

Contact: Jason Pontius

MINUTES OF JUNE 1, 2022 COMMITTEE MEETING

Levitt Center for University Advancement
Assembly Hall 4th Floor
University of Iowa
June 1, 2022
1:45 p.m.*

Committee Members in Attendance

Jim Lindenmayer (Chair)
Toyia Younger (ISU VPSA)

Abby Crow (Vice-Chair)
Heather Harbach (UNI VPSL)

Sarah Hansen (SUI VPSL)
Jason Pontius (BOR)

Agenda Items

1. Minutes of the April 6, 2022, Campus & Student Affairs Committee meeting
2. Exploring the Impact of Social Media on Mental Health (Landgrebe, Xie)

Vice-Chair Crow called the meeting to order at **1:49 p.m.**

- Minutes were approved by general consent
- Presentation: Exploring the Impact of Social Media on Mental Health
- Questions from the Board after the presentation

Q&A

Regent Barker: I reviewed the literature from your presentation, and I have questions about the methodology of some of the papers. There are a lot of issues, how do you know what to prioritize or focus on with limited resources?

A. It's largely a case-by-case basis when we are working with students and trying to address their individual needs. More emphasis on how students are engaged in social media and less on how much time people spend on social media.

Regent Lindenmayer: I have read a book about how much social media negatively affects students. Do you have any numbers on your support group interventions or how many clicks?

A. I don't have all those numbers in front of me but we have had 20,000 views on our Instagram platform alone.

Regent Rouse: Do you think there will be a reaction against social media over the next 10-20 years?

A. My hope is that there will be a reaction against it and it begins with awareness of how it's used, how much people are inundated with images and messages. The goal is help young people become critical consumers of it.

Regent Bates: Thank you for this. Social media can be immensely addictive. Thank you.

VPSL Hansen: Some recent data I shared recently related to social media showed that the #2 concern across all groups was dissatisfaction with their personal appearance. The curation of imagery with the use of filters and editing is certainly related. The level of body dissatisfaction is at an alltime high. Not just for women, but also for men.

Regent Crow: As a member of this generation, I appreciate this work and I see signage all across campus. It's really important information for students to hear.

Presentation ended at **2:19 p.m.**

3. New Business: None
4. Next Meeting: September 14, 2022.
5. Adjournment: Meeting adjourned at **2:20 p.m.**