



California State University | Stanislaus

**ASSOCIATED STUDENTS INCORPORATED OF  
CALIFORNIA STATE UNIVERSITY, STANISLAUS**

## **Resolution Supporting and Making Recommendations to the University's Resilience and Well-Being Task Force**

**WHEREAS:** The Associated Students, Inc., (ASI) is the representative body and the official voice of the students at California State University, Stanislaus; and

**WHEREAS:** The COVID 19 pandemic has had a negative impact for many on campus, including our students, staff, faculty and administrators; and

**WHEREAS:** In light of the negative mental health issues created by the pandemic, and with the goal of supporting the mental health and well-being of our campus community, a ***Resilience and Well-Being Task Force*** has been established to consult, research and seek feedback on how to best support resiliency and good mental health; and

**WHEREAS:** In full support of the goals and objectives of this task force, the ASI Board of Directors ***recommends the following:***

**1. Uniform Peer Mentorship Program**

Coordinate a content-collaborated training of peer mentorship programs across the University. Encourage the use of departmental representatives for foundational training with the goal of providing consistent implementation of best practices.

**2. University Hour**

Implement a University Hour, allowing students to take a break and become involved in an event or activity designed to improve well-being.

**3. Improved Communications**

Communication through campus email has become so fatigued that students are unaware of many available resources. We recommend promoting resources through different channels, including but not limited to online strategies, in person tabling at various locations and days, use of digital signage, flyers, and social media.

**4. Resource/Involvement Fairs**

Coordinate fairs hosted by departments on various days and times, in addition to Warrior Wednesday (10am-1pm), in an effort to reach more students.

**5. Counseling at Stockton Campus**

Continue to expand in-person counseling at the Stockton Campus to meet student demand.

**RESOLVED:** That implementation of the above recommendations will further enhance our *Resilience and Well-Being Task Force*, by expanding and improving those services already provided to our campus community.

**FURTHER RESOLVED:** That copies of this Resolution be sent to all members of the Resilience and Well-Being Task Force and the Resilience and Well-Being Stakeholders Committee.

Passed and Adopted by the Board of Directors of the Associated Students, Inc., at a regularly held meeting on Tuesday, May 10<sup>th</sup>, 2022.



[Cynella Aghasi \(May 12, 2022 09:50 PDT\)](#)

Cynella Aghasi, ASI President



[Destiny Suarez \(May 12, 2022 09:51 PDT\)](#)

Destiny Suarez, ASI Vice President