



**Undergraduate  
Student Government**

**UNIVERSITY OF IOWA UNDERGRADUATE STUDENT GOVERNMENT**

**March 21<sup>st</sup>, 2023**

**Student Senate Session**

**S.S.R. #Keep blank, will be inserted by Speaker/Pro Temp**

Sponsors: Senator Eckard, Senator Mungara  
Referred to: Health and Safety Committee  
Student Senate Action: Passed/Failed/Tabled

**A RESOLUTION**

Regarding USG, GPSG, Faculty Senate, and Staff Council's support of all University of Iowa faculty and staff participating in Kognito mental health training.

**Section 1. Short Title**

This resolution may be cited as a "Joint Resolution for the University of Iowa Faculty and Staff Participating in Kognito Training"

**Section 2. Background and Discussion**

**Whereas**, Students often reach out to faculty and staff for support due to on-campus mental health resources not being able to meet the demand. However, faculty and staff may not be equipped with the resources or knowledge to support students in need. Staff and faculty may know about resources on campus that are for staff and faculty but may not know what programs exist to support students. By participating in Kognito training, staff and faculty would be exposed to what resources are available to help.

**Whereas**, Students often need support and someone to talk to, not just resources. This is most commonly why students approach faculty and staff. The interactive aspect of the Kognito training would help to prepare faculty and staff to have these conversations with students. This is a valuable resource for students and having staff and faculty who know how to be there for students is beneficial not only for students but for the campus.

**Whereas**, faculty and staff feel underprepared to properly support students experiencing mental health struggles or crises. Only 40% of faculty and staff who completed Kognito indicated feeling prepared to talk with a student in psychological distress before completing it. Participating in the Kognito training would provide faculty and staff with the skill set necessary to partake in interactions between themselves and students. Completing Kognito training would benefit faculty and staff because they will feel better prepared to help students on campus when

they are in need. Students also benefit from Kognito because they are receiving support from trusted individuals with training.

**Whereas**, Only 717 faculty participated in the Kognito training between June 2022 and January 2023. Seeing as all incoming freshmen and transfer students must participate in Kognito through the Success at Iowa course, faculty and staff should be encouraged to complete the training. Completion of Kognito training creates a shared understanding across the University of Iowa campus and promotes unity at all levels.

**Whereas**, Kognito has been proven to have high success rates with students who completed Kognito through Success at Iowa. Students who were polled after participating in the training reported that they gained useful skills, with 85% of students said they would recommend the course to their peers 87% of students said they felt confident in their ability to talk with a student in psychological distress to motivate them to connect with mental health support services after completing Kognito. Therefore, Kognito would benefit faculty and staff in dealing with mental health crises and suicide prevention with students.

### **Section 3. Action**

**Resolved**, all faculty and staff should be encouraged to participate in Kognito mental health training in order to support students on campus.

**Therefore be it resolved**, USG, GPSG, Faculty Senate, and Staff Council encourage all faculty and staff to participate in Kognito training to increase unity on campus and as a result better support students in need.

### **Section 4. Enactment Clause**

Be it enacted by the Undergraduate Student Government upon the signature of the USG President.

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\_\_\_\_\_, **Speaker of the Senate**  
Alexis Carfrae

*I hereby attest and certify that this resolution originated from the 2022-2023 Student Senate Session.*

APPROVED on \_\_\_\_\_, by

\_\_\_\_\_, **USG President**  
Patrick Johnson