

# Fostering Resilience

## A Faculty Toolkit for Collegiate Mental Health

The Center on Young Adult Health and Development, in partnership with and generously supported by the Mary Christie Institute, is developing a toolkit for college faculty related to student mental health. This toolkit will provide faculty:



A clearer understanding of their potential role in promoting student mental health, and place such guidance within the scope of what is realistically feasible and within the faculty member's expertise



How to better understand their campus resources related to college student mental health



Actionable classroom-based strategies and tips to promote meaningful interactions among students



Curriculum design suggestions aimed to preserve the rigor of students' academic experience while promoting mental health, healthy coping strategies, and resilience

A recent review of resources currently available to faculty on mental health determined a need for a toolkit that addresses some **unique challenges** experienced by faculty:

- The need for realistic, preventive strategies that can be operationalized in the classroom
- A menu of strategies that can be implemented in different academic settings (i.e., small, large, and online course instruction)
- Strategies that target the larger-scale developmental needs of Generation Z, who have unique stressors and experiences that impact their performance
- The need for a resource that is faculty-centered (i.e., minimizes the burden placed on faculty)

### WE NEED YOUR INPUT!



As we shape this new resource, we **want to hear from faculty members** about the real challenges they encounter. **We invite you to share your feedback** by taking a brief survey: **[GO.UMD.EDU/FT24](https://go.umd.edu/FT24)**

