

Brought to you by the University of Rochester Mindful University Project

Supporting Student Mental Health in the 2021-2022 Academic Year

Faculty & Staff Workshop Series

June 2021



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PROJECT

SUPPORTING STUDENT MENTAL HEALTH WORKSHOP SERIES 2021

DAY 1

Wednesday June 9th, 2021 from 12-1PM



SUPPORTING STUDENTS' MENTAL HEALTH DURING COVID

Michael Siembor, PhD / Staff Psychologist at the University Counseling Center

The COVID-19 pandemic has influenced all our lives. This workshop aims to foster a conversation about the reality of how challenging this year has been as well as discuss strategies and approaches to providing support and resources to struggling students.

DAY 2

Thursday June 10th, 2021 from 12-1PM



PRACTICING CULTURAL HUMILITY WHILE EXPERIENCING COMPASSION FATIGUE

Jessica Guzman-Rea, Ed.D., LMSW / Director of the Paul J. Burgett Intercultural Center

The need for practitioners to move beyond the concept of cultural competence and to be able to practice cultural humility - ability to not view oneself as an expert in other people's cultures, but as life long learners - is an ever growing concept. During the global pandemic there has been a need to practice cultural humility while responding to students in crisis and possibly experiencing compassion fatigue as a result.

Compassion fatigue can be an emotional and physical exhaustion that could lead to a diminished ability to empathize for others after being exposed secondarily to trauma or traumatic incidents. This workshop will expose participants to the concepts of cultural humility, opportunities to practice the skills, and tips on how to combat compassion fatigue while responding to students in crisis.

DAY 3

Wednesday, June 16th, 2021 from 12-1 PM



CONTEMPLATIVE CLASSROOMS: THE IMPACT ON ACADEMIC PERFORMANCE AND STUDENT FLOURISHING

Amy McDonald, MS, CHWP / Associate Director of UHS Health Promotion Office

Our students' ability to be present and learn is suffering. They are entering the classroom carrying overwhelming stressors, unresolved traumas, as well as mindless distractions. How can faculty help students turn down the mental chatter, so they can better tune in?

This session will explore the research around mindfulness and academic performance and review the field of contemplative pedagogy. In addition, a series of brief mindfulness interventions will be presented, allowing participants to leave with a practical toolkit to create a contemplative classroom.

DAY 4

Thursday, June 17th, 2021 from 12-1 PM



COLLEGE STUDENT MENTAL HEALTH: PREVENTION AND EARLY INTERVENTION STRATEGIES FOR FACULTY

David Reetz, PhD / Director of the Rochester Institute of Technology Counseling and Psychological Services

This workshop aims to bridge the gap between the needs late adolescents are bringing to college life and expected academic demands, guiding insights to teaching faculty and student support staff. This session will identify the faculty dilemma regarding student distress and provide practical tools to better understand how to establish a help-seeking culture, an accepting climate for students with mental health concerns, and effectively guide students to resources before their academic performance has been negatively impacted.

We will discuss scenarios and concrete examples that will enable you to engage students in an effective way about the state of their mental health and their current needs.

DAY 5

Friday, June 18th, 2021 from 12-1PM

SELF-COMMUNICATION AND GRIEF PRACTICES AS AN ACT OF LOVE AND SOCIAL CHANGE

Bianca Pointer / Community Trainer at the M.K. Gandhi Institute for Nonviolence



When people say the word “communication”, what usually springs to mind is the way we talk and listen to others. However, there’s another kind of communication, our self-talk, that has a huge impact on how we show up for the world, our communities, and ourselves. Join Bianca in exploring strategies for noticing and transforming our self-communication patterns and how establishing a grief practice can support navigating challenges.

DAY 6

Thursday June 24th, 2021 from 1-2 PM

RECOGNIZING AND SUPPORTING STUDENTS IN DISTRESS

Kaitlin Legg, M. Ed / Associate Director of the CARE Network
Isha Travers, LMHC / Assistant Director of the CARE Network



Faculty and staff are in a unique position to intervene early when a college student is in distress or struggling with a mental health concern. However, many higher education professionals report that they do not feel equipped with the knowledge or skills to confidently identify and support a student who is distressed (Healthy Minds Network, 2021).



Through real-life case studies and discussion with the UR CARE Network, participants will learn how to confidently recognize and support a student in distress. Participants will gain awareness and knowledge to identify common warning signs, evaluate the severity of a concern, and utilize conversational intervention skills. Participants will also obtain resources for ensuring a student gets connected to the support they deserve.

DAY 7

Friday, June 25th, 2021 from 12-1 PM

EDUCATOR SELF-CARE AND SELF-COMPASSION

Rebecca Block, MS, CHES, RYT 200 / Health Educator at the UHS Health Promotion Office



This unique workshop is designed to provide educators the opportunity to reflect on the various stressors in their teaching practice as well as their own self-care practices. In this session, participants will learn the research supporting self-care and self-compassion, and will walk away with easy ways to incorporate these practices into ones daily life. Lastly, participants will be guided through a self-compassion practice to help reduce self-criticism and combat compassion fatigue to aid in showing up more effectively with students.

DAY 8

Wednesday, June 30th, 2021 from 12-1 PM

TRAUMA-INFORMED PEDAGOGY: CONSIDERATIONS FOR POSTSECONDARY EDUCATORS

Tricia Shalka, PhD / Assistant Professor at the Warner School of Education and Human Development



In this session we will spend some time exploring what trauma is and how it might show up for students in postsecondary academic settings. We will review considerations for educators both in terms of how to best support students as well as ourselves.

TO REGISTER: [ROCHESTER.EDU/MINDFUL/WORKSHOP/](https://rochester.edu/mindful/workshop/)

Supported by the University Counseling Center, UHS Health Promotion Office, the CARE Network, Warner School of Education, Paul J. Burgett Intercultural Center, Rush Rhees Library, the Gandhi Institute for Nonviolence, Rochester Institute of Technology Counseling and Psychological Services

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