

SENATE, No. 3192

STATE OF NEW JERSEY
217th LEGISLATURE

INTRODUCED MAY 15, 2017

Sponsored by:

Senator SANDRA B. CUNNINGHAM

District 31 (Hudson)

SYNOPSIS

Requires public institution of higher education to offer course on stress management.

CURRENT VERSION OF TEXT

As introduced.



S3192 CUNNINGHAM

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1 AN ACT concerning curriculum offerings of public institutions of
2 higher education and supplementing chapter 3B of Title 18A of
3 the New Jersey Statutes.

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5 **BE IT ENACTED** *by the Senate and General Assembly of the State*
6 *of New Jersey:*

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8 1. A public institution of higher education shall develop and
9 offer among its undergraduate course offerings a course on personal
10 resilience and stress management. The course shall address a
11 variety of stress management techniques including, but not limited
12 to, positive self talk, journaling, and mindfulness. The course shall
13 be offered each semester.

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15 2. This act shall take effect immediately and shall first apply to
16 the first full academic year following the date of enactment.

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STATEMENT

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21 This bill requires each public institution of higher education to
22 develop and offer among its undergraduate course offerings a
23 course on personal resilience and stress management. The course
24 must address a variety of stress management techniques including,
25 but not limited to, positive self talk, journaling, and mindfulness.
26 The institution must offer the course each semester.

27 College counseling centers report an increasing number of
28 students seeking crisis counseling. There is an urgent need to
29 provide students with stress management techniques that may, in
30 some cases, alleviate anxiety before it reaches crisis level.