Student Success and Thriving: Insights and Resources for Parents

Dr. Edee Schulze
Vice President for Student Life
Holistic Development
Developmental Theories

Chickering’s Seven Vectors

Vector 1: Developing Competence
Vector 2: Managing Emotions
Vector 3: Moving Through Autonomy to Interdependence
Vector 4: Developing Mature Interpersonal Relationships
Vector 5: Establishing Identity
Vector 6: Developing Purpose
Vector 7: Developing Integrity

- Interdependence
- Resilience
- Perseverance
- Identity
- Competence
- Purpose
- Emotional Intelligence
- Self-Advocacy
- Develop
- Self Control
- Managing Emotions
- Integrity
Naming the Last 19 Months
PRE-COVID EMOTIONAL HEALTH TRENDS:
A comprehensive context for youth mental health

- Complex, complicated, and convoluted society
- More pressure from an earlier age
- Far greater exposure
- Truth is tenuous
- “Plague” of immediacy
- Implications of social media
- Heightening tribalism
Mental Health Impact of COVID

• Normative challenges of this age group
  ◦ Uncertainty
  ◦ Identity confusion
  ◦ Social media presence
  ◦ Puberty / hormone changes
  ◦ Social dynamics
  ◦ Family dynamics

• Specific challenges from the pandemic
  ◦ Remote school
    isolation / loneliness
    loss of “coming of age” experiences
  ◦ Low motivation
  ◦ Family distress
  ◦ Financial insecurity
  ◦ Illness anxiety
Context

Did COVID Break Students’ Mental Health?

- Trending up before pandemic
- Academic distress higher
- Continuing a troubling trend that was there before COVID
Campus Climate This Year
Cognitive Distortions

**Nine Thinking Errors Sabotaging Your Brain**

1. **Mental Filtering**
   - The tendency to focus on negative events while neglecting the positives.
   - How do the positives outweigh the negatives in this instance?

2. **Jumping to Conclusions**
   - The tendency to make irrational assumptions about people and circumstances.
   - What if there is another explanation for this?

3. **Personalization**
   - The tendency to take the blame for absolutely everything that goes wrong in your life.
   - Who or what else could have played a part in this?

4. **Black and White Thinking**
   - The tendency to see things as all-or-nothing, things are either good or bad, right or wrong.
   - How many different ways could other people interpret this?

5. **Catastrophizing**
   - The tendency to blow circumstances out of proportion by making problems larger than life.
   - What if things aren’t as bad as I make them out to be?

6. **Overgeneralizing**
   - The tendency to make broad generalizations based upon a single event and minimal evidence.
   - What evidence suggests that things could now be different?

7. **Labeling**
   - The tendency to make global statements about yourself or others based upon situation specific behavior.
   - Where’s the evidence that this is true in all situations?

8. **Shoulding and Musting**
   - The tendency to make unrealistic and unreasonable demands on yourself or others.
   - Most things be this way - is there another way to do this?

9. **Emotional Reasoning**
   - The tendency to interpret your experience based upon how you’re feeling in the moment.
   - What evidence suggests that how I’m feeling isn’t accurate?
Cognitive Distortions

**The Tendency to Make Broad Generalizations Based Upon a Single Event and Minimal Evidence.**

**What Evidence Suggests That How I’m Seeing This Isn’t Accurate?**

**Emotional Reasoning**

The tendency to interpret your experience based upon how you’re feeling in the moment.

Created by Adam Sicinski
Doodled by Bartosz Klosinski
Cognitive Distortions

The tendency to make irrational assumptions about people and circumstances.

What if things aren’t as bad as I make them out to be?

Catastrophizing

The tendency to blow circumstances out of proportion by making problems larger than life.

Must things be this way? Is there another way to do this?
Cognitive Distortions

The tendency to focus on negative events while neglecting the positives.

How many different ways could other people interpret this?

Black and White Thinking

The tendency to see things as all-or-nothing. Things are either good or bad, right or wrong.

Where's the evidence that this is true in all situations?
Challenging Cognitive Distortions

**How to Challenge Cognitive Distortions**

- How do I know if this thought is accurate?
- What evidence do I have to support this thought or belief?
- How can I test my assumptions/beliefs to find out if they're accurate?
- Do I have a trusted friend who I can check out these thoughts with?
- Is this thought helpful?
- Are there other ways that I can think about this situation or myself?
- Am I blaming myself unnecessarily?
- What or who else contributed to this situation?
- Is it really in my control?
- Am I overgeneralizing?
- Am I making assumptions?
- What would I say to a friend in this situation?
- Can I look for “shades of gray”?
- Am I assuming the worst?
- Am I holding myself to an unreasonable or double standard?
- Are there exceptions to these absolutes (always, never)?
- Am I making this personal when it isn’t?

- How do I know if this thought is accurate?
- What evidence do I have to support this thought or belief?
- Is this thought helpful?
- Are there other ways that I can think about this situation or myself?
- Can I look for “shades of gray”?
- Am I assuming the worst?
Readiness: ability to overcome Fear of Not Belonging

- “Not clicking with my roommate”
- “Don't have anyone to eat with”
- “Tried to join a club but it didn’t feel right”
- “I don’t have any friends”
NYT: Is Your Child Emotionally Ready for College (Aug 2019)

Readiness: ability to overcome Fear of Not Making It Academically

- “I bombed my first test”
- “I'm just wasting your money”
- “I’m in over my head”

Cognitive Distortions

- Is this thought helpful?
- Are there other ways that I can think about this situation or myself?
Readiness: ability to overcome **Unrealistic Expectations about Performance and Success**

- “I don’t have a major and can’t decide”
- “Everybody else is better than me”
- “I'm not made for college”
Challenge and Support
Student Life Departments, Programs and Services

- Residence Life
- Campus Life
- The COVE Career Center
- Campus Pastor’s Office
- CAPS: Counseling and Psychological Services
- Health Services
- Intercultural Programs
- International Student Services
- Student Success
- Student Services and Programs
Only Arms Big Enough...
Student Success and Thriving: Insights and Resources for Parents

Dr. Edee Schulze
Vice President for Student Life