

Student projects from the Fall 2023
College Colloquium course:

*'Health, Longevity, and Meaning
for Gen Z'*

Brandi Row Lazzarini

Associate Professor of Exercise & Health Science


Group 1: Caleb Graham,
Myles Crandall, and Will
Sikes

*Purpose: Invite viewers to
sign on with a pledge to
reduce screen time to
improve physical and
mental health. Their
posters are distributed
throughout campus.*


*Scan the QR code on their
poster to connect to their
website and podcast*

SCREEN ABUSE SCAN ME

Website & podcast with solutions
←---

 **We are Willamette Students**

- From the Health, Longevity, and Meaning for Gen Z Colloquium

 **Social Media**


- Gen Z is the biggest offender of high screen time
- People aged 16 to 24 spend a third of their time online on social media

 **Mental/Physical Health**


- Long term effects of screen time cause mental/physical health problems

 **Sleep Quality and the Problems**

- Lack of sleep is affecting more than a third of American adults, and can often be traced back to screens

 **No Screen November!**

- Pledge to reduce your screen time
- Help you find balance between screen time and other activities

 **Podcast!**

- We tried the pledge, and shared our thoughts in a podcast! Scan the QR code for more!

Contact us:
screenabuse@googlegroups.com

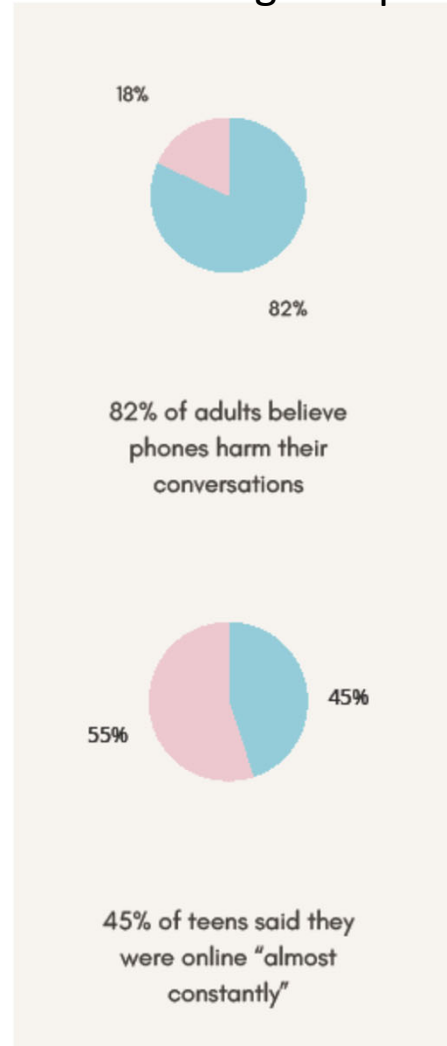
LAST UPDATED 9.11.23

Group 2: Lydia Sather, Maddy Maes, and Myralynn Tejeda

*Purpose:
Encourage peers to prioritize in-person social interactions; put phones away when with others.*

Their brochure is distributed throughout campus.


Outer right flap



Back panel

QUESTIONS?

Email
<screenimehelp-group>




ADDITIONAL RESOURCES

- "Is Your Teen Addicted to Tech? How to Stop Panicking and Create Healthy Solutions" at mindfulschools.org
- "Internet Addiction - Internet Addiction Resources" at caron.org
- "Screen Time Addiction and Treatment Among Teens" at crehab.org
- "8 Tips to Reduce Screen Time for Adults" at scripps.org
- "How to Reduce Screen Time in the Digital Age" at nami.org

Front cover

STRATEGIES FOR REDUCING SCREEN TIME

Improve the quality of your in-person interactions and reduce stress!



Brought to you by students in the 'Health, Longevity, and Meaning for Gen Z' College Colloquium class

Group 2: Lydia Sather, Maddy Maes, and Myralynn Tejeda

(Continued)

Inner left flap

HELPFUL TIPS

- Use do not disturb and turn off unnecessary notifications
- Remove distracting apps from the home screen
- Turn your phone's display to grayscale
- Plan times to not use your phone and stow away your phone during meals
- Set specific screen time goals and talk to your friends about them
- Replace your daily scroll with something else you enjoy—take a walk, journal, read, or spend time with friends



Main inner panel

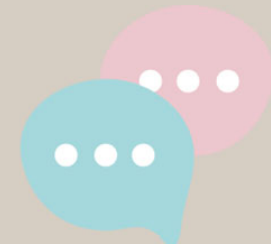
FACTS

- Phone usage during meals leads to distraction, boredom, and less connection with others
- Dining without phones leads to feelings of closeness, empathy, connectedness, and positivity
- In-person interaction relieves stress more than online interaction does
- Gen Z high school seniors spend an hour less a day socializing in person than Gen X high school seniors did
- Americans spend an average of 4.1 hours on their phones and 2+ hours on social media each day

Inner right flap

CONVERSATION STARTERS

- What's your favorite thing about your hometown?
- What building on campus are you most like?
- Would you rather explore space or the deep sea?
- Are you introverted or extroverted?
- Would you like to reduce your screen time?
- What are you looking forward to?
- What was the best part of your day?
- Two Truths and a Lie
- Never Have I Ever



Group 3: Julia Gonzalez
and Sam Fenselau

Purpose: Increase awareness among students that they are not alone in their mental health struggles, and to help connect students to supportive resources.

Their poster is distributed through campus; the QR codes link viewers to the Healthy Minds report at WU and the WU-specific student support options.

Willamette University
NOT ALONE
Mental Health Awareness and Support



Healthy Minds Study
This survey conducted on Willamette students in 2021 found that :

- 80% feel isolated or lonely at least some of the time
- 54% suffer from depression
- 46% have moderate to severe anxiety
- 79% "agreed" to needing help in past 12 months for emotional or mental health problems or challenges
- 24% have suicidal ideation



more information on the Healthy Minds study:

Factors Impacting Mental Health

- Loneliness and social isolation**
 - Lack of support, whether perceived or real, can cause low self esteem, anxiety, worry and melancholy, which can impact academic performance
- Poor Sleep + Sleep Deprivation**
 - can lead to worsened academic performance, anxiety, and stress, leading to increased risk of depression
- Stress & Anxiety**
 - From academic pressure and failure to meet expectations and lack of healthy coping mechanisms for clinical anxiety
- Drug & Substance Use**
 - Is often used as a coping mechanism, it can increase the risk of worsened mental health and habits



Generational Statistics About Mental Health

Since 1991, in young people:

- 1 Symptoms of depression have doubled
12% -> 25% women & 6% -> 12% men with clinical-level depression
- 2 Loneliness rates have increased from 27% to 42%



Mental health has been worsening among the entirety of Gen Z, you are NOT ALONE. You do not have to suffer by yourself, reach out.

Reach Out and Reach In - Resources

- Links to Resources**
 - scan the QR code link to connect with hotlines and online outreach found at the bottom of the page - also found on the back of ID cards
- On campus support**
 - Bishop Wellness Center offers same day counseling appointments
 - Student Success Office will meet and help with creating academic plans and support



Brought to you by students in the "Health, Longevity, and Meaning for Gen Z" College Colloquium class
mentalhealthcc-group@willamette.edu

Group 4: Ana Kaldy, Eva Lief, Lydia Schmitt, and Yahaira Vazquez

Purpose: Increase awareness of the connection between social media and eating disorders.

The QR code on their flyer leads to their pre-recorded presentation on youtube. They hope the presentation can be used in future student orientation sessions.

How can we spread awareness about the toll eating disorders take on Gen-Z?

Check Out This QR Code to Learn More :



College Colloquium: Health and Longevity for Gen-Z

Contact Information:

edandgenz-group@willamette.edu