

# Committee on University Affairs

Senate of the Associated Students 87th Session  
Agenda for Friday, November 15, 2019 at 1:30 p.m.  
Presidents Conference Room, 3rd Floor JCSU

## 1. **CALL MEETING TO ORDER\***

Call Meeting to Order must be listed by Secretaries

## 2. **ROLL CALL\***

Roll Call must be listed by Secretaries

## 3. **PUBLIC COMMENT\***

a. Jonathan King, Facilities

## 4. **MINUTES**

There are no minutes to be heard at this time.

## 5. **OLD BUSINESS**

There is no old business to be discussed at this time.

## 6. **NEW BUSINESS**

### a. S.R. 87-A Resolution in Support of the Creation of Exit Counseling for Graduating Students

The Committee will be considering favorably recommending the legislation

### b. Fall Liaison Positions

The Committee on University Affairs will give updates on their liaison positions, both administrative and student groups.

### c. Goals of the Committee

The Committee on University Affairs will discuss their goals for both the Committee and Senate.



Posted at the ASUN Offices in the Joe Crowley Student Union,  
Frandsen Humanities Building, the Pennington Student Achievement Center,  
Mathewson- IGT Knowledge Center, and online at  
[www.nevadaasun.com](http://www.nevadaasun.com).

If you would like a copy of any of the agenda items listed, please contact Senator Rogers at [senatorrogers@asun.unr.edu](mailto:senatorrogers@asun.unr.edu).

**7. PUBLIC COMMENT\***

Items heard under public comment may be for items either on or off the agenda. Action may not be taken on items raised under public comment. The Chair may elect to take public comment on action items on this agenda. The Chair may impose reasonable limits on the length members of the public may speak.

**8. ADJOURNMENT**

**9. NOTES.**

Unless otherwise marked by an asterisk, all items are action items upon which the Senate may take action. ASUN supports providing equal access to all programs for people with disabilities. Reasonable efforts will be made to assist and accommodate physically handicapped persons desiring to attend the meeting. Please call the Speaker of the ASUN at (775) 784-6589 in advance so that arrangements may be conveniently made.

[DISCUSSION DRAFT]

87<sup>th</sup> SESSION  
2019-2020

**S. R. 87-**  
**A RESOLUTION IN SUPPORT OF THE**  
**CREATION OF EXIT COUNSELING FOR**  
**GRADUATING STUDENTS**

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IN THE SENATE OF THE ASSOCIATED STUDENTS

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NOVEMBER 8<sup>TH</sup>, 2019

SUBMITTED BY SENATOR DAVENPORT, SENATOR HALL, SENATOR SIVAKUMAR  
TO THE COMMITTEE OF UNIVERSITY AFFAIRS

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**A RESOLUTION IN SUPPORT OF THE CREATION OF EXIT COUNSELING FOR**  
**GRADUATING STUDENTS**

- 1    *Whereas*, Postgraduate depression is commonly used to describe the extreme sadness and
- 2    impaired functioning that recent graduates report after they leave behind the world they
- 3    created in college;<sup>1</sup>

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<sup>1</sup> [https://www.washingtonpost.com/national/health-science/theres-such-a-thing-as-post-graduation-depression-i-know-i-had-it/2017/08/04/4d163c6a-618d-11e7-a4f7-af34fc1d9d39\\_story.html](https://www.washingtonpost.com/national/health-science/theres-such-a-thing-as-post-graduation-depression-i-know-i-had-it/2017/08/04/4d163c6a-618d-11e7-a4f7-af34fc1d9d39_story.html)

1    *Whereas*, A survey conducted by University counselors found that 36.4 percent of college  
2    students identify depression as a top concern;<sup>2</sup>

3    *Whereas*, In a survey conducted by the Independent, 95 percent of participants believed  
4    that post-university depression was very much a real thing, with a further 87 percent  
5    saying that there should be more exposure to it;<sup>3</sup>

6    *Whereas*, Financial exit counseling, regarding loans, is the only form of exit counseling  
7    currently offered to graduating students on-campus;

8    *Whereas*, Exit counseling would be targeted for graduating students at the University of  
9    Nevada to cope with being mentally prepared for graduation;

10   *Whereas*, In a survey conducted on an ASUN social media platform, 62 percent of survey  
11   participants identified they would attend exit counseling on-campus to prepare for  
12   graduation;

13   *Whereas*, Students identified feeling overwhelmed with student loans, fear of the  
14   unknown and feeling uncertain about getting a job after graduation;

15   *Whereas*, It has been found that group counseling has been known to be effective in  
16   regards to understanding the commonality of the struggles one faces with peers;<sup>4</sup>

17   *Whereas*, Group counseling creates a sense of belonging which has been found to be a  
18   key indicator of students' campus climate experiences as well as students' likelihood of  
19   academic success, social integration, and retention;<sup>5</sup>

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<sup>2</sup> <https://www.apa.org/monitor/2013/06/college-students>

<sup>3</sup> <https://www.independent.co.uk/student/student-life/health/graduate-blues-why-we-need-to-talk-about-post-university-depression-8729522.html>

<sup>4</sup> <https://psychcentral.com/lib/5-benefits-of-group-therapy/>

<sup>5</sup> <https://www.unr.edu/main/pdfs/verified-accessible/divisions-offices/president/truth/climate-study-final-report.pdf>

1    *Whereas*, Having good social support from peers can help to alleviate some of the stress  
2    that graduate students may be experiencing;<sup>6</sup>

3    *Whereas*, According to the same study, by Nelson, increased interpersonal contact and  
4    social support were closely related to decreasing stress regarding graduation;

5    *Whereas*, Sustained or chronic stress, in particular, leads to elevated hormones such as  
6    cortisol, the "stress hormone," and reduced serotonin and other neurotransmitters in the  
7    brain, including dopamine, which has been linked to depression;<sup>7</sup>

8    *Whereas*, Exit counseling for graduating students will be a service that would reduce  
9    stress, depression and improve the mental health of students;

10   *Whereas*, Counseling services main mission is to provide psychological services to the  
11   University of Nevada, Reno students to support and facilitate their personal and academic  
12   success and development;<sup>8</sup>

13   *Whereas*, Counseling Services has requested a fee increase and Exit Counseling would be  
14   a form of expanding the services for students;

15   *Be it Resolved that*, Counseling Services will implement regular exit counseling for  
16   graduating students every fall and spring semester.

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<sup>6</sup> <https://minds.wisconsin.edu/bitstream/handle/1793/40121/2001pfeifferd.pdf?sequence=1>

<sup>7</sup> <https://www.webmd.com/depression/features/stress-depression#1>

<sup>8</sup> <https://www.unr.edu/counseling>