



1 **GPSA Resolution 12: Calling for the Creation of Graduate and**  
2 **Professional Student Specific ‘Notice and Respond: Friend 2 Friend’**  
3 **Workshops**

4 *March 12th, 2018*

5  
6 Sponsored by: Manisha Munasinghe, GPSA Executive Vice-President, Carol-Rose Little, Social Sciences  
7 Division Chief, Matthew Battaglia, University Assembly Delegate.  
8

9 **Whereas**, a recent study published on March 6<sup>th</sup>, 2018 found that “graduate students are more than  
10 six times as likely to experience depression and anxiety as compared to the general population”<sup>1</sup>; and  
11

12 **Whereas**, a 2014 survey of graduate students at the University of California Berkeley found that “about  
13 47% of PhD students and 37% of Master’s and Professional students score as depressed”<sup>2</sup>; and  
14

15 **Whereas**, LGBTQIA+, racial/ethnic minority, and older students report lower well-being compared to  
16 their peers <sup>2</sup>; and  
17

18 **Whereas**, at least 50% of graduate students who experienced anxiety or depression did not feel valued by  
19 their mentor or that they even provided “real” mentorship <sup>1</sup>; and  
20

21 **Whereas**, when students feel sorrowful, anxious, or depressed, they are far more likely to turn to peers  
22 than to mental health professionals for help<sup>3</sup>;  
23

24 **Whereas**, bystander intervention training aimed at “increasing students’ awareness of risky-behaviors and  
25 helping them to take responsibility to intervene during high-risk situations” teaches students how to safely  
26 intervene in instances where a student may be at risk due to mental health stressors<sup>4</sup>; and  
27

28 **Whereas**, Cornell Health developed the “Notice and Respond: Friend 2 Friend” (F2F) Workshop  
29 “designed to help students consider their role in Cornell’s support network and ways they might respond  
30 when peers show signs of distress”<sup>3</sup>; and  
31

32 **Whereas**, this workshop has received “overwhelming positive” feedback with over 2,500 students  
33 participating as of 2011<sup>3</sup>; and  
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35 **Whereas**, the current F2F Workshop features situations specifically tailored to the undergraduate  
36 population; and  
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<sup>1</sup> <https://www.nature.com/articles/nbt.4089>

<sup>2</sup> [http://ga.berkeley.edu/wp-content/uploads/2015/04/wellbeingreport\\_2014.pdf](http://ga.berkeley.edu/wp-content/uploads/2015/04/wellbeingreport_2014.pdf)

<sup>3</sup> <http://news.cornell.edu/stories/2011/10/workshop-teaches-students-respond-struggling-peers>

<sup>4</sup> <https://health.cornell.edu/initiatives/skorton-center/bystander-initiatives>



**Cornell University**  
**Graduate and Professional**  
**Student Assembly**

38 **Whereas**, despite the popularity and success of the F2F Workshop with undergraduate students, no  
39 analogous workshop has been developed for graduate and professional students despite the interest from  
40 both the graduate and professional student community as well as Cornell Health; and  
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42 **Whereas**, graduate and professional students would greatly benefit from an analogous workshop catered  
43 to their unique needs and to assist in navigating the collegial and professional space they operate in; and  
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45 **Whereas**, efforts to secure funding for this project via alumni donations have stalled; and  
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47 **Whereas**, Vice President for Student and Campus Life Ryan Lombardi identified “investing in other key  
48 elements of the comprehensive approach to support student well-being, campus health and safety” as an  
49 area of mental health care that needs further attention<sup>5</sup>; and  
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51 **Whereas**, developing bystander intervention training programs directly further this aim; and  
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53 **Be it therefore resolved**, that we call upon the administration to secure sources of funding necessary to  
54 develop an analogous ‘Notice and Respond: Friend 2 Friend’ workshop program for graduate and  
55 professional students; and  
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57 **Be it further resolved**, that this workshop specifically contain situations that address shared and unique  
58 professional student as well as graduate student needs; and  
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60 **Be it finally resolved**, that we call upon the administration to provide an update to the Graduate and  
61 Professional Student Assembly by the end of Fall 2018 at the latest regarding the status of securing  
62 funding and developing this Notice and Respond workshop.  
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<sup>5</sup> <http://news.cornell.edu/stories/2018/01/cornell-reviews-its-mental-health-approach-looks-ahead>