

## Committee Minutes

### ACADEMIC, RESEARCH, AND STUDENT AFFAIRS COMMITTEE

August 22, 2022

**Committee Members Present:** Melissa Nelson (chair), Sandy Davis, and Carrie Chenery participated remotely in accordance with the Code of Virginia §2.2-3708.2(A)(1)(2).

**Board Members Present:** Rector Long, Anna Buhle (graduate and professional student representative), Holli Drewry (A/P representative), Jamal Ross (undergraduate student representative), Robert Weiss (faculty representative), and Serena Young (staff representative).

**Guests:** Eric Brooks, Cyril Clarke, Jean Clarke, Natalie Cook, Corey Earles, Ron Fricker, Luisa Havens Gerardo, Tony Haga, Kay Heidbreder, Matt Holt, Saad Khan, Frances Keene, Sharon Kurek, Ellen Plummer, Paul Richter, Tim Sands, Dan Sui, and G. Don Taylor, Rob Viers.

#### **OPEN SESSION**

**1. Report of ARSA Closed Session and Welcome.** M. Nelson, chair of the committee, read the report of the committee's Closed Session Actions: approval of resolutions to emeritus/emerita status (9), approval of resolutions for appointments to endowed chairs, professorships, or fellowships (4), approval of resolutions for appointments with tenure (3), resolution to approve faculty research leave (1), approval of resolutions for exceptions to the Virginia Conflicts of Interest Act (4), and ratification of the personnel changes report.

M. Nelson welcomed participants to the Open Session of ARSA and acknowledged special guests, Natalie Cooke and Saad Kahn.

#### **2. Review and Approval of Open Session Agenda.**

**The agenda was unanimously approved as presented.**

**3. Consent Agenda Items.** Approval of June 7, 2022, Meeting Minutes, Report of Reappointments to Endowed Chairs, Professorships, and Fellowships, Resolution to Approve Appointment of Interim Executive Director of the Virginia Center for Coal and Energy Research.

**4. Student Well-being and Mental Health Initiatives.** F. Keene, interim vice president for student affairs presented a comprehensive overview of the support and services the university provides students in the colleges and the residence halls. The university closely monitors student well-being. New this fall are 24/7 telehealth services and the

implementation of a comprehensive residential well-being model. As an undergraduate student, S. Kahn led student-focused mental health efforts and now, post-graduation is employed by Hokie Wellness. Natalie Cook is a faculty member in the Virginia Maryland College of Veterinary Medicine and she and her family reside in the Honors Residential Commons where she serves as faculty principal. The Honors Residential Commons is one of the university's three residential colleges.

The committee discussed the benefits of student-led mental health support efforts focused on self-help and peer education and support. To mitigate the impact of the pandemic, the university employed several strategies to maintain communication and offer support. Students were called and sent electronic communications. In addition, returning students were encouraged to attend welcome events that are traditionally directed at new incoming first-year students. Mental health services and support are available to all graduate and professional students at all the university's locations. The distinct needs of graduate and professional students continue to be a focus. Faculty members are encouraged to support all students by being appropriately flexible and supportive of student needs. Students who serve as well-being leaders receive specialized training on recognizing signs of distress and mental health first aid. The wellness model is holistic and includes attention to student concerns such as food security and financial stressors. The university's telehealth contract includes a review and assessment of the performance of counselors and student experiences with services.

**5. Provost's Update.** Cyril Clarke, executive vice president and provost, updated the committee on several initiatives.

The State Council of Higher Education for Virginia (SCHEV) has approved the name and reorganization associated with the College of Architecture, Arts, and Design. In addition, budgeting and leadership in two of the college's schools are finalized. Additional details are in the process of being resolved such as sufficient space for the arts. The search for a college dean is underway.

The search for a dean for the Pamplin College of Business is re-launched and Dr. Robin Russell is serving as interim dean. The timeline for a search for a vice president for student affairs has not yet been decided.

Progress continues on the university's strategic initiatives. The Tech Talent Investment Program, artificial intelligence, and quantum information science continue to proceed at both the Innovation Campus and across the university. Health sciences and biomedical sciences continue to advance the university's research and outreach missions, as does integrated security including the work of the National Security Institute.

The university's Partnership for Incentive-Based Budget (PIBB) continues to be reviewed. In particular the PIBB model will improve with the addition of student and faculty-centered outcomes and outcomes associated with the arts and other creative areas.

Virtual learning and work continue to be assessed. The pandemic offered opportunities to learn new strategies and the university is examining how virtual learning and work fit into Virginia Tech's overall mission. A committee chartered by Provost Clarke has produced a report which is being reviewed.

Virginia Tech's undergraduate enrollment has grown over the past few years, particularly in 2019 when enrollment surged and met the university's goal of 30,000 students. Analyses of growth potential are underway including how growth might be accommodated including residential beds. The town of Blacksburg and Montgomery County will be engaged in analyses and planning.

Experiential learning is a priority for the university in which the passions and interests of students are engaged in real and simulated environments that can include career exploration. Virginia Tech's Quality Enhancement Plan (QEP) is focused on Bridge Experiences such as internships, coops, and undergraduate research.

The university's shared governance efforts, approved by the Board of Visitors in June are being implemented with the start of the academic year. The University Council Cabinet, co-chaired by Provost Clarke and Robert Weiss, president of the Faculty Senate, will meet and decide next steps. Among the tasks of the University Council is consideration of university-wide initiatives within the domain of the faculty such as experiential education.

**6. Agenda Items for Committee Meeting.** The committee's agenda will include a discussion of the university's economic development initiatives. Committee members should forward additional items for the agenda to the chair.

**7. Adjournment.** The committee adjourned at 3:00 p.m.

**Closed Session Agenda**  
**ACADEMIC, RESEARCH, AND STUDENT AFFAIRS COMMITTEE**

**Virginia Tech Newport News Center**  
**Maroon and Orange Room**  
**Monday, August 22, 2022**  
**1:30 – 2:00 p.m.**

<u>Agenda Item</u>	<u>Reporting Responsibility</u>
1. Motion to Begin Closed Session	M. Nelson
* 2. Resolutions to Approve Appointments to Emeritus/a Status (9)	C. Clarke
* 3. Resolution to Approve Appointments Endowed Chairs, Professorships, or Fellowships (4)	C. Clarke
* 4. Resolution to Approve Appointments with Tenure (3)	C. Clarke
* 5. Resolution to Approve Faculty Research Leave (1)	C. Clarke
* 6. Resolutions to Approve Exceptions to the Virginia Conflict of Interests Act (4)	C. Clarke
* 7. Ratification of Personnel Changes Report <i>(shared with Finance and Resource Management Committee)</i>	C. Clarke
8. Motion to End Closed Session	M. Nelson
9. Report of Closed Session Action items	M. Nelson

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\*Requires Full Board Approval

## Open Session Agenda

**ACADEMIC, RESEARCH AND STUDENT AFFAIRS COMMITTEE**  
**Virginia Tech Newport News Center**  
**Maroon and Orange Room**  
**August 22, 2022**  
**2:00 – 3:00 p.m.**

<u>Agenda Item</u>	<u>Reporting Responsibility</u>
1. <b>Welcome</b>	M. Nelson
2. <b>Review and Approve Open Session Agenda</b>	M. Nelson
3. <b>Consent Agenda</b>	M. Nelson
A. Approval of June 7, 2022 Meeting Minutes	
B. Report of Reappointments to Endowed Chairs, Professorships, and Fellowships	
*C. Resolution to Approve Appointment of Interim Executive Director of the Virginia Center for Coal and Energy Research	
# 4. <b>Panel Discussion: Student Well-being and Mental Health Initiatives</b>	F. Keene
5. <b>Provost's Update and Discussion</b>	C. Clarke
6. <b>Agenda Items for November 2022 Committee Meeting</b>	M. Nelson
7. <b>Adjourn Committee Meeting</b>	M. Nelson

**Open Session Consent Agenda**

**ACADEMIC, RESEARCH, AND STUDENT AFFAIRS COMMITTEE**

**August 22, 2022**

- A. Approval of June 7, 2022 Meeting Minutes
- B. Report of Reappointments to Endowed Chairs, Professorships, and Fellowships
- \*C. Resolution to Approve Appointment of Interim Executive Director of the Virginia Center for Coal and Energy Research

**REPORT**

**Reappointments to Endowed Chairs, Professorships, or Fellowships (1)**

**August 22, 2022**

The president and executive vice president and provost have confirmed the reappointment of the following faculty to an endowed chair, professorship, or fellowship with a salary and/or operating supplement provided by the endowment and, if available, with funds from the eminent scholars match program.

**College of Engineering (1)**

Nina Stark

Anthony and Catherine Moraco Endowed Faculty Fellowship



# **An Overview of Student Well-being and Mental Health Initiatives**

Academic, Research, and Student Affairs Committee

Board of Visitors

August 22, 2022

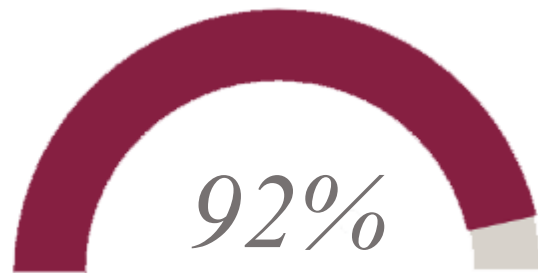


**STUDENT AFFAIRS**  
VIRGINIA TECH



# By The Numbers

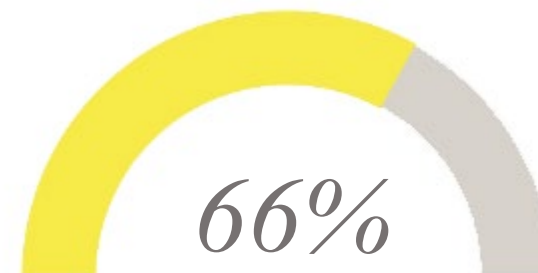
*Looking at our most visible metrics and rankings, Virginia Tech is on solid ground.*



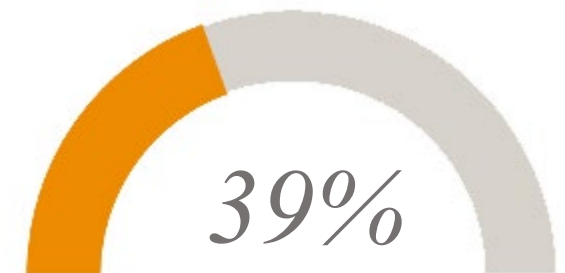
**of our first-year students are retained**



**of our undergraduate students graduate in 6 years**



**of our undergraduates are employed upon graduation (including military), with a \$64,000 median starting salary (NACE, 2021)**

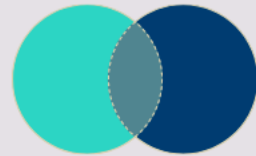


**of our students are from underrepresented minority or underserved populations as the result of a sustained institutional commitment to diversity and inclusion**



## Diversity Champion

and recipient of the 2021 Higher Education Excellence in Diversity (HEED) Award from *INSIGHT Into Diversity* magazine



## #13 Learning Communities

according to the 2021 rankings from *U.S. News & World Report*.



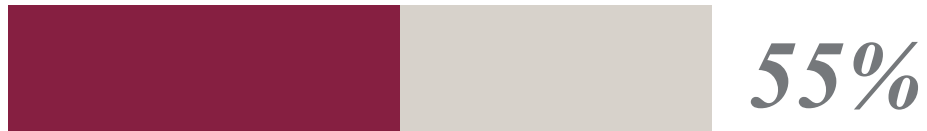
## #1 Counseling

according to the 2021 edition of the Princeton Review's Best 386 Colleges.

# Persistent & Increased Student Well-Being Concerns

- **52% of our students report feelings related to loneliness** as measured by the UCLA Loneliness Scale. (ACHA, 2021)
- **Our students from vulnerable populations show an increased risk** of mental-health problems, including Black, Hispanic, Asian, LGBTQ+, and financially insecure students. (Virginia Tech Healthy Minds Study)
- **Our students also face some tough realities** in our world that contribute to an eroding sense of overall mental health and well-being.

# Healthy Minds Study Data



**55%**  
of our students report they are not flourishing (i.e., self-perceived success in relationships, self-esteem, purpose, and optimism) \*national sample average 54%



**23%**  
of our students have elevated levels of generalized anxiety disorder  
*\*national sample average 28%*



**21%**  
of our students have elevated levels of depression  
*\*national sample average 24%*



**7%**  
of our students experienced have suicidal ideation  
*\*national sample average 13%*

# Current Mental Health Initiatives

- Ongoing implementation of the 2019 Mental Health Task Force Report
- Counselors embedded in each college
- Counseling partnership with Athletics and Cultural and Community Centers
- Peer-led mental health programs
  - Peer Assistants for Learning
  - FEELS Peer Support Circle
- Animal Assisted Therapy Program



## Current Mental Health Initiatives, continued

- #VT Better Together campaign
- Train the trainer programs:
  - Mental Health First Aid training
  - QPR (question, persuade, respond) suicide prevention training
- Resiliency workshops
- Koru and Campus Mindfulness practice
- Launch of wellbeing.vt.edu site

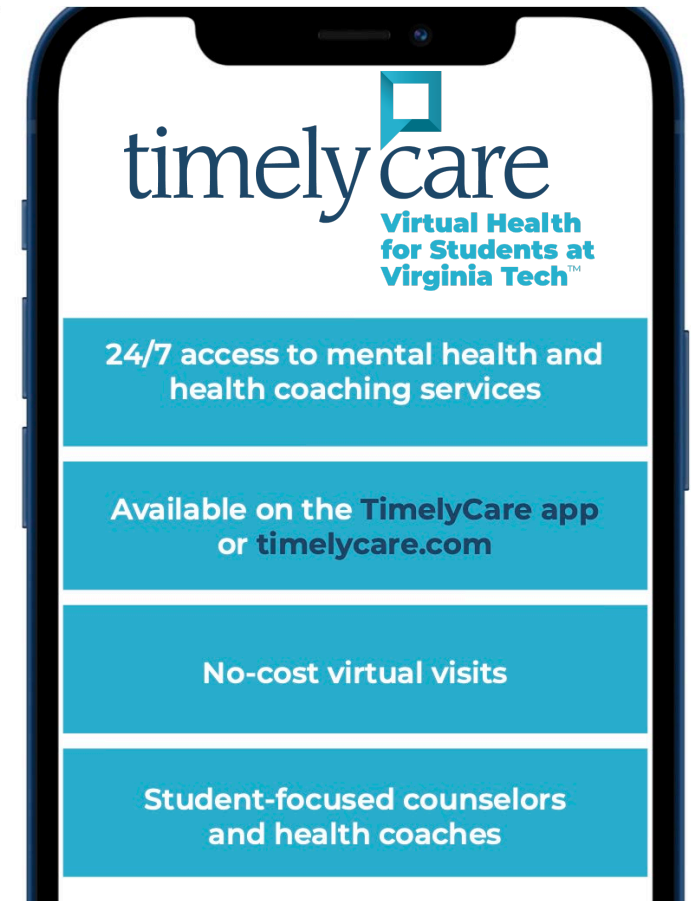




# Overview of New Student Well-being and Mental Health Initiatives

# New Mental Health Initiatives for Fall 2022

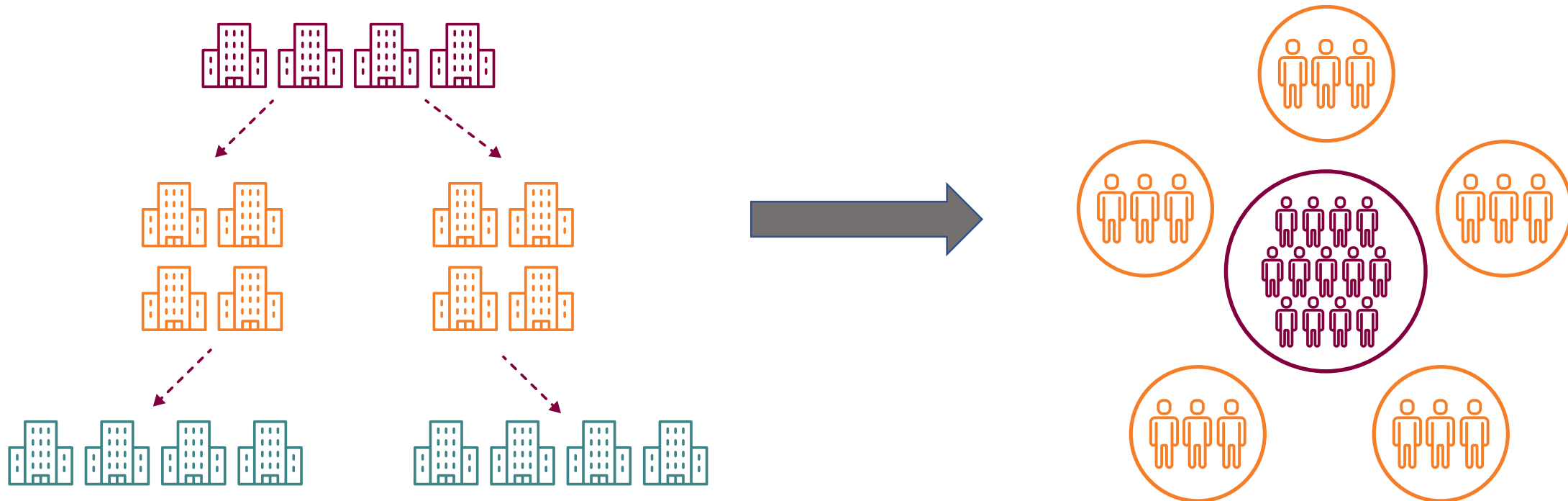
- TimelyCare – new telehealth program live for all students
- New embedded Counselors in the Residential Well-being Model
- Residential Well-being Launch





## Our New Model: Residential Well-being

*We've recentered our structures and functions around students and designed teams to support them and our core priorities.*



# Residential Well-being District Teams



- Managing Director for Residential Well-Being and Inclusion
- Coordinator for Case Management and Administration
- Coordinator for ExperienceVT
- Coordinator for Well-Being
- Embedded Counselor
- Faculty/Staff Coach



- Student Leader for Belonging and Inclusion
- Student Leader for ExperienceVT
- Student Leader for Well-Being

# Panel Discussion



**Dr. Frances Keene**  
*Interim Vice President  
Student Affairs*



**Mr. Saad Khan**  
*Mental Health Initiatives Coordinator  
Hokie Wellness  
Virginia Tech, Class of 2021*



**Dr. Natalie Cook**  
*Assistant Professor of Public Health, Department of Population Health Sciences  
Virginia-Maryland College of Veterinary Medicine  
Faculty Principal, Honors Residential Commons*