

Student name

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Date

Williams, Lee Burdette. "It's Never Too Soon to Talk About Mental Health." *The Chronicle of Higher Education* 09 October 2016, Chronicle.com. Web. 31 Jan. 2017.

The controversy I choose to discuss is have universities provided adequate mental-health services to its students. My source is relevant to this case as it gives an opinion to why adding mental-health education during students' orientation is not the best way to raise awareness. I used the LexisNexis database as the articles found there has been curated, which makes my source accountable. The keywords I used to find this article were "university", "mental", "health", and "services".

The author, Lee Burdette Williams, was the Dean of Students in the University of Connecticut back in 2009. His role as Dean of Students made his opinion credible as he had been involved in planning and participating in several student orientations. Because of his experience, he is biased of being against adding mental-health issues to the already long list of topics to be discussed during orientation. Meanwhile, the Chronicle of Higher Education do not seem to have any strong bias in this controversy, though it has published articles that agree with the idea of increasing universities' involvement in their students' mental health care.

Williams argues that educating students about mental-health during their orientation week is not effective and should be done earlier. He believes that mental health plays a major role in students' experience in college that squeezing it into an already busy orientation program will not do justice to educate students properly in the subject.

According to Williams, students during orientation cannot absorb enough information to be able to utilize it when needed. His argument is supported by the fact that students will only absorb about a quarter of the information given during orientation, as they are “too exhausted by the emotional stress and sleeplessness of the previous days to pay attention and much more interested in one another or their phones”.

Williams also highlights that “the first day of a student’s orientation is too late to be discussing student mental health for the first time”, as there is an increase in the number of students that is already diagnosed with mental illness when they arrive on campus. Williams therefore believes that giving more information about mental health during orientation would not make a significant impact. Williams points out that students’ hesitancy in discussing their mental-health issue and lack of detailed explanation about mental-health services from the university are reasons why an honest dialogue did not happen earlier. Therefore, Williams advocates the idea of incorporating the discussion to the admissions process. He points out that students need to be assured that sharing about their mental-health issue with the school will not harm their chances of admissions, and in fact can possibly increase their rate of success in school.

Overall, Williams is against the idea of squeezing mental-health education into the busy orientation week. He sees the idea as ineffective and believes the dialogue concerning students’ mental-health be done prior to admissions. The stakeholders in this controversy are college students, their family, university’s faculty, as well as surrounding community.