



In the first few weeks of classes students streamed into an unseasonably warm campus and it felt truly remarkable. I walked by a student who was speaking on the phone, “It’s hoppin’ out here.” For sure, the large number of students has boosted energy and morale on this campus and I am reminded this month of how much wellness has become important for this new generation of students. It has also become top of mind for colleges across the nation. [Vice President of Student Affairs at Virginia Tech Frank Shushok argues that colleges must lead the wellness revolution since one indication of a flourishing society is a healthy workforce and institutions of higher education remain the “most prolific workforce generators.”](#) Students who felt emotionally supported – those who had found a mentor or faculty member on campus who cared about them and made them excited to learn – are three times as likely to have emotional well-being even after graduation. Today, Americans are more solitary and depressed than ever before and Generation Z, those born after 1997, scored the highest for loneliness.. [Mental Health America reported that while white youth are most likely to receive mental health treatment, BIPOC youth are most likely to receive non-specialty mental health treatment in educational settings.](#) Thus, here on this campus where the overwhelming majority are BIPOC, all of us must participate in providing well-being for our students.

[Of course, it’s not just students who deserve well-being on a university campus. So too do staff and faculty.](#) While our tendency is to expect our supervisors to provide us with well-being, keep in mind that for a campus well-being revolution to take place, it will require all of us to pitch in. What will you do this month to promote well-being in your area?

Amy Sueyoshi
Provost and Vice President for Academic Affairs

