

September 2023

CARE Team sees significant increase in care reports, offers advice to faculty and staff

During the month of September 2023, CARE Team saw a 73.43% increase in the number care reports submitted for students from September 2022, totaling 248 care cases worked. The top two concerns that were submitted for students included “direct statements indicating distress” and “needing support for their emotional wellbeing.”

These top concerns are on track with the previous year’s data. At this time in the semester, students are often experiencing more anxiety and stress over schedules, managing social life and academics, and are unsure of the available supports here on campus. 55% of the students CARE Team worked with in September were freshmen who we were able to connect to resources on campus with Counseling and Psychological Services, Success Coaches and the Office of Student Accommodations and Testing being the CARE Team’s top three referrals made.

With the significant increase in reports and care cases, CARE Team is prepared to also see a high numbers of cases in October due to the mid-semester trends of transition/homesickness, seasonal depression beginning and academic stressors. As such, the CARE Team encourages faculty and staff to [review the resources available on campus](#) to support the mental and emotional wellbeing of all Shockers.