

NEWSLTR



Oct 2022



Contact Us: M.O.C. Initiative
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Find us on Instagram and Twitter:
[@NMSUmenofcolor](https://www.instagram.com/NMSUmenofcolor)



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NMSU Men of Color

"You're not alone, you're seen. I am with you. You're not alone"

- Shonda Rhimes

Helping College Athletes Navigate Mental Health

Cheering for your favorite team from the stands boosts their morale. College athletes, just as actors, enjoy admiration for their work. While everybody lauds their success and supports them in victory, nobody seems to care when the going gets tough and everything seems to fall apart.

A survey conducted in 2019 showed that 33% of all college students suffered from depression, anxiety, or some mental health condition. Of those, 30% reached out for help. Surprisingly, only 10% of college athletes sought assistance to deal with mental health issues. Research suggests, athletes, who identify as students of color, especially males, have been stereotyped as being athletically superior and academically inferior to their peers.

These stereotypes have left them feeling isolated on campus. Even though mental health services are available at schools across the country, the stigma associated with receiving counselling seems to have deterred the athletes from looking for support. There is work to be done to break down stigmas and barriers to provide access to mental health resources at equitable levels.



Supporting Men of Color Along the Educational Pipeline

Research shows that men of color face great barriers gaining access to and succeeding in higher education. The greatest leak in the educational pipeline occurs between high school and college. Many colleges and universities, community-based organizations, advocacy groups, and other organizations have made strides in providing programs and resources that support men of color who are pursuing a college credential. Organizations like College Horizons, College Bound Brotherhood among others are increasing the college readiness, access, persistence, and completion of men of color.



M.O.C.I went Hiking

Engaging students where they are; whether inside or outside the classroom is an important contributor to a successful academic experience for them.

The MOCI team went on a hike to Dripping Springs last Saturday. It was great to see some familiar faces from our community who are doing well and persisting through all their experiences towards achieving their goals.



Upcoming Events:

- **10/01:** Outdoor Gameday at North West Intramural Field 9AM - 12:00 PM
- **10/01:** FIU vs NMSU at Campus Stadium 6 PM
- **10/06:** Introduction to NVIVO Qualitative Software 2PM - 2:30 PM
Zoom: <https://nmsu.zoom.us/j/92552850101>
- **10/15:** UNM vs NMSU at Campus Stadium 6 PM