

March 2022 CARE Team Newsletter

Common Concerns

These are common concerns that are typically seen during the month of March.

During this time of the semester, CARE Team sees:

- Deterioration in quality of work as we get to the end of the semester
- Repeated absences associated to increased personal and mental health stress
- Direct statements as more students are reaching out for support
- Grief/loss due to family concerns
- Academic concerns

What CARE Team expects to see in April:

- Increased anxiety and stress due to academic pressures
- Senioritis for our graduating students
- Studying increasing due to finals fast approaching
- Stress of enrolling for summer and fall semesters
- Job stress as students begin looking toward summer for work

Things that can help:

- Scholarships Universe: [HERE](#)--for added financial support for summer/fall semesters
- HandShake to help find jobs on and off campus [HERE](#)
- OSMM [HERE](#)--For managing money, loans, or taxes
- CAPS for mental health support
- Shocker Career Accelerator [HERE](#)—to help find internship, practicums, or coops

Caseload Data

During the month of March, CARE Team saw a significant increase in cases from 2021 to 2022. This is presumably due to what is going on academically for students as they are nearing the end of the semester. When the end of the semester approaches, academics tend to pick-up and pressure to plan for the summer and fall semesters arise.

1. As we near the end of this semester and plan for the upcoming semesters, we see an increase in stress and anxiety as students begin to juggle with their

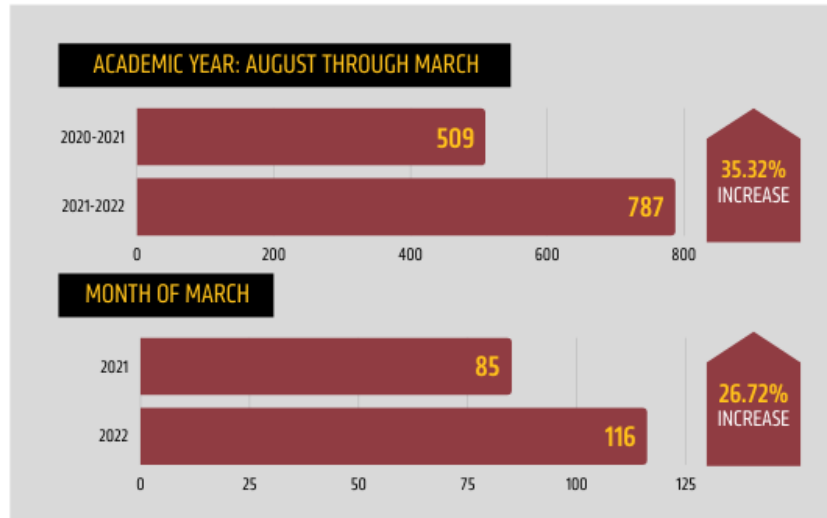
remaining academics while also planning out what their summer and fall schedules will be.

2. As graduation approaches, there is an increase in stress as students begin to look for jobs and internships for the summer. Planning for the future can be tough when walking into the unknown/uncertain.

It is probable that the scenarios above contributed to the increase in CARE cases for the month of March, but it is unlikely they are the only contributing factors.

Below is a graph comparing the number of CARE cases between AY 2021 and AY 2022, both for the month of March and the academic year so far.

Care Team
**MARCH
DATA**
**IT'S OKAY TO
NOT BE OKAY**
BUT IT'S NOT OKAY TO STAY THAT WAY.



@wsucareteam | wichita.edu/care | (316) 978 - 3149 | Rhatigan Student Center - room 231

If you are concerned about a member of our campus community, please don't hesitate to [submit a concern](#). If you'd like to learn more about Care Team, please check out our website at wichita.edu/care.

Should you have any questions or concerns regarding the Care Team, please contact Alicia Newell, Assistant Vice President for Student Affairs at (316) 978-6105 or Alicia.Newell@wichita.edu. We appreciate our campus community and all that you do. Thank you for helping us create a community of Caring at Wichita State University!