Campuses struggling with mental health issues

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Letters from Academia

older students, students with disabilities, international students and men and women of all whom have different needs.

changes in student demographics, along with dispari-
ties in services available, make it hard to understand the way the mental health system functions. Although there is better ability to diagnose mental con-
dition in men and women students, the different resources available at different colleges and universities make it difficult to determine factors. For example, there has been a surge in the number of students seeking mental health services from the stress of college life. Many of them are suffering from Posttraumatic Stress Disorder (PTSD)

There has also been an increase in the proportion of

Mental health has become a major “elephant in the room” for administrators at colleges and universities. According to some surveys, when college students are asked about the top impediments for good academic performance, they most often cite stress, depression, disrupting sleep, addiction and alcohol. And yet, these seem to be not only common, but also growing problems. Today, 24 percent of students seeking mental health services at colleges report more problems with anxiety than it is a form of mental health medication, compared with 9 percent those seeking services at colleges and universities do not seem to be doing enough. For example, students who seek mental health services on campuses have increased, that growth has not been uniform across universities. Psychologists in medical and college campuses have the option of not being enough with experts on different types of medications. The other problem is that even when a campus psycho-
drugs, for a variety of reasons. Therefore we cannot assume that colleges and universities are solving in gen-
tally, the mental health position during the rise of the Iraq and Afghanistan Services, writes that there is a combination of factors

Part of that training has to do with recognizing the diversity and flexibility of the generation of universities. The students attending college. Different cohorts of students have different needs and expectations.

For example, the major concern for members of the Millenarian Generation (born between 1981 and 1998), and who constitute the majority of the college popula-
tion today is to get a good job after graduation. They will have to deal with a lot of stress, depression, divorces, depression and impulsive behavior.

In the last few years, these major tragedies have been a lot of pressure for higher education administrators to develop new and creative counseling, services, educational institutions need to help students develop coping mechanisms to be able to detect certain behaviors so they can prevent violent

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The Fox Performing Arts Center presented an announcement that the 5th Annual St. Louis Teen Talent Competition will begin February 3rd, March 1st with a record 216 participants taking to the stage in the preliminary round of competition. The competition will again include impressive cross-sections of the St. Louis performing arts community. A complete list of venues and festival sites is available on the FPAC website.

The Fox Performing Arts Center is celebrating three separate locations (Lindenwood University-Belleville, Forest Park University, Lindenwood University – St. Louis) will host the field from March 16th. These acts will then compete in the semi-final on March 26th at the Lindenwood Community-Poetry Park, University of Missouri – St. Louis) will share and samples to taste. Gardeners will talk about grow

SIOUE Foundation Leadership Council

Dr. Aldemaro Romero Jr., a writer and college professor with more than 25 years of experience in higher education, has been

Regional

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From left: Colleen Selfert, Judy Wamnmann and Mall

Teen talent competition set for kickoff

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