

Student's Name

Professor's Name

Subject:

Date:

Should Mentoring on Mental Health Care be a part of your College Education?

In recent decades, reports have emerged on increased cases of mental health issues among college students. Most importantly, evidence from studies conducted reveals the plight that medical students' experience in their learning institutions that varies from stress and anxiety to other adversities that affect their mental health. Although Hur, Yera, Cho, and Kim reveal the successes of implementing an individualized mentoring program, this service may not meet the mental health care needs among the growing number of college students (119). Therefore, the purpose of this paper is to explore whether mentoring on mental health care should be part of the college education.

According to Baldwin, the past decade has recorded an increasing number of college students experiencing psychological problems and mental health disorders, for instance, depression, anxiety, and misery (1). Further statistics from epidemiological studies conducted indicate that up to 50% of college students have a high likelihood of succumbing to the pressures of mental health disorders. The encounter of these mental disorders by college students tends to set precedence to long-term adverse outcomes experienced into the later stages of growth and development (Payton, Yarger, and Pinter 2). As such, college students experiencing emotional distress also tend to have their academic and college life negatively affected. The indication of these health care adversities creates the need to integrate mentoring and counseling as part of the

college education. Despite the fact that most of the mental health challenges affecting college students are known, there are minimal efforts from the higher learning institutions to address the issue. Additionally, given the growing demand for mentoring services, findings from a study conducted by Keeler et al. (S294) recommend the sustainability of using shorter mentoring sessions in limiting the occurrence of mental health outcomes.

Conclusively, this paper has explored whether mentoring on mental health should be integrated as part of the college education. This paper has identified challenges that college students in higher education experience that elicit the need for integrating mental health care in their college education. The demand for specialized mentoring services alongside mental health services will help address the distresses, such as unhealthy behaviors that expose college students to adverse mental health problems.

Works Cited

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