

February 2022 CARE Team Newsletter

Common Concerns

These are common concerns that are typically seen during the month of February, when students are adjusting to their new schedules.

During this time of the semester, CARE Team sees:

- Anxiety due to midterms and the semester picking up
- Lack of self-care, it becomes harder to make time for ourselves
- Deterioration in quality of work, workload is difficult to juggle
- Reports of illness/injury high due to students getting sick as we finish out winter

What CARE Team expects to see in March:

- Financial concerns as spring break approaches
- Increased loneliness/transition issues
- Increased anxiety about graduation (senioritis)
- Increased anxiety to find a job after graduation
- Mood improvement with the end of daylight savings time

Things that can help:

- Get connected to [CAPS](#) to support mental health and emotional wellbeing
- [Success Coach](#) to aid in academics
- [Financial Aid](#) for scholarship/loan support for the next semester
- [Scholarship Universe](#) helps students find scholarships specifically for them
- [ShockerSync](#) and [SEAL](#) to help get connected to organizations on campus
- Going outside, spending time outside can help us destress and brighten our day
- Practicing self-care

Caseload Data:

During the month of February, CARE Team saw the same number of cases in 2021 as in 2022. This is presumably due to what is going on academically for students as well as nearing the end of Day Light Savings. There are two possible hypotheses to explain the similarity in cases:

1. CARE Team relies heavily on university staff and faculty to submit concerns when students are exhibiting signs of distress. Now that we are back in person, faculty and staff can see how their students are behaving and engaging in the classroom and with others. As classes ramp up and midterms round the corner, students can experience more signs of stress and anxiety.

2. During the spring semester we notice that our days are getting longer, and the sun is shining later into the evening. This contributes to an increase in positive moods as we head into spring and the end of Day Light Savings. When our mood