

FAMILY & PARENT CONNECTION

CONNECTING FAMILIES TO VILLANOVA CAMPUS LIFE



SPRING 2021

MENTAL HEALTH AND WELL-BEING AT VILLANOVA

At Villanova, we value the development of the whole student—mentally, physically, spiritually, emotionally, culturally and socially. Family members and parents of Villanova students play an important role in their college students' support system, especially during times of uncertainty.

We realize that mental health and well-being is one of the biggest concerns of families and parents while their student is at Villanova. In this issue, please review a sampling of the wide array of services the University offers and please reach out to us if you have additional questions.

Please note: the information included in this newsletter is just a sampling of the many mental health services and programs available to students on campus.

** Click on the accompanying links to read more about Villanova's mental health and well-being resources.*

UNIVERSITY DEPARTMENTS AND OFFICES

Holloway University Counseling Center*

The University Counseling Center provides free, confidential short-term individual counseling, group counseling, educational outreach programs and discussion groups throughout the school year on a variety of topics, including COVID-19 related concerns, bereavement and many more. All services are free of charge and open to all students, regardless of how small or large a concern.

The Health Services Building houses the offices of the University Counseling Center, Office of Health Promotion, the Student Health Center, and the Villanova Emergency Management Service (VEMS).



Office of Health Promotion*

The Office of Health Promotion provides evidence-based health resources, facilitates opportunities for students to build skills to make healthy lifestyle choices, and instills a sense of personal responsibility for individual health and its impact on the health of the community. The Office of Health Promotion is a resource and referral hub for information and services to help students thrive, not just survive, 365 days a year.



CARE Team (Concerns and Review Committee) ✨

The CARE Committee brings together administrators from Student Life, Public Safety, the Counseling Center, and Academic Affairs to offer an informed and caring response to students of concern. While most students' needs are addressed through the routine functioning of the University, some students may require further attention. CARE discusses exceptional cases involving undergraduate and graduate students presenting concerns that are best addressed by the combined attention of these University offices.



Villanova Athletics: UNITAS—Every Mind Matters ✨

The UNITAS group, Every Mind Matters, was formed to increase mental health awareness and advocacy within the athletic department. Student-athletes work alongside faculty and staff to create initiatives and resources for the athletics community to better understand and support their mental health.



Villanova Recreation ✨

The Office of Intramurals and Recreation is committed to providing the Villanova community with a wide variety of recreational services and programs that promote lifelong health and fitness. Ultimately our programs are viewed as healthy avenues for developing the total individual.



STUDENT ORGANIZATIONS



Mental Health Advocacy and Awareness (MHAA) Student Organization ✨

MHAA is dedicated to advocating for a better environment on Villanova's campus around mental health. Students hold meetings twice a month and participate in various fundraisers, including Out of the Darkness Walk for Suicide Awareness, NEDA Walk, and Mental Health First Aid Training. MHAA's main goal is to educate the Villanova community about the important aspects of mental health and maintaining a better state of mind.



POWER: Peers Offering Wellness Education and Resources ✨



Supported by the Office of Health Promotion, POWER is a group of 20 students from all majors, years and backgrounds that are passionate about health and well-being. POWER members plan events and programs, create social media and marketing campaigns, present to student organizations, assist in Office of Health Promotion events and more. POWER can also host interactive health programs with student organizations and other departments.

PROGRAMMING INITIATIVES

Get Real: Faith Sharing Communities ✨

Get Real: Faith Sharing Communities are an open, inviting spaces for students to come together near their residence halls for those looking to connect on a deeper level. Students meet in a small group setting to talk about the everyday challenges of student life, including relationships, decision making, faith and spirituality. These groups provide a trusted space for honest conversation.

Listening Circles ✨

Listening circles are opportunities for students to listen, understand and act. During a listening circle, students can expect to have facilitator(s) who ask and respond to the same set of questions prepared around a particular topic or issue. Listening circles are not conversations or debates—they are meant to give a platform to people to share their own experiences, without interruption, response or challenge.

Mindfulness Mondays Meditation ✨

Every Monday, the campus community is invited to take an hour of their day to participate in Mindfulness Monday Meditation. This initiative offers a comfortable space where students, faculty and staff are guided and encouraged to stop and focus on the “here and now.” Research shows that participating in mindfulness techniques can improve life quality with positive outcomes reported for work performance, mental health and physical well-being. Reduced stress, reduced blood pressure, and improved sleep patterns are just a few of the health benefits reported by those practicing mindfulness on a regular basis.



Nutrition Consultation ✨

Good nutrition and eating habits are a key component to physical health and mental health and well-being. Nutrition consultations provide evidence-based education one-on-one with a registered dietitian. Topics for consultations vary but may include sports nutrition, food allergies, weight management, eating in dining halls and general nutrition for healthy habits. Consultations consist of an initial session and up to three follow-up sessions. Each session is tailored to the students’ specific needs.

QPR Training (Suicide Prevention) ✨

Villanova offers QPR Training—Question, Persuade, Refer, a suicide prevention tool that anyone can learn and use. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training in the world and the University has many trainers available to provide 60- to 90-minute training for students.

Sleep Assessment and Personalized Feedback ✨

Sleep has many positive effects on health and well-being, but many college students report getting insufficient sleep each night. Students struggle with balancing their time, stress and sleep. A consultation helps to identify additional strategies and resources for improving sleep.

Stress Management Feedback Program ✨

The stress management feedback program focuses on building student skills in resourcefulness and addressing specific expressions of stress. Stress is the number one reported reason for negative academic consequences among Villanova students. The stress management feedback program consists of three, 30-minute feedback sessions and a graduated series of steps to evaluating and improving stress management strategies.

ONLINE RESOURCES

Self-Caritas: Spiritual Health, Physical Health, Mental Health and Well-Being ✨

Villanova is aware of the difficulties faced by students, their families and the Villanova community as we all continue to cope with the pandemic. The University offers many resources to support mental and physical health and overall well-being. Please encourage your Villanovan to take a look at these tools and use them to engage in their needed self-care.



Mental Health and Well-Being Online Course ✨

Students are welcome to take this free online course at any time during the 2020-21 academic year where they can learn more about building resilience, responding to challenges, and how to take good care of themselves.

Thrive 365 ✨

The THRIVE 365 initiative encourages participation in programs, events and trainings that focus on the whole person and offers a rewards program with monthly challenges. Topics range from fitness and sleep to stress management and nutrition.



Health and Well-Being Resources, *Campus Well* and the *Stall Street Journal*

The Office of Health Promotion and the University Counseling Center have many information sheets on health and well-being topics that offer a general overview on many health-related concerns. Additionally, two publications—*Campus Well* and the *Stall Street Journal*—address health and well-being topics relevant to college students.



- ✨ Resources for Health and Well Being
- ✨ Campus Well E-Magazine
- ✨ Stall Street Journal



HOW TO SUPPORT YOUR STUDENT

How to Best Support Your Student as They Return Home

It's important to remember that parents and family members are the most stabilizing force in a college student's life.

- Express compassion—permit your student to be upset and keep them from being alone in their distress if that is what they're experiencing. Listening is a wonderful gift!
- Don't try to fix what they are feeling.
- If you rush to give pointers on how to solve an issue, students often won't open up and talk as much. It is almost always better to listen and then ask for their thoughts about activities that may be helpful.
- Help your student to cope with ambiguity. It's uncomfortable, but it is our current reality. We all like certainty but the pandemic has upended knowing what to expect and what may come next.
- Keep perspective—your student may be upset now, but they won't always be.

The University Counseling Center (UCC) has seen a similar number of students seeking counseling as compared to the 2019-20 academic year. Most students are dealing with normal developmental issues; the top three concerns the Counseling Center sees are anxiety, depression and stress.

Additional Areas of Student Concerns UCC Sees:

- Fear/worry about their own and loved one's health
- Difficulty concentrating
- Disrupted sleep
- Anxiety over academic performance
- Losing independence and privacy while living at home
- Lack of structure/boredom
- Fear about family's economic well-being
- Will life ever return to normal and what will the new normal look like?
- First-year concerns: making new friends, isolation loss of casual interactions due to COVID-19
- Senior-year concerns: loss of senior year as students had expected, employment and career worry



UPDATES FROM THE DIVISION OF STUDENT LIFE



KATHY BYRNES NAMED VICE PRESIDENT OF STUDENT LIFE

Villanova University President, the Rev. Peter M. Donohue, OSA, PhD, has announced the appointment of Kathleen J. Byrnes, JD, as Vice President for Student Life, effective April 1, 2021. As Vice President, Byrnes will oversee the University's Division of Student Life, providing overall leadership, management and direction for a wide-range of student-related areas on campus, including health and counseling services, residence life, student involvement, intercultural affairs, fraternity and sorority life, international student services and disability services. Byrnes succeeds the Rev. John P. Stack, OSA, who is retiring after 50 years of service to the University.

2021 FAMILY AND PARENT WEEKEND ✨

Family and Parent Weekend is anticipated to take place during the weekend of September 17-19, 2021. However, dates and campus protocols are subject to change as the University continues to comply with Pennsylvania and Delaware County health and safety guidelines. Please continue to check the Family and Parent website for the latest updates.

UNIVERSITY BANKING PARTNER

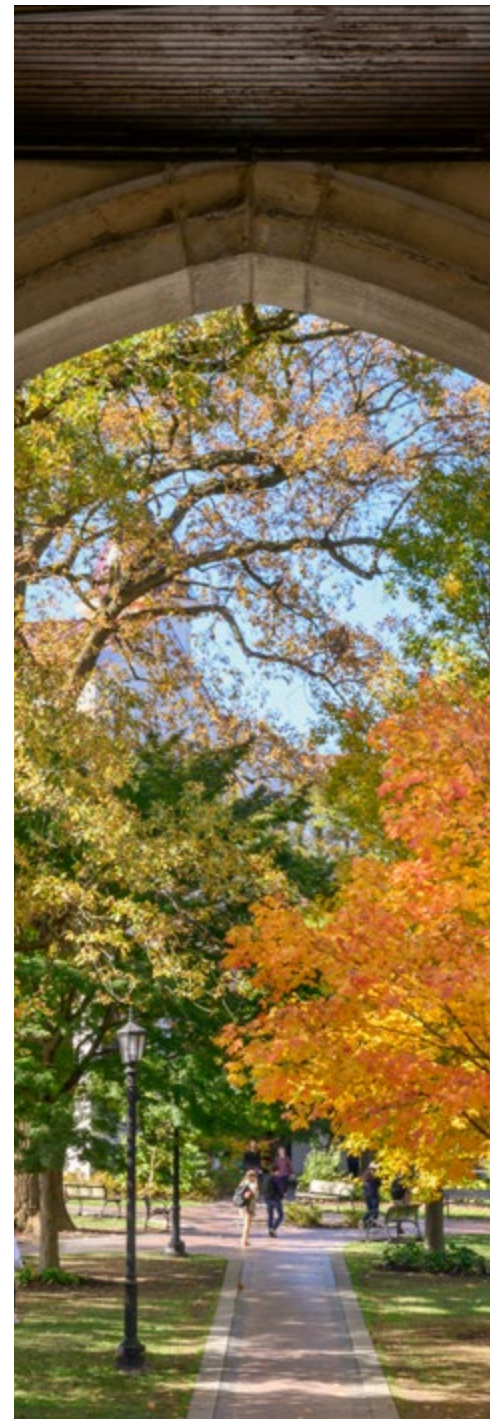
The University is partnering with JPMorgan Chase, beginning in the 2021-22 academic year. Two ATMs will be available on campus and a branch is located in the Villanova Center within walking distance from main campus. More information on Chase services for students can be found at chase.com/student. The Wells Fargo branch on campus will be closing in mid-July. Students can still access Wells Fargo branches in the neighboring towns of Rosemont and Wayne.



FALL 2021 ACADEMIC CALENDAR

Please visit the **Office of the Provost website** for the most updated information regarding the academic calendar.

Aug. 19-22 (Th - Su)	New Student Orientation and Registration
Aug. 23 (M)	Classes Begin
Aug. 27 (F)	Last day for requesting Satisfactory/Unsatisfactory
Aug. 29 (Su)	Last Day for dropping and/or adding classes
Sept. 6 (M)	Labor Day - No Classes
Oct. 20 (W)	Mid-term
Oct. 11 (M)	Semester Recess
Oct. 18 (M)	Classes Resume
Oct. 20 (W)	Grades Due
Oct. 22 (F)	Registration Advising Begins
TBA	Registration Begins for Spring 2022
Nov. 10 (W)	Last Day for Authorized Withdrawal without Academic Penalty
Nov. 23 (Tu)	Thanksgiving Recess begins after last class
Nov. 29 (M)	Classes Resume
Dec. 9 (Th)	Final Day of Classes
Dec. 10 (F)	Reading Day
Dec. 11-17 (Sat-F)	Final Examinations (No exams on Sunday, Dec. 12)
Dec. 20 (M)	Final Grades Due



VISIT THE VILLANOVA FAMILY AND PARENT WEBSITE FOR MORE INFORMATION AT **WWW.PARENTS.VILLANOVA.EDU**



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