

[DISCUSSION DRAFT]

87th SESSION
2019-2020

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

IN THE SENATE OF THE ASSOCIATED STUDENTS

NOVEMBER 7, 2019

SUBMITTED BY SENATOR DAVENPORT, SENATOR HALL, SENATOR SIVAKUMAR
TO THE SENATE OF THE ASSOCIATED STUDENTS

**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;¹

¹ 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;²

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;³

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;⁴

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;⁵

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

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

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

⁵ <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;⁶

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;⁷

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;⁸

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.

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

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

⁸ <https://www.unr.edu/counseling>