Student Affairs and Advising Center (SAAC)
College of Liberal Arts
310 Kirby Plaza; 726-8180; clasa@d.umn.edu

Webinar: an advisor’s experience  by Pam Spencer

Recently, I attended my first Webinar (‘College Student Mental Health: Information and Suggestions for Academic Advising’) through the National Academic Advising Association (NACADA) and wanted to share with you some highlights.

The reason I attended this event reflects the increase of students I visit with regarding their mental health. I have contact with students on academic probation, who have been dismissed, or who submit a UMD Petition to withdraw from courses related to their mental health. This Webinar introduced to me to an awareness, basic guidelines, and interaction tips with students who may be experiencing some mental health struggles.

Research pertaining to students beginning college weighs heavy on the developmental process students experience. However, college counseling centers are noticing an increase in students seeking assistance with psychological needs.

Why are we seeing more distressed students?

♦ Better medications available with the ability to seek and function in higher education
♦ Societal dysfunction (divorce, drugs/alcohol, relationships, deaths). Students away from home do not have a support system when coping with a variety of difficult situations.
♦ Individuals with Disabilities Education Act and Individual Education Plan (IEP), Americans with Disabilities Act, Office of Vocational Rehabilitation (OVR). All support people with disabilities to be successful; mobility and access issues also addressed.

University of CA-Berkeley (2004)
• 67% felt hopeless at times
• 95% felt overwhelmed
• 52% considered using counseling services

Always consult with a professional counselor when you believe a student may be struggling with mental health.

Some UMD resources are:
Health Services, 726-7911
Veterans Resource Center, 726-8791
Multicultural Learning Resource Ctr, 726-6522

The UMD Advisement Coordination Center sponsors and provides the facility to view some Webinars at our campus. You may learn more about Webinars and view the upcoming topics at the following NACADA site: http://www.nacada.ksu.edu/Webinars/

If you have an interest in a listed Webinar, please contact Kim Roufs, 726-8761.

(continued on back)
Redefining UMD’s Liberal Education Program (LEP)

The UMD LEP Task Force presented a public forum to the UMD community on October 17 regarding the research done on LEP and the LEP mission statement, and invited guests to comment and discuss the topic.

The task force has created an online blog for anyone to comment on various topics related to LEP (http://blog.lib.umn.edu/wpayne/libed/)

NEW postings on the blog include:
- What is difference between Liberal Education and General Education?
- Four Models of General Education

**NEXT public forum:** Thursday, November 29, 11-12 pm, Library Rotunda
(an email will be sent out from VCAA)

You are encouraged to attend to review UMD’s LEP mission statement and proposed mission statement and to review/comment on the four models of general education.

Foreign Studies Minor

After spring semester 2008 the University of Minnesota Duluth will no longer offer the Foreign Studies courses, FSt 2929 and FSt 4949, required for the Foreign Studies Minor. Students who have not completed both courses by the end of Spring 2008 semester will not be eligible for the minor. Students are advised to meet with their advisor to select an alternate minor offered at UMD.

Students who have completed both courses by spring semester 2008 must complete all other requirements to earn the minor by graduation.

Two new course offerings for Spring 2008

CLA is hosting two new courses spring semester aimed specifically at freshmen and sophomores:

CLA 1101: Leader(ship) Ethics, taught by Jerry Pepper
CLA 2102: Leader(ship), taught by Paula Pedersen from CEHSP

Both courses are in the class schedule and, while neither count toward Liberal Education requirements, both support the new Leadership Certificate offered by Kirby Leadership Institute. For more information about the courses feel free to contact Jerry or Paula. For information about Kirby Leadership Institute contact Joie Acheson.