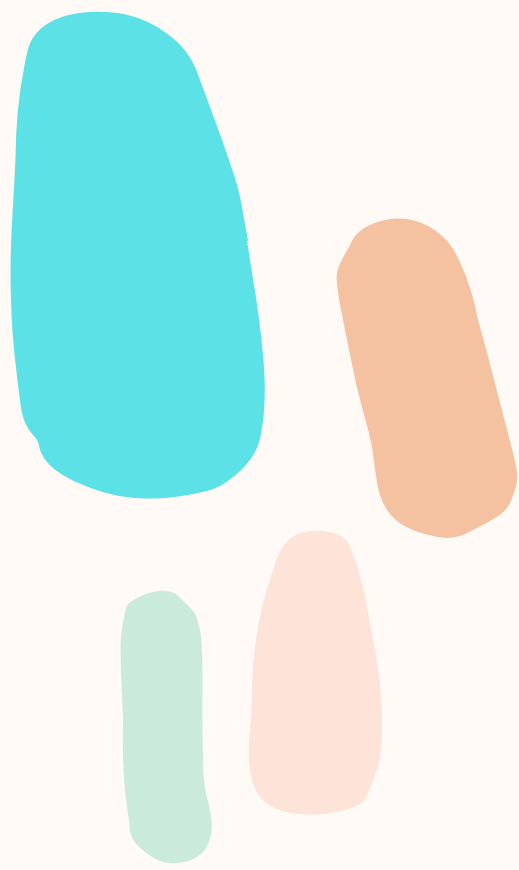


How Clubs Affected Mental Health



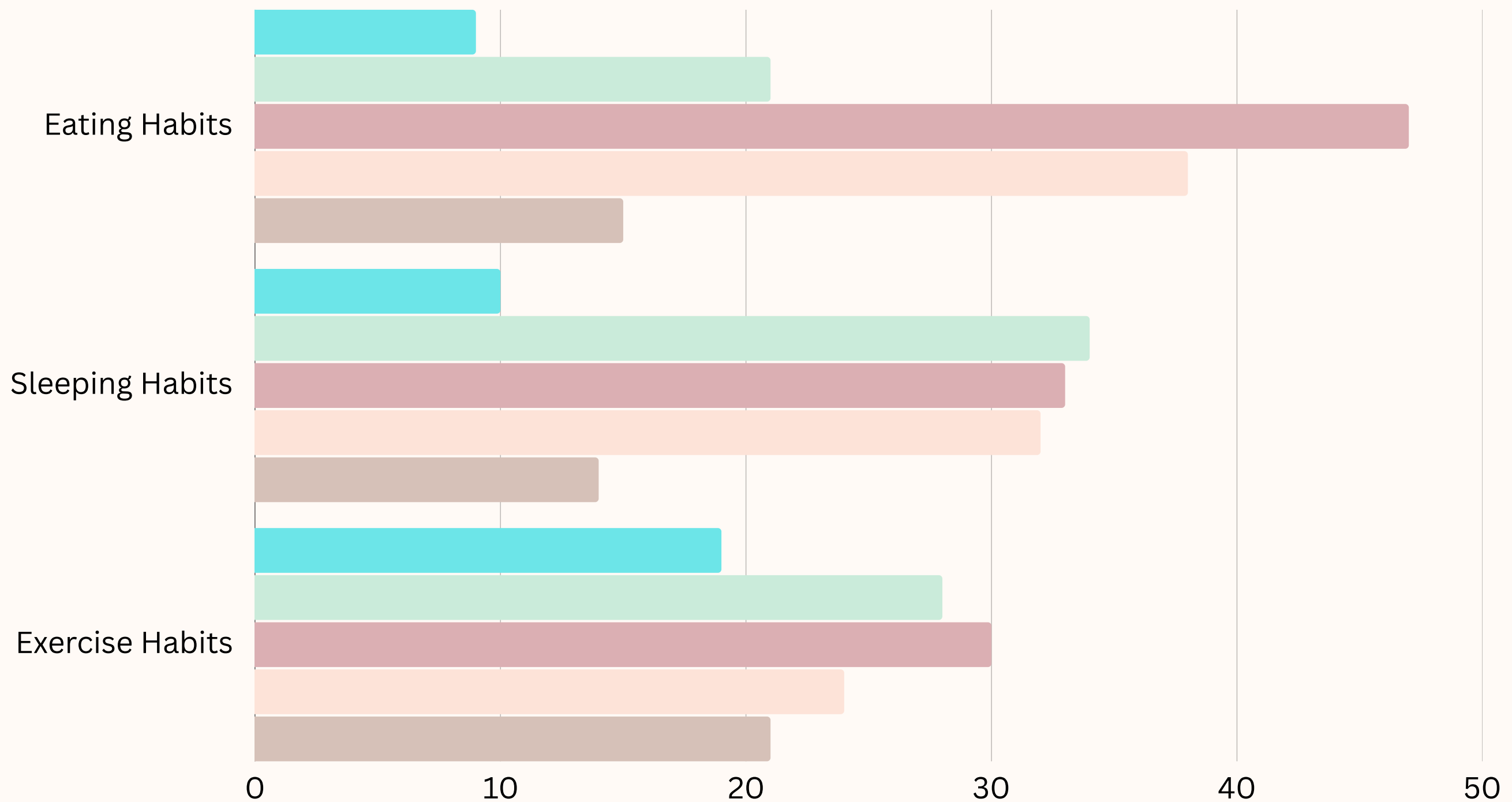


Lifestyle



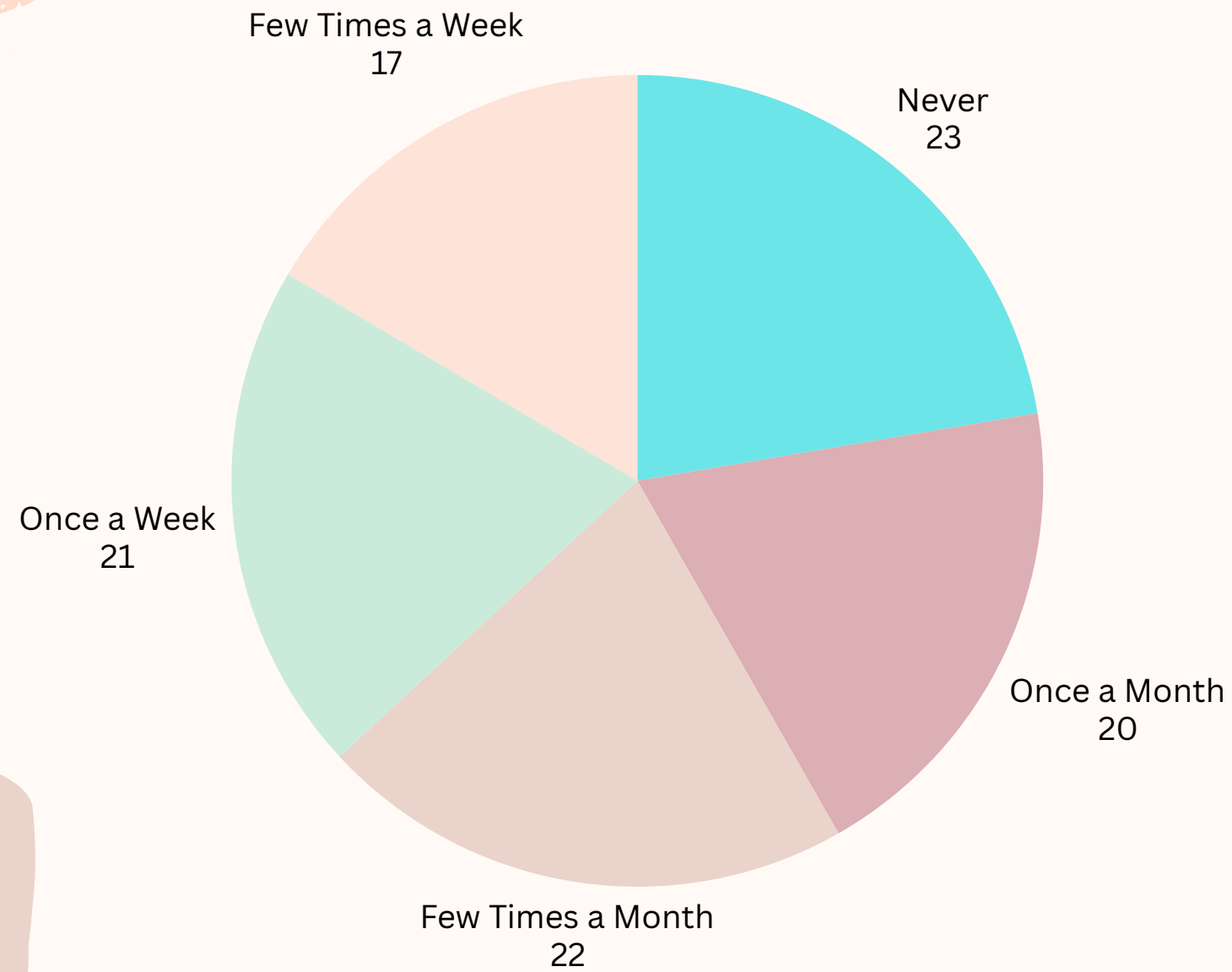
Students' Lifestyle Habits

Exercise, Sleeping, and Eating Habits on a Scale of 1-5

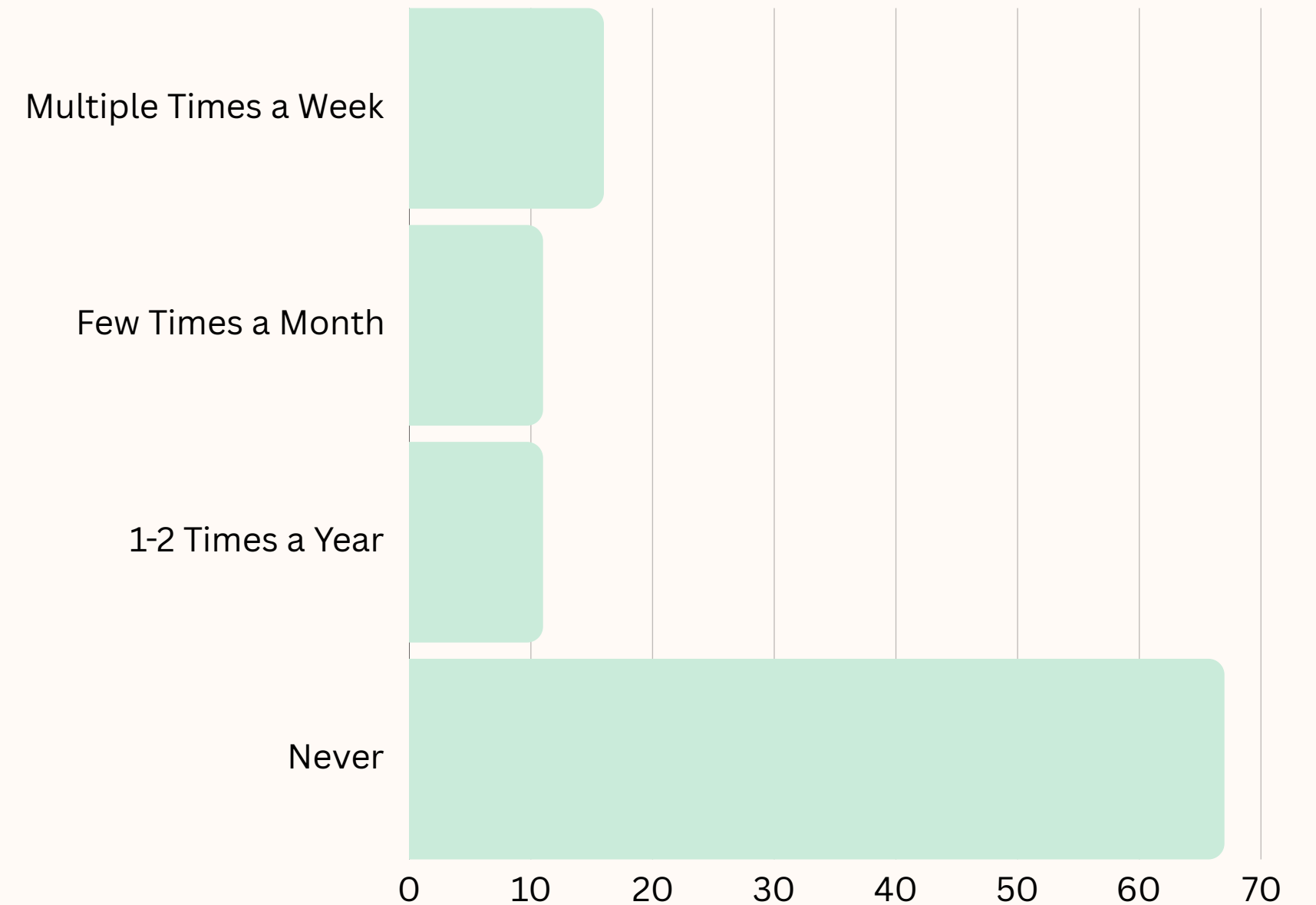


Students' Alcohol and Drug Use

Student Responses on Alcohol Consumption

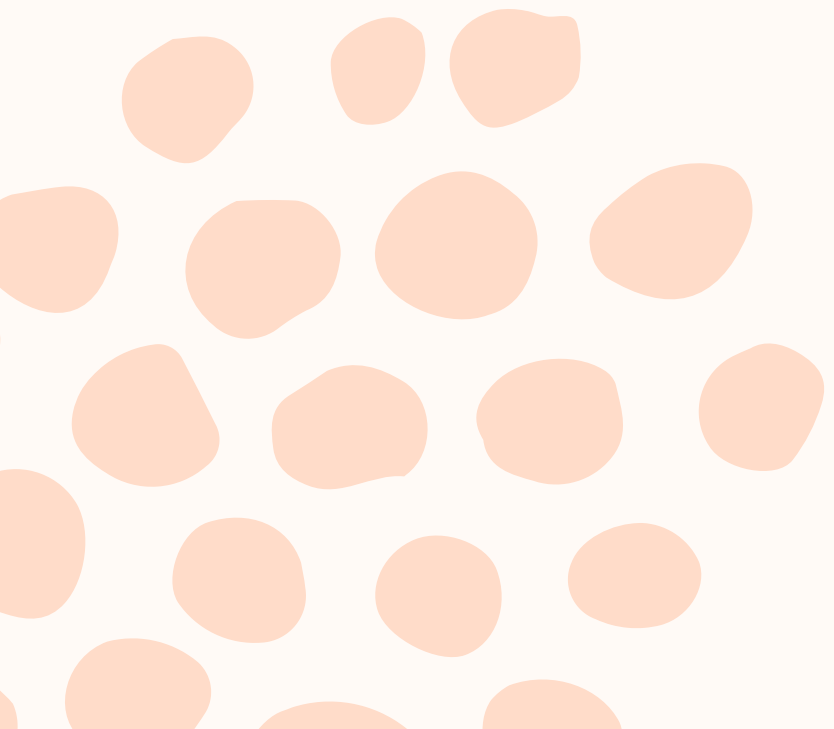


Student Responses on Drug Use

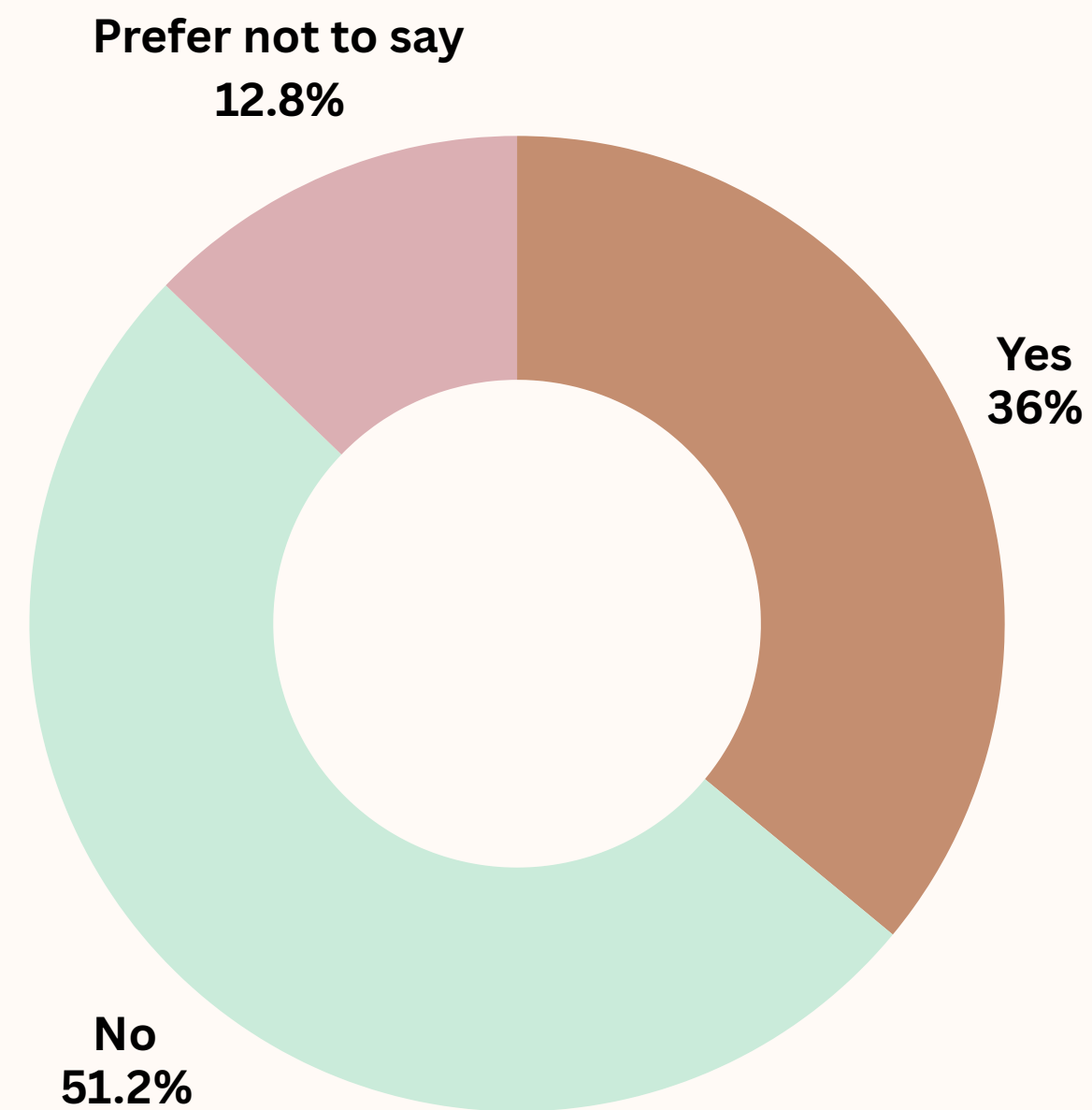
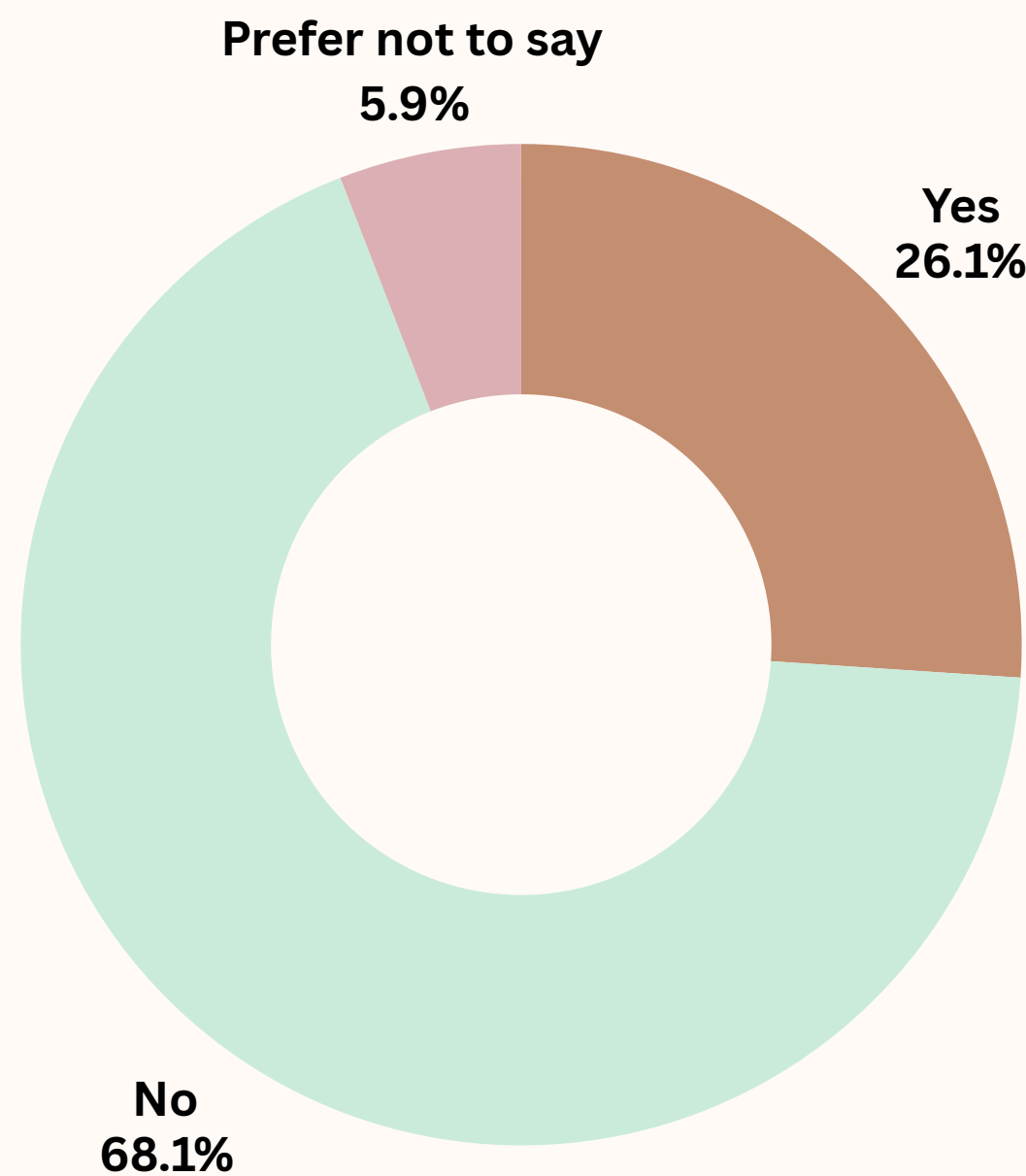




Diagnosis



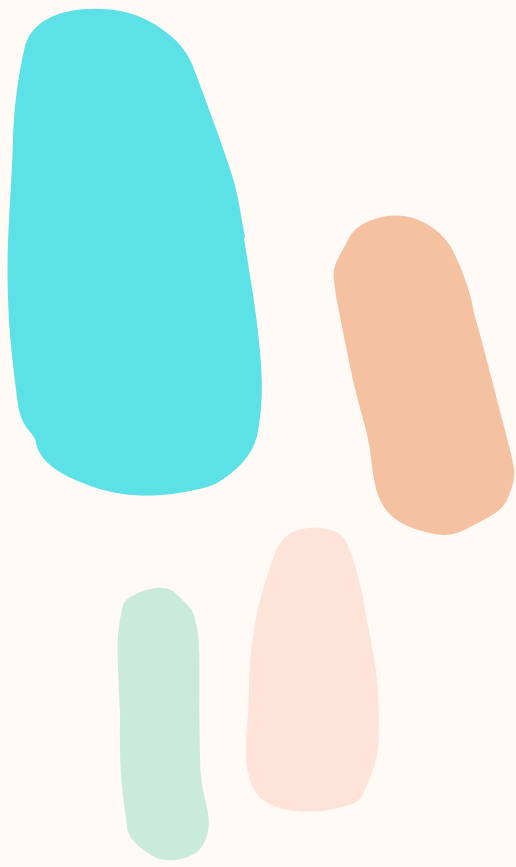
Formal Diagnosis vs. Suspected Illness





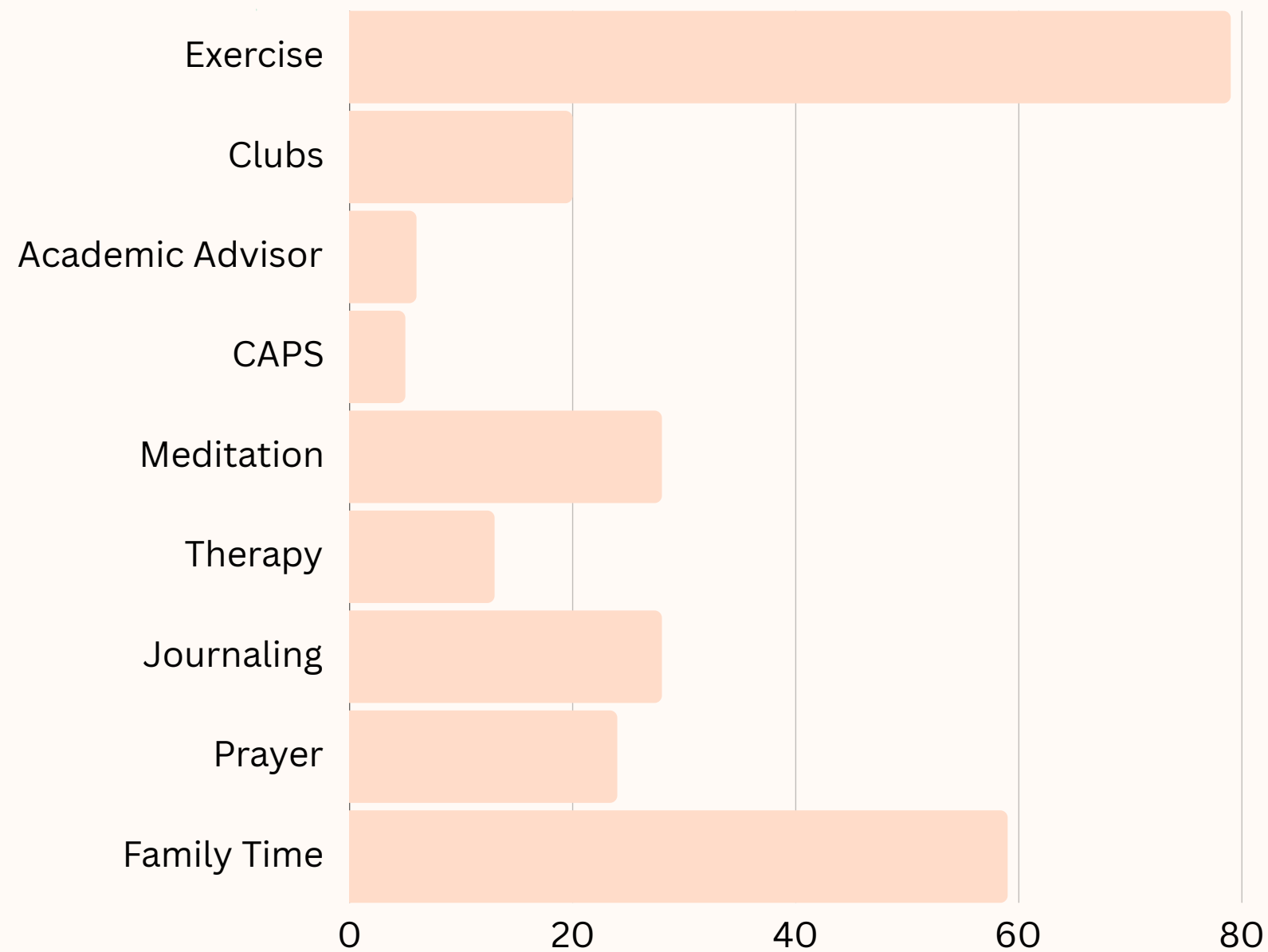


Coping & Treatment

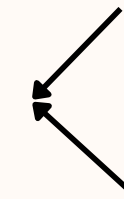


Coping & Treatment

5 HIGHEST COPING METHODS



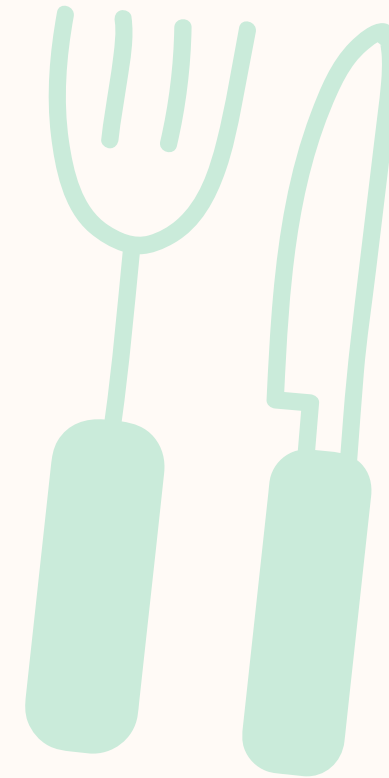
SPIRITUALITY



- Exercise
 - Body functions/chemicals
 - Repetitive movement = organization
- Family Time
 - Support System
 - Human Connection
- Journaling/Meditate
 - Organize your thoughts
 - Quiet your mind
- Prayer
 - Cast your worries

Recommendations

1. INCLUDE MENTAL HEALTH COURSES
2. JOIN EXTRACURRICULARS
3. FOCUS ON EATING / SLEEPING HABITS
4. RECEIVE FORMAL DIAGNOSIS
5. INCORPORATE EXERCISE DAILY



Recaps



Demographics

-Race, Gender & Major

Extracurricular

-Clubs, No Clubs, Part-time Work, No work

Lifestyle

-Eating, Sleeping, Exercise, and Alcohol/Drug use

Diagnosis

-Formal diagnosis, Suspicion, Not Accessible

Coping / Treatment

-Exercise, Family Time, Journal, Meditate, Prayer

Recommendations

- Exercise
- Improve Eating/Sleeping
- Mental Health Courses
- Extracurriculars
- Receive Formal
Diagnosis



Thank
you