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| **First Year Seminar Notes** | **The Ohio State University** |

SCHEDULE:

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| Week | topic | course materials |
| 01and 02 | Course and Personal introDiscuss HTDNothingInstagram post ideas, team 1 selection | Read: How To Do Nothing (intro, chap 1-3)  |
| 03-06 | Topics include: Anxiety and Depression, The Attention Economy, Triggers vs. Affordances, The Complexity of Dualities.Weekly Instagram posts by selected student teams | Read: articles about mental health statistics and campus issuesListen: podcasts focusing on mental healthWatch: Social Dilemma |
| 07-11 | Storytelling 101The Written word,The Spoken wordVisual Narratives3D-4D StorytellingActivism and Spatial NarrativesWeekly Instagram posts by selected student teams | Read: articles about storytelling structures, creative short stories, poetry, plays, comic strip narratives.Listen: podcasts, radio shows, and other unique audible storytelling examplesWatch: videos and photographic storytelling |
| 12-14 | Personal expression and makingWeekly Instagram posts by selected student teams | Weekly student presentations and project development |

**WEEK 1-2**

How to do Nothing by Jenny Odell Chapter 1-3

Listen to: A History of Persuasion: Part 3 from On the Media in Podcasts. <https://podcasts.apple.com/us/podcast/on-the-media/id73330715?i=1000447987696>

**WEEK 3-6**

Student groups selected to search specific topics and report back to class

***Everyone watches:***

The movie: Social Dilemma

Pre-Anxiety Attack Caught On Camera

<https://www.youtube.com/watch?v=eD54E37Yd8k>

i filmed my anxiety attacks for a week

<https://www.youtube.com/watch?v=SVtuP4yW0ww>

**Group 1** National news

Suicide among College Students in The U.S.

<https://www.sprc.org/sites/default/files/migrate/library/SuicideAmongCollegeStudentsInUS.pdf>

Suicide Prevention Resource Center

<https://www.sprc.org/>

# Screen time increases teen depression, thoughts of suicide, research suggests

<https://www.usatoday.com/story/news/nation-now/2017/11/17/screen-time-increases-teen-depression-thoughts-suicide-research-suggests/874073001/>

Depression and Anxiety among College Students

<https://www.jedfoundation.org/depresion-and-anxiety-among-college-students/>

Top Mental Health Challenges facing college Students

<https://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/>

# The Real Reason Record Numbers of College Students Are Seeking Mental Health Treatment

<https://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/>

# How to Help College Students Counteract Depression and Anxiety

<https://healthblog.uofmhealth.org/wellness-prevention/how-to-help-college-students-counteract-depression-and-anxiety>

**Group 2** Local news

TheColumbusDispatch

[Suicide attempt a catalyst for former Ohio State student to talk about mental health](https://youtu.be/WQzAONYNFTk)Sara Marino, suicide survivor *(\*This difficult to watch.)*

Search terms: “Ohio State Mental Health” and “Ohio State Depression”

<https://ccs.osu.edu/>

Buckeye Campaign Against Suicide (BCAS)

[Facebook](https://en-gb.facebook.com/bcasosu/) page

[The Semicolon Project](https://www.facebook.com/bcasosu/photos/a.163329814012875/960342667644915/?type=3&theater) (FB)

[Coping Skills Workshop](https://www.facebook.com/bcasosu/?hc_ref=ARQG4LUCdripuR3qPubpT6I2odlXtkZGEZgTIuYtoMtAKudZtJzq46o2sdH_zg_KoG0&fref=nf&__xts__%5B0%5D=68.ARBIWETNScebswAC4ysoDVfbYnqIG4BSgfhHT-h9PI36FN9EGGDYPLSQsvtNGMXcLIJDfWd1DgRBlsbKan4cda2Vu9qjuCURwvUXtESPZw5Ky-myVj6bm8s_8oxZuCPpe5PDin4XFZ9E8nnhJTfHQW1OtmRa5vR9M3auR3qK24M9eIKB49lG6iPMe71vMBgtVpsFEsL3u2tE9FZeXL8Py1wV1XdfnJEkyPOYTFJxB6RfXPxxnHopvAxOq41kcutKMHlzYUQoD5_0fAeFr7LfDPtHpmvRa2672GvIWhMWeCh8_PA4chKb_KRvSvnbe9KIcfNWm8OAlXyvWsHS8fQmZYU&__tn__=kC-R) (FB)

AP Archive

[Ohio State player talks about mental health issues](https://youtu.be/p_ciOGK4m4Q) Robert Landers, OSU defensive lineman

Lantern TV

[RUOK? Day 2018: Erasing the stigma behind mental health](https://youtu.be/AWs2GZTk0zs) “REACH” approach

bahmanTUBE

[Do You Get Stress In College | SKY at The Ohio State University](https://youtu.be/B2Ug3o79rL0) Public-facing student voices; talking about stress on the Oval Stress sounds like fun!

Reddit threads Search term: “reddit ohio state mental health”

(\*\*\*) [https://www.reddit.com/r//comments/9wt7z0/guysi\_dont\_know\_what\_to\_do/](https://www.reddit.com/r/OSU/comments/9wt7z0/guysi_dont_know_what_to_do/)

[https://www.reddit.com/r/OSU/](https://www.reddit.com/r/OSU/comments/dq98jw/at_least_we_have_ipads/)[OSU](https://www.reddit.com/r/OSU/comments/9wt7z0/guysi_dont_know_what_to_do/)[comments/dq98jw/at\_least\_we\_have\_ipads/](https://www.reddit.com/r/OSU/comments/dq98jw/at_least_we_have_ipads/)

<https://www.reddit.com/r/OSU/comments/b7fv6e/mental_health_at_osu/>

<https://www.reddit.com/r/OSU/comments/aqzllo/how_osu_handles_students_mental_health_basically/>

<https://www.reddit.com/r/OSU/comments/a8zk1f/for_real_though_why_the_lack_of_mental_health/>

<https://www.reddit.com/r/OSU/comments/cybqgq/lets_talk_mental_health_consultation_services_at/>

<https://www.reddit.com/r/OSU/comments/atmmjt/ccs_is_not_good/>

<https://www.reddit.com/r/OSU/comments/80e4mk/after_ohio_state_buys_ipads_for_all_freshmen_can/>

<https://www.reddit.com/r/panicdisorder/> [Panic Disorder: A Community for Panic Sufferers - Reddit](https://www.reddit.com/r/panicdisorder/)

Lantern

[Students build movement to better mental health resources at Ohio State](https://www.thelantern.com/2018/04/students-build-movement-to-better-mental-health-resources-at-ohio-state/)

April12,2018 Student group forms on reddit to protest lack of MH resources

Articles: Cecily King

Columbus Alive: [Cecily King wants you to know that you are worthy](https://www.columbusalive.com/news/20190829/cecily-king-wants-you-to-know-that-you-are-worthy)

Columbus Alive: [The Other Columbus: The lie of an empathetic city](https://www.columbusalive.com/entertainment/20190904/other-columbus-lie-of-empathetic-city)

Dispatch: [Signs on Columbus overpasses, bridges let people know they are worthy](https://www.dispatch.com/news/20190924/signs-on-columbus-overpasses-bridges-let-people-know-they-are-worthy)

>>> [Youtube video in the above story](https://youtu.be/4P2nvJa7mC4)

**Group 3** Does Social Media play a role in mental health issues.

Anxiety and Social Media Use

<https://www.psychologytoday.com/us/blog/digital-world-real-world/202002/anxiety-and-social-media-use>

# Social Networking Sites, Depression, and Anxiety: A Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5143470/>

**Group 4** Where is the help?Remedies and/or Triggers

~~U of Michigan~~ (The School up north) Students voted best in advocating mental health awareness- <https://www.collegemagazine.com/top-10-colleges-advocating-for-mental-health-awareness/>

Wolverine Support Network (WSN)  <https://www.umichwsn.org/>

WSN Resources-  <https://www.umichwsn.org/resources>

Counseling and Psychology Services (CAPS)- <https://www.google.com/search?rlz=1C5CHFA_enUS812US812&ei=xelmXY-ZLYS5ggfuxaSADg&q=michigan+CAPS+crisis&oq=michigan+CAPS+crisis&gs_l=psy-ab.3...4383.9713..10112...0.0..0.258.2276.5j14j1......0....1..gws-wiz.......35i39j0i67j0j0i131j0i20i263j0i22i30j0i22i10i30j33i22i29i30j33i160.owWbO6VaDmQ&ved=0ahUKEwjPj9akuabkAhWEnOAKHe4iCeAQ4dUDCAo&uact=5>

Depression Center Toolkit- <https://www.depressioncenter.org/depression-toolkit>

MiTalk- online service educates students about self-care, without taking a physical class <https://caps.umich.edu/mitalk>

PULSE- connections to all health and campus <https://www.uhs.umich.edu/pulse>

What is Mindfullness? <https://www.mindful.org/what-is-mindfulness/>

Mindfulness MBSR; 25 exercises and courses- <https://positivepsychology.com/mindfulness-based-stress-reduction-mbsr/>

The History of Ideas: Wabi-Sabi: youtube <https://youtu.be/QmHLYhxYVjA>

Excerpts from the book “In the Praise of Shadows” by Jun'ichiro Tanizaki

Medications <https://adaa.org/finding-help/treatment/medication>

Cognitive therapy for suicide prevention (CT-SP)[**https://deploymentpsych.org/treatments/Cognitve-Therapy-for-Suicidal-Patients-CT-SP**](https://deploymentpsych.org/treatments/Cognitve-Therapy-for-Suicidal-Patients-CT-SP)

**WEEK 7-11** storytelling and self expression

Story Structure: 7 narrative structures all writers should know

<https://blog.reedsy.com/story-structure/>

Joe Frank

Ascent to K-2

<https://www.joefrank.com/jfplayer.php?play=8699&sType=LISTEN>

<https://www.joefrank.com/listen/>

The History of Ideas: Wabi-Sabi: youtube <https://youtu.be/QmHLYhxYVjA>

Excerpts from the book “In the Praise of Shadows” by Jun'ichiro Tanizaki

Podcasts Radio Lab: **Escapescape** <https://podcasts.apple.com/us/podcast/radiolab/id152249110#episodeGuid=e673d306-b0a3-4cd6-a068-acf63f95001e>

 Memory Palace:

134 (44) Distance

135 (43) Far below Lake Michigan

128 (50) 50 words written

The Crucible by Arthur Miller

Poetry constrained

 Hiaku

 Sonnets

Amanda Gorman poems

Concrete Poetry examples

J.G. Ballard short stories

Understanding Comics; The Invisible Art by Scott McCloud

Short history of activism and poster art

Collage as message

Fluxus art movement

The blurring of fiction and truth:

 Colin Whitehead <https://www.colsonwhitehead.com/>

 Michael Chrichton Eaters of the dead

Grading Structure for Passing grade:

# Grading

| Assignment or category | Points | Passing Grade minimum |
| --- | --- | --- |
| Participation in class discussions | 30 | 20 |
| Team based Instagram posts | 20 | 15 |
| Student self-expression presentations/process | 20 | 15 |
| Final self-expression assignment | 30 | 15 |