



**Nicolette Costantino**  
Faculty, English

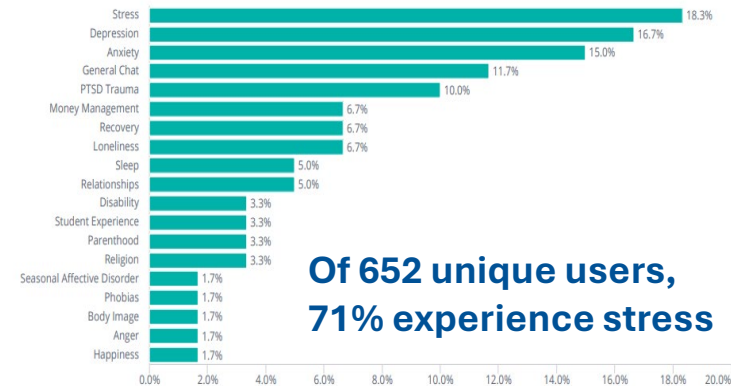
# TSC Student Podcast

## Project Description

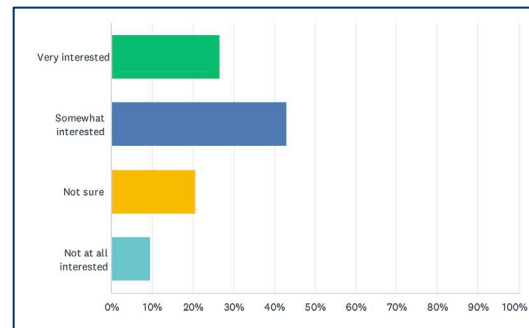
**Address the “epidemic of loneliness”** (qtd. by U.S. Surgeon General, 2024) among students on campus, equip students to help each other, encourage student voices in decision-making, and spread awareness of College resources.

*“Loneliness is one of the top predictors of negative mental health outcomes,” according to the report. Facilitating connection, creating spaces for students to engage (either in-person or online) and establish relationships can help the individual, their friends and their peers at large.”*  
(Inside Higher Ed)

## Rationale: Mantra Health TSC Student Data (August 2023- December 2024)



**Of 652 unique users,  
71% experience stress**



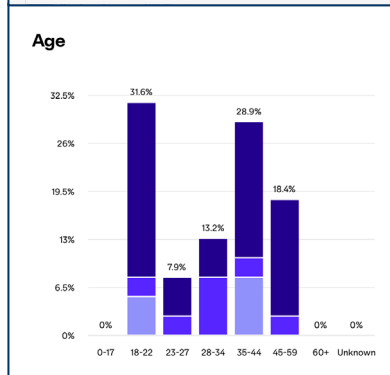
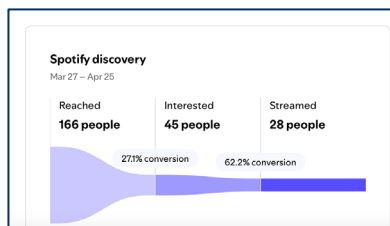
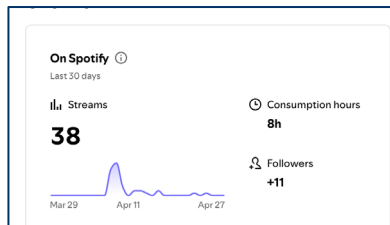
**Of 300+ respondents,  
68% were interested;  
61.8% requested the topic  
of mental health**

# TSC

# Capstone Results



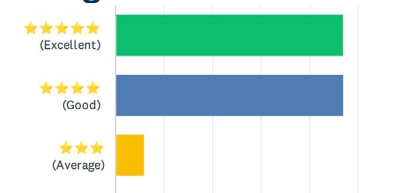
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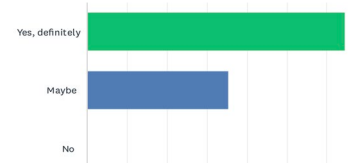
## 100% Good-Excellent Overall Rating



## 94% Good-Excellent Rating the podcast's support in helping students feel more connected to other TSC students and College resources



## 64.71% would recommend to other students



# Future Recommendations

**Debriefing analytic and  
survey results**

**Researching fall 2025  
production strategies**  
(theme, format, and  
length), concerted  
promotion and feedback

**Initiating student  
podcast club with  
scholarship incentive**