



**Mental Health and Wellbeing**

	Okanagan	Vancouver
	2012/13	2012/13
% of students who reported confidence in being able to cope with the demands of their life (Strongly Agree and Somewhat Agree)	90%	90%
% of students who reported confidence in being able to cope with the demands of their life (Strongly Agree)	50%	43%
% of students who report having managed stress successfully over the past year (Strongly Agree and Somewhat Agree)	78%	77%
% of students who report having managed stress successfully over the past year (Strongly Agree)	34%	33%

**Description**

% of UBC students who agreed with the statement "I'm confident in my ability to cope with the demands of my life" on the National College Health Assessment Spring 2013 (NCHA 2013).

% of UBC students who agreed with the statement "In the past school year I was able to manage stress successfully" on the National College Health Assessment Spring 2013 (NCHA 2013).

Person with lead responsibility for this metric: Director, VPS Portfolio Initiatives

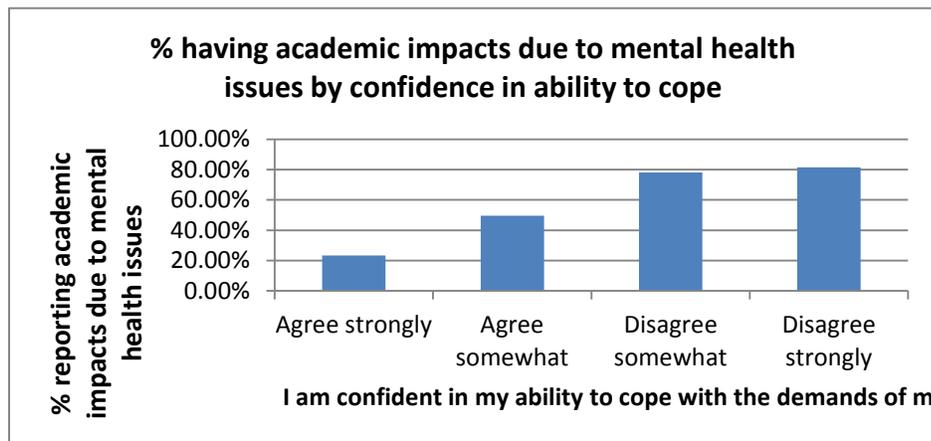
Data collection will be from: Undergraduate Experience Survey

Date: May 1 to April 30 (Academic Year)

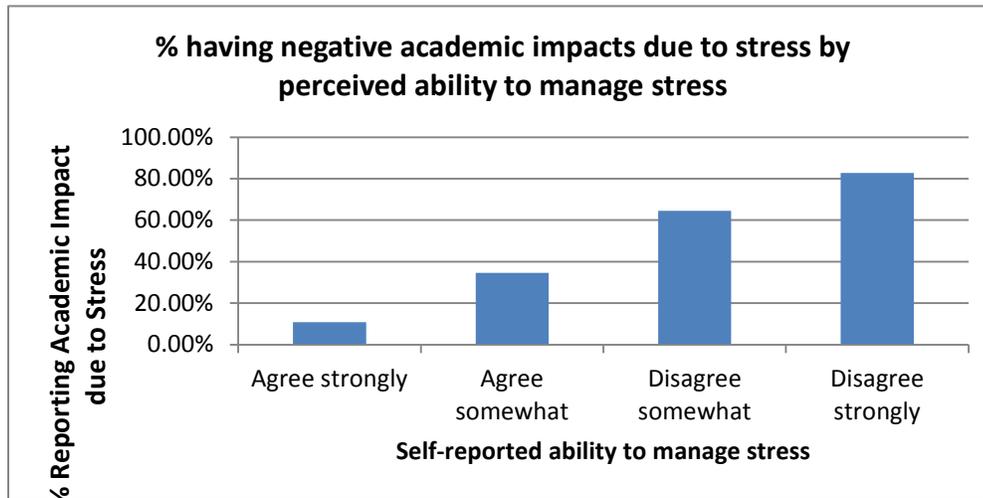
**Explanation of Results**

The mental health and wellbeing of students is a key support for their academic success and involvement on campus. Students who report being able to cope with the demands of their life, and report having been able to manage stress successfully are much less likely to report academic impacts (e.g. lower grades on papers or courses, incomplete courses; significant disruption to study) from mental health issues (i.e. anxiety, depression and stress).

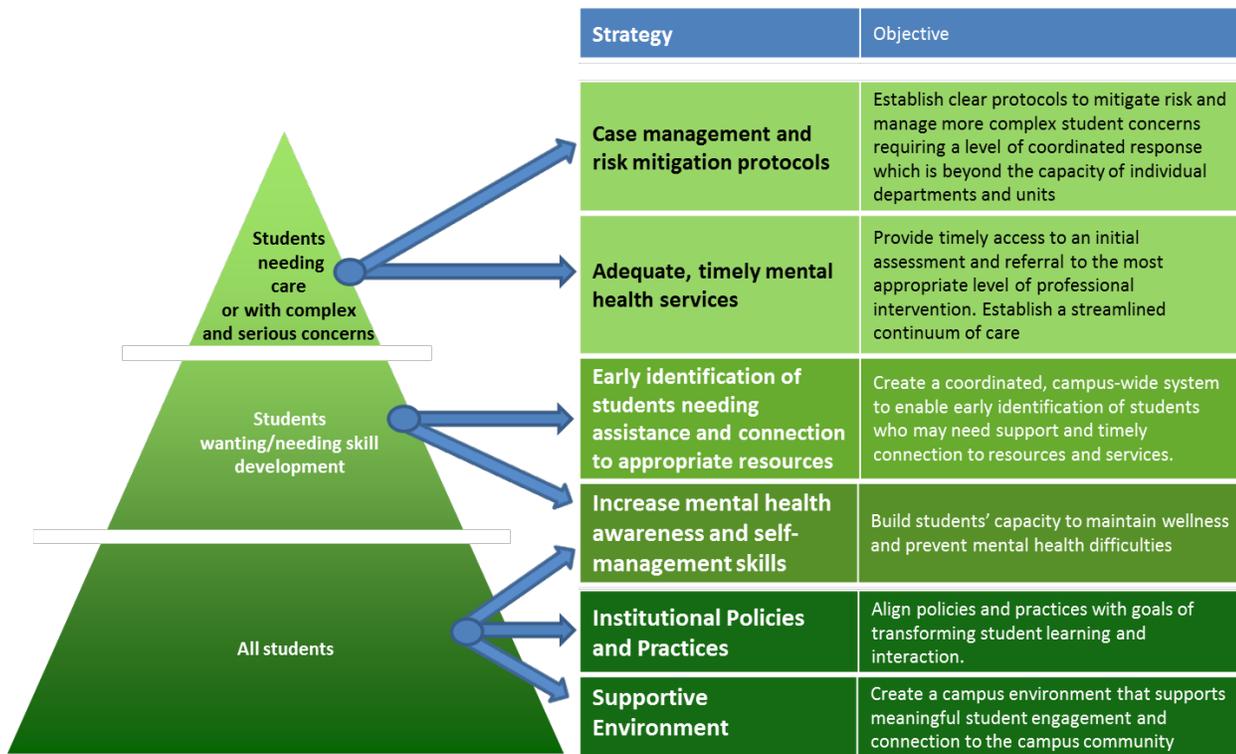
The graphic below shows the relationship between being reporting being able to cope and academic impacts due to mental health issues. Of the students who strongly agreed they were confident in their ability to cope, only 23% reported any academic impacts due to mental health issues. Students who somewhat agreed, somewhat disagreed, or strongly disagreed were much more likely to report academic impacts due to mental health issues (50%, 78% and 81% respectively).



The same relationship exists for the ability to manage stress and academic impacts due to stress. Only 11% of those who strongly agreed that they had been able to manage stress reported that they had had academic impacts due to stress. However, 35% of those who somewhat agreed, 64% of those who somewhat disagreed, and 83% who strongly disagreed reported academic impacts due to stress.



UBC has recently developed a mental health and wellbeing strategy to better support students. See below for a diagram of the key strategies and institutional actions.



**Recommended Action**

Following the implementation of the new triage system in Counselling Services and broader systems to support student wellbeing across campus and within different communities of engagement, and in line with the proposed enrollment plan, a review of the current level of FTE is required to ensure the space and financial resources required to support students.