

ACSD Praxis Workshop: The Rising Tide of Student Anxiety

Westmont College March 20th, 2019
Global Leadership Center

SCHEDULE

8:30-9:15AM Continental Breakfast & Check In

9:15-10:45AM ***Session One: Shining a Light: Illuminating Campus Mental Health and a Recommended Way Forward***

Dr. Stephen Beers, Vice President for Student Development John Brown University

Session Description: The accelerated rate of change in college students' mental health needs has created a gap between what we have been doing and what needs to be done. College faculty and student affairs staff are largely the first responders. Furthermore, we are being called upon to provide timely leadership to the necessary changes. This session will provide an overview of emerging research with practitioner input, along with a modest proposal for moving forward.

11:00- 12:10PM ***Session Two: From "Crisis" to Praxis: Planning, Developing, and Implementing a Shared Narrative of Campus Emotional Wellness***

Dr. Eric Nelson, Director of Counseling Services, Westmont College

Session Description: Building upon Dr. Beers' presentation, this session will continue the conversation on campus response and practical implications of addressing college student emotional health. Focus will be upon strategic planning, cultivating campus partnerships, and generating shared responsibility toward the creation of a consistent campus narrative for emotional wellness.

12:10PM Lunch

1:00 - 2:00PM ***Session Three: Student & Alumni Panel: A Closer Look at the Lived Experience of Student Anxiety***

Dr. Eric Nelson, Director of Counseling Services, Westmont College, facilitator

Session Description: Hear from students and recent alumni about their lived experience of anxiety, the different manifestations of that anxiety, and what has been most helpful and challenging for them to date.

2:15 – 3:30PM

Session Four: Next Steps: Specific Interventions & Prevention Strategies

Dr. Felicia Song, Associate Professor of Sociology, Westmont College

Dr. Jane Wilson, Professor of Education, Westmont College

Dr. Timothy Van Haitsma, Associate Professor of Kinesiology, Westmont College

Lisa Igram, Dean of Student Wellness, Biola University

Dr. Angela D'Amour, Director of Campus Life, Westmont College, facilitator

Session Description: Learn about four research-based strategies to prevent or address unhealthy anxiety including social media mindfulness, gratitude, exercise, and spiritual formation.

3:45 – 5:00PM

Session Five: Senior Student Development Officer Panel Discussion

Dr. Shino Simons, VP for Student Life, Azusa Pacific University

Dr. Stu Cleek, Dean of Students, Westmont College

André Stevens, VP for Student Development, Biola University

Kim Stave, Dean of Students, Multnomah University

Dr. Edee Schulze, VP for Student Life, Westmont College, facilitator

Session Description: Senior student development officers offer concluding observations and thoughts. Panelists may discuss resources they have found helpful, communication, collaboration, and training strategies, as well as current best practices.