Requires public institution of higher education to offer course on stress management.
AN ACT concerning curriculum offerings of public institutions of higher education and supplementing chapter 3B of Title 18A of the New Jersey Statutes.

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

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

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

STATEMENT

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

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