

**STUDENT SENATE BILL 2024-1334**

**TITLE: Resolution Addressing the Need for Mental Health Resources Specific to the College of Nursing**

**AUTHOR(S): Senator Payten Gray**

**SPONSOR(S): Dr. Victoria Menzies, Associate Professor at the College of Nursing, Senator Halle Burton, Senator Daniel Weinberger**

**WHEREAS**, The University of Florida College of Nursing has around 1,000 students enrolled with roughly 500 undergraduate students and 400 graduate students across the Gainesville and Jacksonville campus combined [1]; and,

**WHEREAS**, Nursing students at The University of must successfully meet the rigorous curricular requirements across the Bachelor of Science Program. This includes classroom and clinical learning environments which requires them to navigate multiple exam dates across the full spectrum of didactic and clinical courses; and,

**WHEREAS**, Recent research concerning healthcare-related fields and stress has indicated that Nursing students experience higher stress levels compared to other majors, and these levels are on the rise [2]; and,

**WHEREAS**, the evidence shows that nursing students have reported increased levels of perceived stress, and the development of depression and anxiety [2, 3], they are at risk for developing long-term mental health issues related to the high stress associated with the academic demands associated with earning a BSN from the University of Florida College of Nursing. As the only college of nursing in Florida affiliated with a top-ranked AAU University [1] there may be higher student-held expectations to succeed that increase student's level of perceived stress and coping abilities; and,

**WHEREAS**, under "current student resources" on the College of Nursing website there is an absence of information that pertains to available resources or services related to a student's mental health and well-being. [2]; and,

**WHEREAS**, Nursing faculty are placed in a unique position to recognize students in distress and refer them to proper resources such as the University of Florida Counseling and Wellness Center [5]. Faculty are only able to help mitigate academic stressors for the students within the framework of the structured curricular requirements for earning a Bachelor of Science in Nursing; and,

**WHEREAS**, understanding perceived stress and mental health of Nursing students is important to properly develop meaningful interventions to support emotional well-being for student nurses and their future roles as clinicians [5]; and,

**THEREFORE, LET IT BE RESOLVED** that the University of Florida Student Senate recognizes the lack of mental health resources specifically tailored to students in the College of Nursing; and,

**THEREFORE, LET IT FURTHER BE RESOLVED** that the University of Florida Student Senate recognizes the need for active wellness links on the College of Nursing website that are readily accessible to all Nursing students; and,

**THEREFORE, LET IT FURTHER BE RESOLVED** that the University of Florida Student Senate recognizes the need for easily accessed mental health resources relevant to student stress management and well-being. These resources include but are not limited to brochures with phone numbers and resources available from the Counseling and Wellness Center and phone numbers to crisis hot lines, positioning small tables in strategic settings to ensure immediate student access such as classrooms or in the simulation lab, and access to a free download of the “CALM” meditation app available through the University of Florida; and,

**THEREFORE, LET IT FINALLY BE RESOLVED** that the University of Florida Senate recognizes the initiative to address the need for mental health resources specific to College of Nursing students in collaboration with College of Nursing leadership. Proviso: A copy of this resolution shall be sent to College of Nursing Dean Shakira Henderson, College of Nursing Associate Professor Victoria Menzies, College of Nursing Associate Director of Development Kacie Perryman.

*Proviso: A copy of this resolution shall be sent to College of Nursing Dean Shakira Henderson, College of Nursing Associate Professor Victoria Menzies, College of Nursing Associate Director of Development Kacie Perryman.*


[1] <https://nursing.ufl.edu/about/fastfacts/#:~:text=The%20College%20now%20has%20over,Community%20and%20Health%20System%20Science.>

[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9351890/#:~:text=Recent%20research%20concerning%20healthcare%2Drelated,levels%20are%20on%20the%20rise.>

[3] <https://pubmed.ncbi.nlm.nih.gov/36779897/>

[4] <https://nursing.ufl.edu/students/current-students/student-resources/>

[5] <https://counseling.ufl.edu>

 4/25/24  
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Monish Vijayaraghavan Date  
Senate President