Recognize Student Distress in a Virtual Environment

Mental health challenges for students will continue as classes go online. Though they may be more difficult to identify in a virtual setting, there are warning signs that faculty and staff should be aware of throughout the semester. Faculty and staff who regularly interact with students are often best positioned to see these signs of student distress and connect students with mental health providers when appropriate. In this webcast, our expert will offer guidance on identifying these signs and offer recommendations for connecting students to resources.

Grounded in Research: Strategies to Support the Physical and Mental Health of Black Men

This workshop is designed to ground your support of Black collegiate men in data and research. You will better understand the diverse physical and mental health concerns and needs of Black men during their collegiate experience. Dr. Watkins will provide an overview of her research and offer scalable strategies to incorporate initiatives, services, and practices that can enhance and support the overall development of Black men on your campus. You will have the opportunity to identify new resources and discover underutilized resources on your own campus.

Strategies to Confidently Communicate with Students Experiencing Mental Health Challenges

As students, faculty, and staff return to campus life, the impromptu conversations that characterize in-person interactions are naturally more likely to resume. Data shows that the rate of students reporting a sense of disconnection from campus, anxiety, and depression has increased during the pandemic. Students returning to campus will need more support than ever. Front-line faculty and staff without a counseling background may feel detached, confused, or anxious interacting with students experiencing these challenges, and they may also have additional trouble setting boundaries with students and practicing their own self-care. Join Academic Impressions for an interactive training to learn and practice six simple ways to support students who are exhibiting signs of a mental health condition.

Find Your Position of Power When Addressing Toxic Leadership

In toxic environments – where employees feel worse after they start – you may experience uncertainty, fear, or helplessness on when and how to speak up to advocate for yourself and others. You believe you must tolerate the toxicity, even though doing so can be devastating to your career. It doesn't have to be that way! Join our Academic Impressions and learn how to engage in conversations that will empower you to create change. You'll learn how to recognize, communicate about, and minimize the impact of toxic leadership. You'll walk away with recommended language, tools, and most importantly, increased confidence to confront toxicity in a non-threatening way.

Freedom of Speech, Academic Freedom, and DEI: A Complicated Relationship

Within higher education, the debate related to the First Amendment and academic freedom—and whether or not they are a hindrance to diversity, equity, and inclusion initiatives—continues to be a polarizing topic. This training aims to remove the assumption that diversity initiatives struggle to coexist within the parameters of free speech and/or academic freedom. During the session, we will explore and explain areas where the priorities of DEI and academic and political leaders overlap, rather than diverge. You will come away with a greater understanding of the interrelationships among the three and of how to offer support when the values of faculty, staff, or students remain in conflict.