



LOYOLA MARYMOUNT UNIVERSITY  
RESOLUTION 18-3

A RESOLUTION TO STAND WITH THE STUDENT ATHLETE ADVISORY COMMITTEE  
FOR THE PROMOTION OF MENTAL HEALTH AWARENESS IN COLLEGE ATHLETICS

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**WHEREAS**, the Associated Students of Loyola Marymount University has resolved to fight against the stigma surrounding mental health and strives to increase resources for students struggling with mental health related issues as articulated in ASLMU Resolution SR 17-03.

**WHEREAS**, mental health related issues affect people of all backgrounds throughout Loyola Marymount University and the world, including student athletes who compete at the National Collegiate Athletic Association (NCAA) level, a demographic whose mental health difficulties often go without recognition and support.

**WHEREAS**, college athletes report experiencing societal and parental pressure to perform at an intense level starting at a young age (Paskus & Bell, 2016). The fear of not meeting expectations can lead college athletes unable to admit personal struggles.

**WHEREAS**, the majority of college athletes who receive athletic aid report the unique pressure of being financially tied to their sport, as participating in athletics helps to cover college expenses. This sense of obligation can lead to student athletes to feel unable to admit personal struggles for fear of losing an athletic and financial opportunity (Paskus & Bell, 2016).

**WHEREAS**, many college athletes experience pressure from rigorous class and practice commitments. Though the National Collegiate Athletic Association (NCAA) allows a maximum of 20 hours of practice per week in-season; the median amount of hours student athletes report spending on athletics while in season is actually 34 hours. Additionally, student athletes average 1.5 days per week away from campus due to competitions. Alongside this, one-third of student athletes report they lack sufficient energy necessary to participate in non-athletic related activities on campus. One-fourth of student athletes feel exhausted from the mental demands of college athletics (Paskus & Bell, 2016).

**WHEREAS**, due to parental and societal expectations to perform, the competitive and time-consuming nature of athletics, and misconceptions of athletes as uniquely resistant to mental health issues, many athletes feel pressure to perform and meet expectations. This pressure can prevent athletes from seeking out mental health support services.

**WHEREAS**, the NCAA strives to normalize seeking help for mental health-related issues.

**WHEREAS**, the Division I Student Athlete Advisory Committee is campaigning to end the stigma surrounding mental health by encouraging universities nationwide to produce a “Break the Stigma” video, advocating for mental health awareness.

**WHEREAS**, the Student Athlete Advisory Committee (SAAC) of Loyola Marymount University contributed to this broader campaign with a rendition of the “Break the Stigma” video entitled “#HearUsRoar.”

**WHEREAS**, alongside the “#HearUsRoar” video, the Student Athlete Advisory Committee (SAAC) of Loyola Marymount University strives continue the conversation around mental health, with the goal of reducing the stigma surrounding this issue.

**BE IT RESOLVED**, the senate of the Associated Students of Loyola Marymount University stands with the Student Athlete Advisory Committee of Loyola Marymount University and the National Collegiate Athletics Association in the call to end the stigma surrounding mental health-related issues within athletics and to increase mental health support services for student athletes. This will start with the co-hosting of sanctioned on-campus dialogues related to mental health with the Student Athlete Advisory Committee of Loyola Marymount University.



Taylor Pajunen  
ASLMU Senator for NCAA



Luca Basilone  
ASLMU Speaker of the Senate

#### References

Paskus, T & Bell, L. (2016). *Results from the 2015 GOALS Study of the Student-Athlete Experience*. Retrieved from NCAA Website:

[https://www.ncaa.org/sites/default/files/GOALS\\_convention\\_slidebank\\_jan2016\\_public.pdf](https://www.ncaa.org/sites/default/files/GOALS_convention_slidebank_jan2016_public.pdf)