The Impact of Pervasive Technology
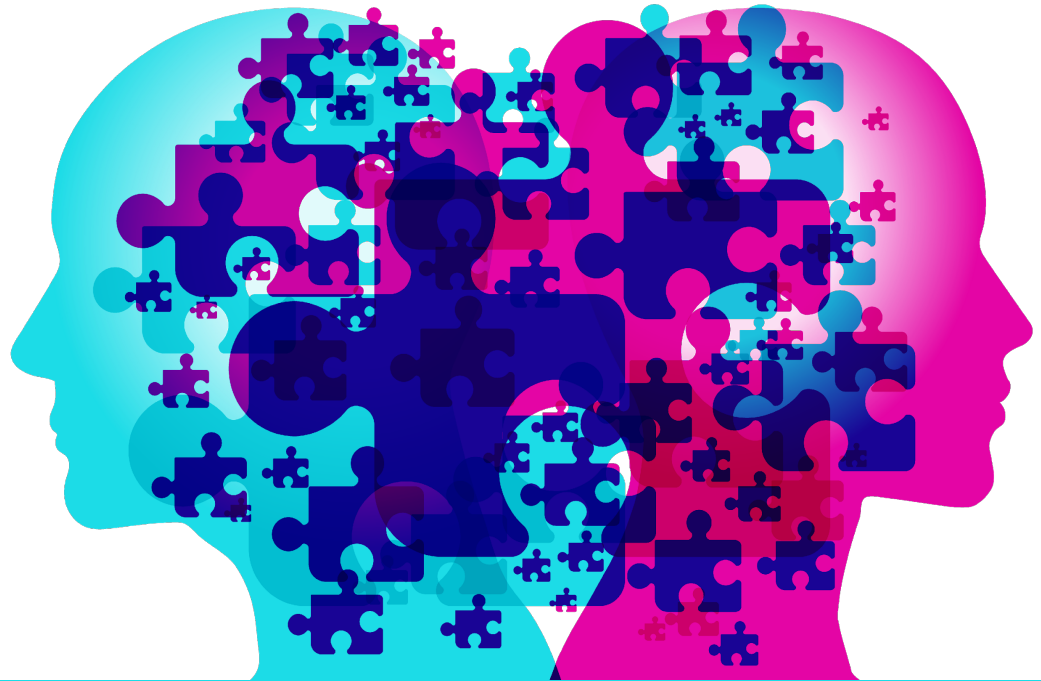## On the Emotional Wellness of International Students
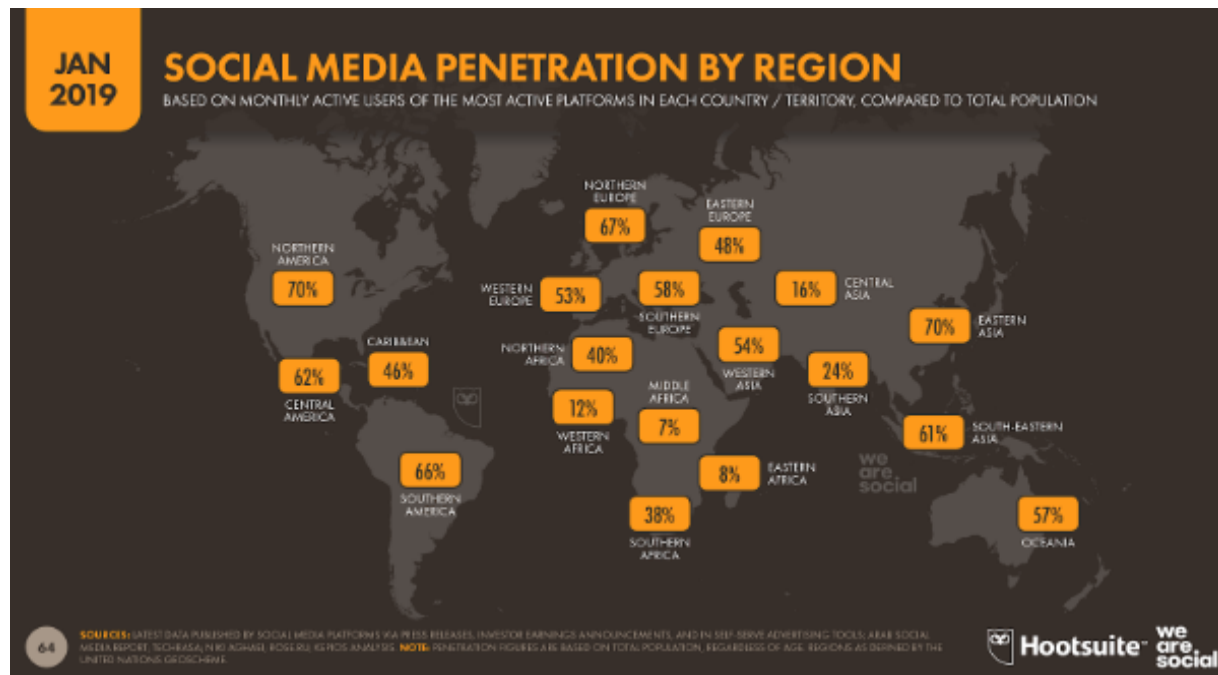
What's Going On?

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 that 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.

Major Trends

- Communication
- Sleep
- Physical Activity
- Community
- Cyberbullying
- Self-Esteem
- Body Image
- Depression & Anxiety

# 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
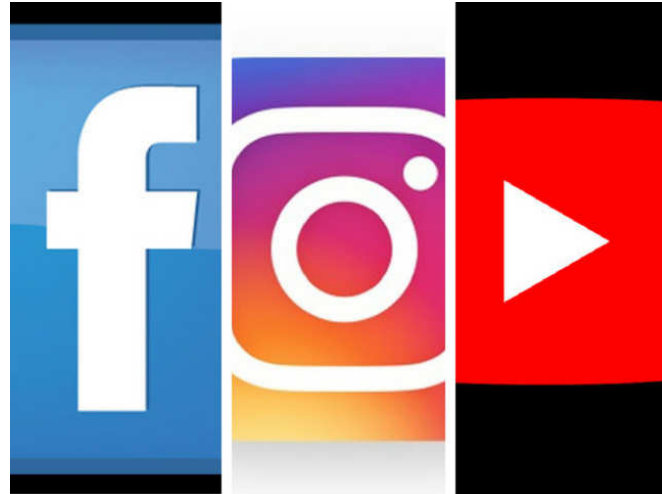
Instagram

- 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

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

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.

FACEBOOK IS LIKE THE FRIDGE.
IF YOU'RE BORED YOU KEEP OPENING & CLOSING IT EVERY FEW MINUTES TO SEE IF THERE'S ANYTHING GOOD IN IT.
imgflip.com   memegenerator.net

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.
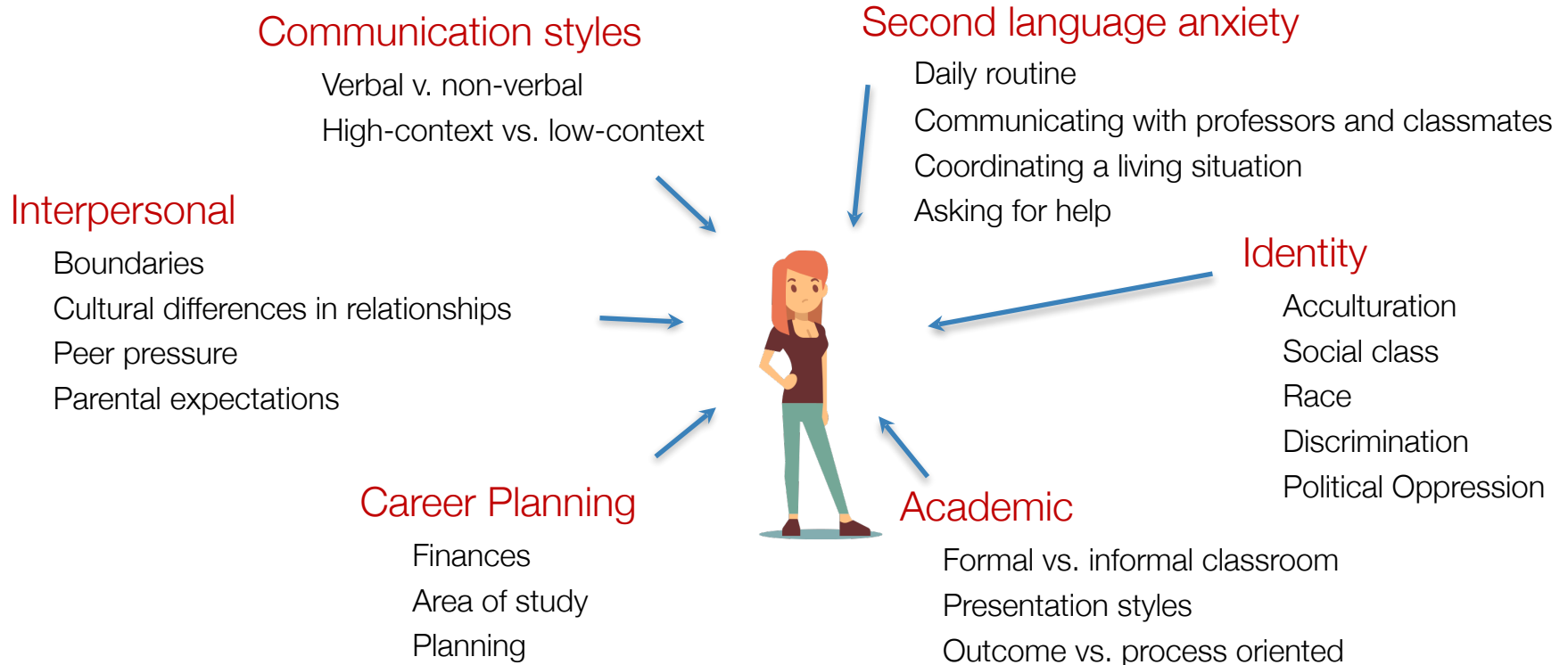

spider-bih   FOLLOW

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

Common Adjustment Issues

Communication styles
- Verbal v. non-verbal
- High-context vs. low-context

Second language anxiety
- Daily routine
- Communicating with professors and classmates
- Coordinating a living situation
- Asking for help

Interpersonal
- Boundaries
- Cultural differences in relationships
- Peer pressure
- Parental expectations

Identity
- Acculturation
- Social class
- Race
- Discrimination
- Political Oppression

Career Planning
- Finances
- Area of study
- Planning

Academic
- Formal vs. informal classroom
- Presentation styles
- Outcome vs. process oriented

Programming that works

Creating the Connection

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)

- RA training, Faculty training, Academic Department meetings

- Collaborate with residence halls and campus partners on outreach programming

- Materials about the Counseling/Wellness available on campus with pictures and contact information.

- Early Alert Systems - Starfish, etc.

- Community and area resources

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 or open house

- Educate students about campus/community resources

- Train your peer leaders and mentors to be knowledgeable enough about these issues to help guide students

- International Welcome Leaders

PERSONAL COUNSELING
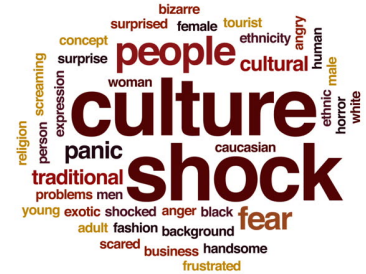
"...the quality of the social support system can have both a direct and a buffering effect when international students undergo psychological stress."

Meirong Liu, "Addressing the Mental Health Problems of Chinese International College Students in the United States," Advances in Social Work Vpl. 10 No. 1 (Spring 2009), p. 74.

Programming that helps

On-Campus

- Buddy/Peer mentor programs

- Workshops (e.g., "Decoding U.S. Culture", "Lost in Translation", "Culture Shock") - Offering food helps!

- "Let's Talk" Drop-in Hours

- University 101 and/or Int'l Orientation Courses

- Social organizations/student clubs

- Discussion/Support Groups

- Creative initiates (e.g., "Welcome to My World Photo Exhibition")

- Panels discussions

INTERNATIONAL STUDENT SUPPORT GROUP

Tuesday Tea

A place of support and connection for international students!

When -- Tuesdays • 3-4 PM
Where -- Picken Hall (lower level)
Kelly Center: Seminar Room (122)

Contact Daniel Williams
Email: drwilliams@fhsu.edu
WeChat: DanielRayWilliams

Programming that helps

Community Based

- Summer/Holiday programs - partner with community members, churches, etc.

- Friendship Family programs - partner with community members, outside groups

- Homestay programs

- International Speakers Bureau

- Free or reduced cost local resources in the community (Food Pantry, Walk-in Clinic, Community Assistance Program, United Way)

We now have an app!! Download today!

Resources & Hotlines

Pre-departure, Orientation, Online

Emotional Wellness Training

Powerpoint Presentation

Video Content

Student Handout

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

Interactive Activities

Proctor Guide

In partnership with:

The MGH Center for Cross-Cultural Student Emotional Wellness

International Student Insurance

Student Info Page

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

Addressing Mental Health Issues Affecting International Students
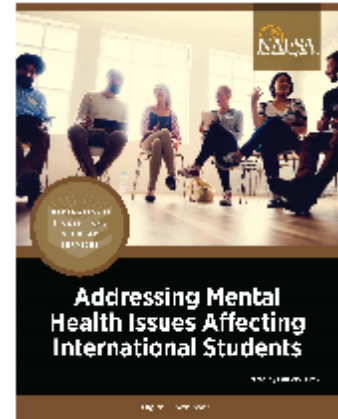
Services & Hotlines

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

Time to Share Your Experiences!