

Positionspapier des Studentischen Konvents

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28.11.2021

1 **Positionspapier zu Psychisches Wellbeing an der FAU**

2 **Position:**

3 The Student Council of the Friedrich-Alexander-Universität supports the implementation of
4 measures intended to better the psychological wellbeing of its students. This includes the
5 following points:

- 6 1. Increasing the capacity of our counselling and psychological support services at FAU.
- 7 2. An explicit focus on the ability to conquer challenges faced throughout one's academic and
8 professional career and personal life (resilience training).
- 9 3. A focus on well-being in the annual FAUSt survey. We suggest the sub-topic "challenges
10 while studying" be renamed "wellbeing" and be critically re-worked to assess the many facets of
11 wellbeing.
- 12 4. Empowerment of individuals affected by systemic discrimination such as FLINTA*, queer
13 and BIPOC identifying peoples.
- 14 5. Raising awareness for mental health and psychological disorders and supporting training
15 programmes, in the field, for students and staff.

16 **Explanation:**

17 The global covid pandemic has profoundly affected almost every aspect of society. Unfortunately,
18 mental health and wellbeing, have as a result thereof, seen significant decline. The FAU's already
19 underfunded and inadequately established internal mental health system has in turn been pushed
20 to the point of breaking.

21 The American Center for Disease Control (CDC) defines well-being as an overarching term
22 encompassing physical, social, emotional, psychological, domain-specific, and economic well-
23 being as well as general satisfaction [1]. Wellbeing plays an integral role in the academic,
24 extracurricular, professional and personal success of our students. Here we make a case for the
25 importance of bettering Psychological wellbeing.

26 1. The increased capacity of counselling and psychological support programs

27 The current strain on our internal mental health system, in which students are forced to wait
28 months for an appointment, must not be tolerated. Students should, in acute and chronic cases,
29 be able to attend an appointment within a few days and a week of booking respectively. Delayed
30 care significantly increases the risk of reduced academic performance and subjective health.

31 2. Focus on resilience training

32 Students equipped with the skill-set to overcome challenges in their academic and professional
33 careers, as well as personal lives, are students who not only are more successful and subjectively
34 content but also less likely to require psychological care. As such resilience training presents as
35 such a preventative measure in the fight against poor mental health, thus easing the strain on
36 the University's internal mental health system.

37 3. A focus on wellbeing in the annual FAUst

38 We suggest the sub-topic "challenges while studying" be renamed "wellbeing" and be critically
39 re-worked to assess the many facets of wellbeing. Such alteration would provide invaluable
40 insight into the general wellbeing of the student populous, enabling the University to implement
41 targeted measures.

42 [1] <https://www.cdc.gov/hrqol/wellbeing.htm>