

## **Syllabus Statement Examples**

Add statements to your syllabus that indicate your support of student mental health and wellbeing. You can consider adding a section on the front end of your syllabus that underscores that you understand college is difficult and you want students to take care of themselves.

Faculty have also included information about Student Counseling Services in a resources section of the syllabus. Samples are included below.

### **Comprehensive Statement about Resiliency and Resources: UAB Student Mental Health Supports**

We all experience stressful and difficult events as a normal part of life. As your instructor, I believe your mental health is an important part of your academic success. Success in this course depends heavily on your personal health and wellbeing. Recognize that stress is an expected part of the college experience, and it often can be compounded by unexpected setbacks or life changes outside the classroom. I strongly encourage you to reframe challenges as unavoidable pathways to success. Reflect on your role in taking care of yourself throughout the term, before the demands of exams and projects reach their peak. Please feel free to reach out to me about any difficulty you may be having that may impact your performance in this course as soon as it occurs and before it becomes unmanageable. In addition to your academic advisor and me, I strongly encourage you to contact the many other support services on campus that stand ready to assist you.

- UAB Cares: [www.uab.edu/uabcares](http://www.uab.edu/uabcares)
- Kognito [www.uab.edu/uabcares/kognito](http://www.uab.edu/uabcares/kognito)
- TAO: Therapy Assistance Online: <https://us.taoconnect.org/register>
- Mental Health Ambassadors:
  - <https://www.uab.edu/soph/home/academics/student-involvement/mental-health-promotion-ambassadors-program>
  - Instagram and Twitter: @uabmha
  - YouTube and Facebook: UAB Mental Health Ambassadors
- UAB Student Mental Health App: UABwell (Download from Apple Store or Google Play)
- UAB Student Counseling Services [www.uab.edu/students/counseling](http://www.uab.edu/students/counseling)

UAB offers counseling services on-campus that are available to you at no cost. Importantly, *Student Counseling Services* offers students of all backgrounds, races, religious beliefs, sexual orientations, gender identities, abilities, ethnicities, and cultures a safe place to discuss and resolve issues that interfere with personal and academic goals. Student Counseling Services recognizes and honors the complex intersectionality of all aspects of a person's identity and presenting concerns. All counseling services provided are completely confidential and in no way connected to your academic record. I strongly encourage you to take advantage of this valuable resource if you are interested or find yourself struggling and in need of additional support. Students can schedule an appointment through their patient portal and learn more

about services on the Student Counseling Services webpage at [www.uab.edu/students/counseling](http://www.uab.edu/students/counseling).

Main office location: 3rd Floor LRC, 1714 9th Avenue South

Office hours: Monday-Friday 8 – 5.

### **Statement Encouraging Resiliency**

(Source: Rochester Institute of Technology)

Success in this course program depends heavily on your personal health and wellbeing.

Recognize that stress is an expected part of the college experience, and it often can be compounded by unexpected setbacks or life changes outside the classroom. Your instructors and I strongly encourage you to reframe challenges as an unavoidable pathway to success.

Reflect on your role in taking care of yourself throughout the term, before the demands of exams and projects reach their peak. Please feel free to reach out to me about any difficulty you may be having that may impact your performance in your courses or campus life as soon as it occurs and before it becomes too overwhelming. In addition to your academic advisor, I strongly encourage you to contact the many other support services on campus that stand ready to assist you.

### **Student Counseling Services Resources Example**

[www.uab.edu/students/counseling](http://www.uab.edu/students/counseling)

Main office location: Student Health and Wellness Center, 3rd Floor LRC, 1714 9th Avenue South

Phone: 205-934-5816

Open Monday-Friday 8 – 5

Student Counseling Services offers students of all backgrounds, races, religious beliefs, sexual orientations, gender identities, abilities, ethnicities, and cultures a safe place to discuss and resolve issues that interfere with personal and academic goals. Student Counseling Services recognizes and honors the complex intersectionality of all aspects of a person's identity and presenting concerns.

All enrolled UAB students are eligible for counseling at no additional charge.

Students can schedule an appointment through their patient portal and learn more about services on the Student Counseling Services webpage at [www.uab.edu/students/counseling](http://www.uab.edu/students/counseling).

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Students can schedule an appointment through their patient portal or by phone and learn more about services on the Student Counseling Services webpage at [www.uab.edu/students/counseling](http://www.uab.edu/students/counseling).