The state colleges and universities share the sponsors’ concerns with the ability of our students to manage the stresses that accompany going to college.

Our institutions already offer courses, services, and programs to support our students’ mental wellbeing. These include:

- mindfulness-based stress reduction workshops, sessions, presentations, and eight-week courses led by recognized experts in Mindfulness Meditation;

- mental health services and strategies at Counseling Centers, at no additional cost, to help students deal with the challenges they are facing. Our institutions have specific web pages such as Coping with Stress, I’m Feeling Stressed, The 10 Commandments for Managing Stress, and self-care for Stress;

- a mediation resource center to help students manage interpersonal conflicts;

- suggestions for coping with stress during the holidays; and

- de-stress nights at their recreation centers.


Although the bill does not mandate that students take the course in stress management, it still raises important questions regarding the place of the course in the students’ academic programming. For example:

- Would the student earn academic credits for taking the course? If so, our academic officers and faculty would need to determine how to fit the course into existing programs, which could raise accreditation concerns.

- If the student would not earn credit from the course, they will need to take an extra course toward their degree, costing them additional tuition and time toward their degree.

As always, our foremost concerns are the health of our students, and the support we provide them to complete their degrees as quickly and as cost-effectively as possible. This bill would duplicate the services we already provide to help students manage their stress while potentially negatively affecting their academic programming.