

Education of Incoming Students - Breakout session

Welcome to the 'Education of Incoming Students' breakout session! For the next 2 hours, we will be discussing some questions sent to you beforehand. We will take a short 10-15 minute break after one hour. We want to hear your feedback on specific questions regarding how incoming students learn about your universities resources and practices available to them. In addition, you will be expected to engage in discussion with representatives from other universities about their action plans and policies for addressing these issues.

Opener:

- What program(s) does your campus have to educate incoming students about mental health and the resources allocated?
- Please describe one and its effectiveness

Talking Points:

- What is important that all incoming students should be taught as they join your campus community? What goals should a university have in terms of educating incoming students about mental health and their campus?
- What would an ideal campuses education of incoming students look like?
- How should the these programs target students beyond identifying resources? Should education focus on self-measurement and recognition or the training of peers as recognizers and referrers. What is more important to address on a college campus? How do we address both?
- What medium would this education be delivered through? How many times will this education be given and how can you measure if the programs set in place are effective? Do you make these programs mandatory?
- Freshmen and transfer students should be the most informed about resources on campus coming through orientation; however, many times mental health gets overlooked or the information is soon forgotten about. What are ways we can increase the awareness of these new students, whether it be through orientation or after, so they don't forget about this pertinent information?