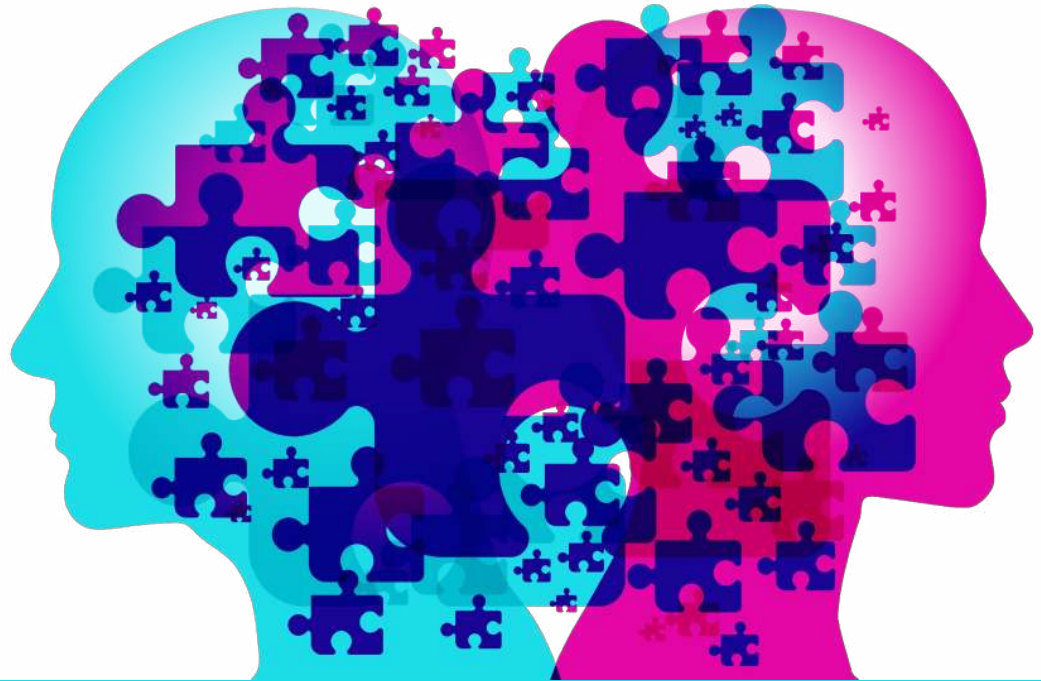
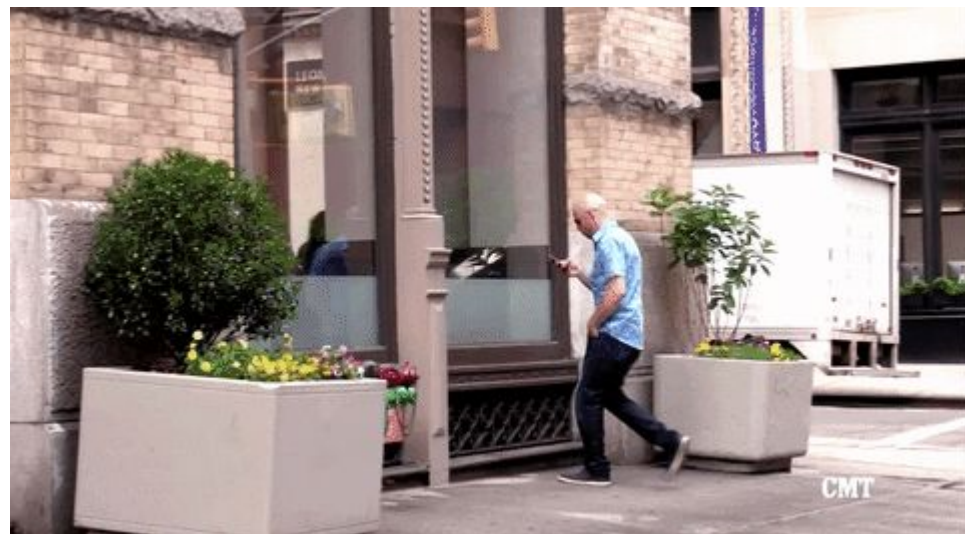


The Impact of Pervasive Technology On the Emotional Wellness of International Students









Presenters



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Agenda

- What's Going On With Our Students
- Understanding the Challenges
- Overcoming the Challenges
- Programming That Works
- Resources
- Discussion & Questions



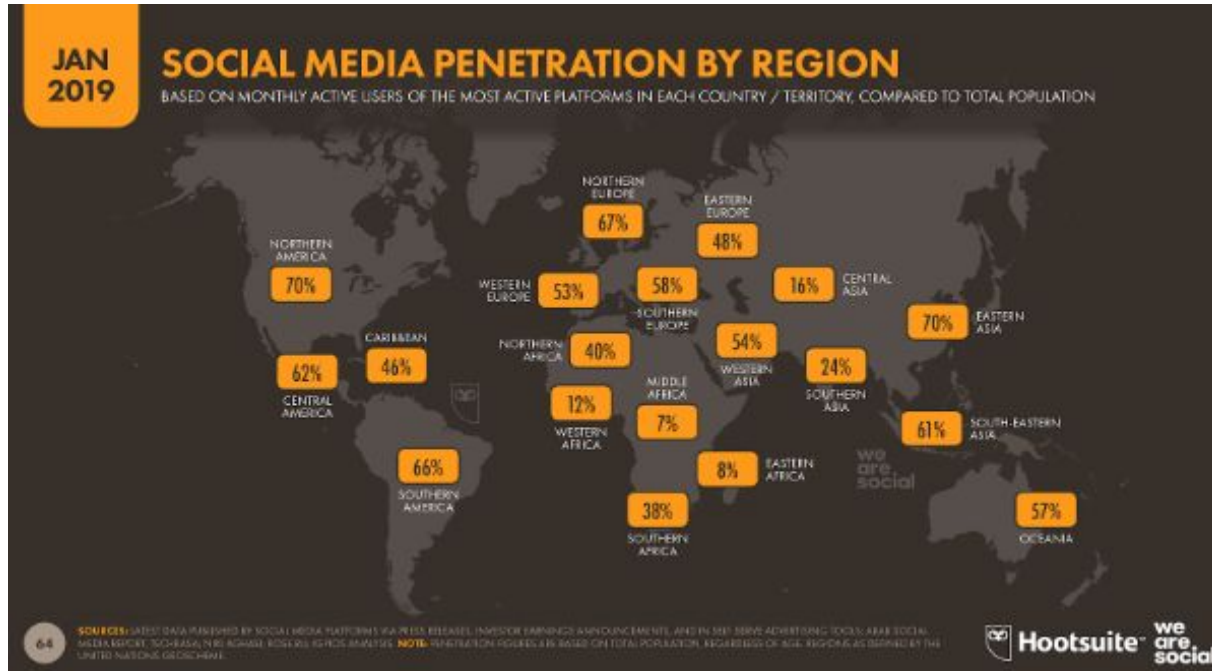
TAKING NOTES



IN THE 21ST CENTURY

What's Going On?

Technology is on the rise



Source:
<https://www.wearesocial.com/>

Stats on Mental Health & Technology

- Individuals who spend more time on social media and less time with others face-to-face report lower well-being and are more likely to be depressed - Lin et al., 2016; Shakya & Christakis, 2017
- College students with insomnia have significantly more mental health problems than college students without insomnia. - American Academy of Sleep Medicine (AASM)
- People that report using 7-11 social media platforms had more than three times the risk for depression/anxiety than their friends who used only two sites had, even after the study was adjusted for the amount of time spent by members of both groups - *Computers and Human Behavior Journal*
- 54% of college age students said that they use cell phones during class to text friends and browse social media - Student Pulse survey by Top Hat.

1 in 5



College students have
anxiety or depression

Source:

<http://theconversation.com/1-in-5-college-students-have-anxiety-or-depression-heres-why-90440>

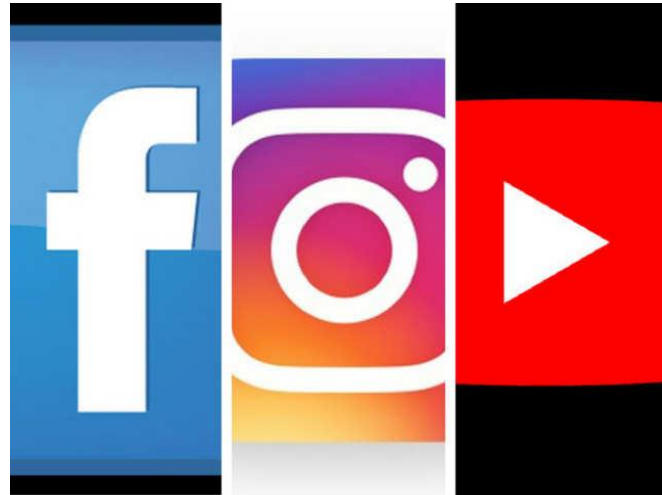
College students had
suicidal thoughts over the
past year

Source:

<https://sites.psu.edu/ccmh/files/2019/01/2018-Annual-Report-1.30.19-ziytkb.pdf>

Which social media platform was the most negative and positive for users?

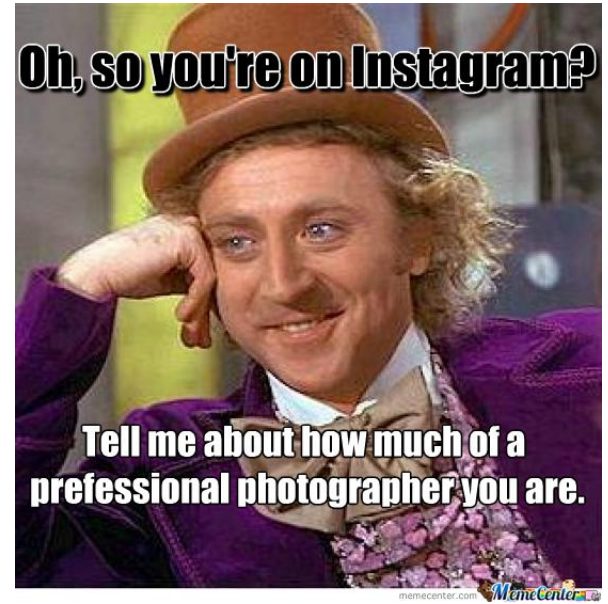
- A. Facebook
- B. Instagram
- C. Youtube



Instagram



- Instagram has the most negative overall effect on young people's mental health.
 - body image and sleep, increases bullying and "FOMO", and leads to greater feelings of anxiety, depression, and loneliness
 - + self-expression, self-identity, community building, and emotional support



Facebook



- Facebook was found to have similar negative effects to Instagram in the categories of bullying, “FOMO”, body image, anxiety, depression, and loneliness.
 - Major negativity on sleep
 - + Emotional support and community building.



YouTube



- YouTube was by far the most positive of the social media platforms
 - Major negativity on sleep
 - + Scored high on awareness, self-expression, and community building.YouTube was also the only social network where anxiety, depression, and loneliness lessened with use.



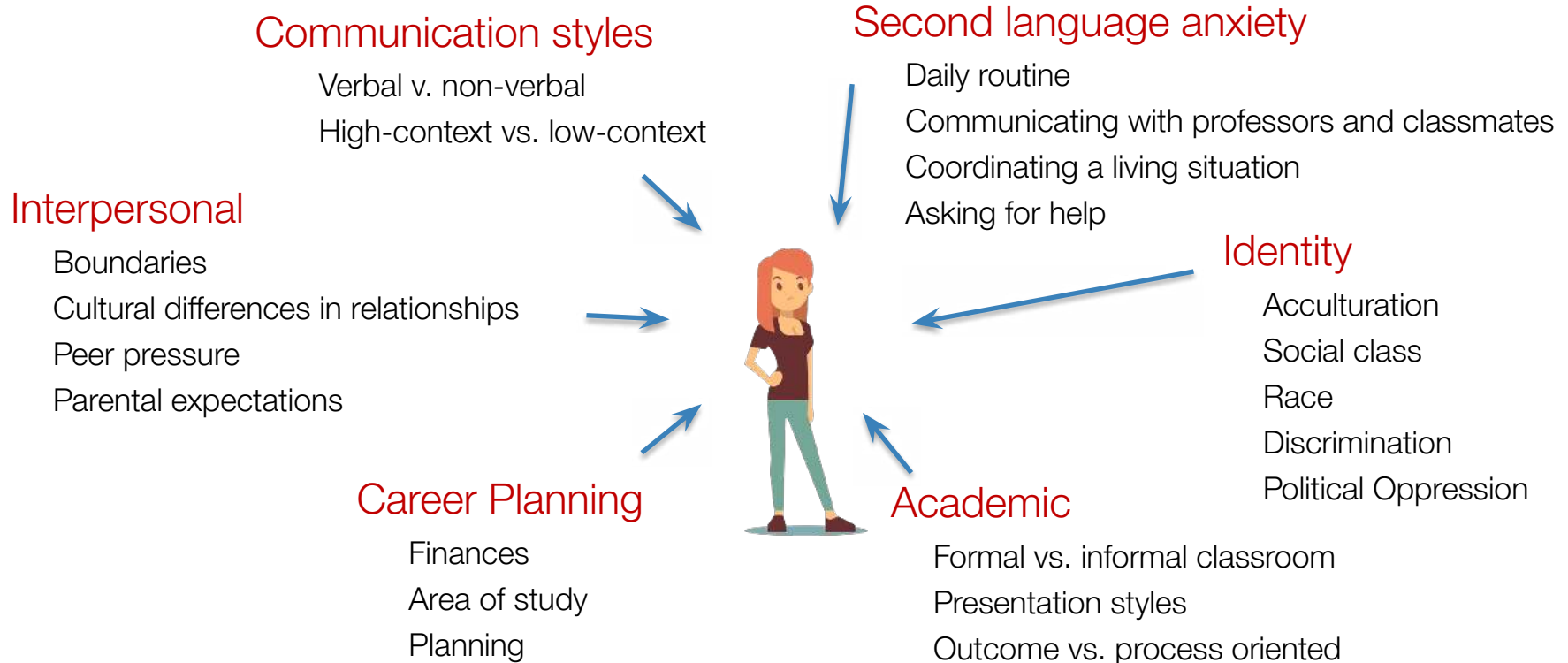
spider-bih FOLLOW

YouTube being down is wack. What am I supposed to do now?
Go outside????

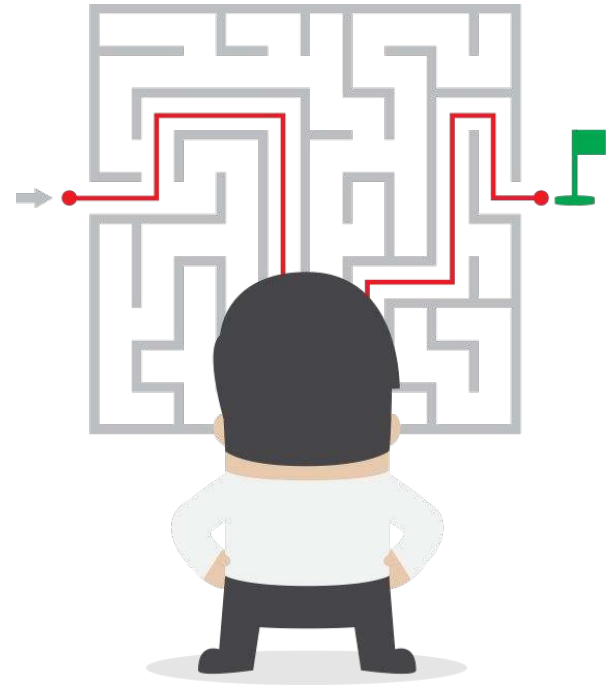


Source: <https://www.psychalive.org/worst-mental-health-instagram-facebook-youtube/>

Common Adjustment Issues



Understanding the Challenges



Major Trends

- Communication
- Sleep
- Community
- Depression & Anxiety



Major Trends

- Cyberbullying
- Self-Esteem
- Body Image
- Physical Activity



Warning Signs

KNOW THE 10 COMMON WARNING SIGNS



- 1** Feeling very sad or withdrawn for more than two weeks
- 2** Seriously trying to harm or kill oneself or making plans to do so
- 3** Severe out-of-control, risk-taking behaviors
- 4** Sudden, overwhelming fear for no reason
- 5** Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6** Seeing, hearing or believing things that are not real
- 7** Repeatedly using drugs or alcohol
- 8** Drastic changes in mood, behavior, personality or sleeping habits
- 9** Extreme difficulty in concentrating or staying still
- 10** Intense worries or fears that get in the way of daily activities

What are the challenges you see?

Jot down some challenges/issues/concerns you see your international students experiencing as it relates to technology use?



Overcoming the Challenges



Supporting Your Students

1. Help Create A Community
 1. Connecting students prior to their arrival in the U.S. and encourage face to face meetings and event wherever possible
 2. Let students know about clubs, teams and organizations on campus
2. Regular Check-Ins
 1. Being able to identify students who are struggling
 2. Noticeable changes in dress, appearance, demeanor
 3. Being available to talk
3. Internal Training
 1. Identify and respond to students in distress
 2. When and how to connect students to resources (we are not counselors!)
 3. How to listen actively, empathetically, and without judgment

Culture of Care: Supporting Students

Advisors can support students by:

- Being available/open door policy
- Learn how to pronounce names correctly
- At times of crisis, be part of the support team
- Support the community, not just the affected student/family
- Knowing resources on/off campus and provide a “warm hand-off”
- Do not avoid difficult conversations

How to Reduce Stigma

- Dispel the myths: What is mental health and counseling
- Know the facts about cultural differences around counseling
- Invite on-campus counselors/psychologists to orientation and meet & greets
- Educate counselors/psychologists on how to communicate across cultures
- Normalize students' concerns and stress
- Demystify seeking treatment (i.e., types of providers, where to go, what to expect)
- Acknowledge that helping looks different across cultures

Building Bridges

Mental Health outside of the Mental Health sphere:

- Depression screening event on campus/Depression screenings on website
- Encourage participation at “lunch and learns” focused on stress management, time management, sleep, etc.
- Highlight Counseling Center events through newsletters, social media, flyers etc.
- Know the services offered around campus and in your community, and form connections
 - Support groups/medical practitioners who speak other languages
 - Student Health Center
 - Counseling Center
 - Chapel and community religious/spiritual support centers

Breaking Down Barriers

- Find out what the counseling center fees are – advocate for reduced or eliminated fee for service
- Find out what the wait time to speak to a counselor is, long wait times might require looking off campus
- Help to create a the use of technology
 - Provide alternative material such as fliers
 - Encourage students to come see you in person

Programming that works



Programming Brainstorm

Talk for 2 minutes about a programming idea you may have with the person next to you!

Share your best idea with the group.



Building the Trust – Creating the Connection

“The first day of a student’s orientation is too late to be discussing student mental health for the first time.” Lee Burdette Williams, “It’s Never Too Soon To Talk About Mental Health,” The Chronicle of Higher Education, 10/14/2016, p. A56.

Send or have available on website and in the office:

- Testimonials from current students about homesickness, culture shock, stress, anxiety, and depression (perhaps in video format)
- Quotes about acceptance of mental health and counseling (like “Common Myths”)
- Materials about the Counseling/Wellness available on campus with pictures and contact information

Mental Health in Orientation

- Inform students of challenges and cultural adjustment
- Invite Counseling Center or other mental health professionals to introduce mental health service/host a luncheon
- Educate students about campus/community resources
- Parent and Partner programs
- Train your peer leaders and mentors to be knowledgeable enough about these issues to help guide students
- Collaborate with residence halls on outreach programming



Resources & Hotlines

Pre-departure, Orientation, Online

Emotional Wellness Training



Powerpoint
Presentation



Video Content



Student Handout



Interactive Activities



Proctor Guide

Download online at
<https://www.internationalstudentinsurance.com/school-resources/mental-health-awareness-training/>

In partnership with:



The MGH Center for
Cross-Cultural Student
Emotional Wellness



Student Info Page



Emotional & Mental Health Awareness
— for —
International Students

Emotional wellness is the ability to **be aware of our feelings** and accept them. It means having an **optimistic approach**, and is a key part of long-term success and happiness.

Emotional wellness means you:

-  Are aware of your thoughts and feelings
-  Have a positive attitude
-  Express emotions in a healthy way
-  Seek help when you need it
-  Set priorities
-  Accept mistakes and learn from them
-  Maintain good boundaries with others
-  Overcome setbacks and learn from failures
-  Feel at peace most of the time

What is mental health?



< Watch this video for an overview of mental health >

www.internationalstudentinsurance.com/explained/mental-health.php

Resources

NAFSA Resources

Addressing Mental Health Issues Affecting International Students

<https://shop.nafsa.org/detail.aspx?id=202E>

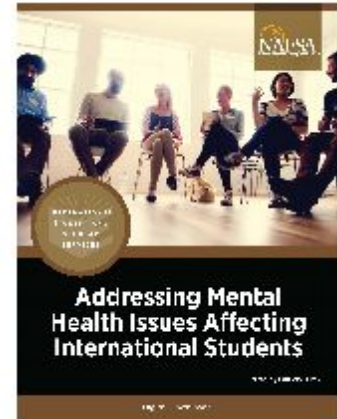
Crisis Management in a Cross Cultural Setting: ISSS

http://www.nafsa.org/wcm/Cust/Custom_Cart/Product_Detail.aspx?prodid=450

Other Resources

Massachusetts General Hospital Center for Cross-Cultural Student Emotional Wellness (MGH

CCCSEW) <https://www.mghstudentwellness.org/consortium>



Services & Hotlines

Hotlines

- National Suicide Prevention
1-800-273-TALK
www.suicidepreventionlifeline.org
- The National Domestic Violence Hotline
1-800-799-SAFE
<http://www.thehotline.org/>
- It Gets Better Project (LGBTQ)
1-866-4-U-TREVOR
www.itgetsbetter.org/pages/get-help

Services

- Crisis Text Line
<http://www.crisistextline.org/>
Text 741-741



Questions?