Let’s Start with “How Are You Doing?”: How Resilience and Hope Can Shape a New Normal for Learning and Teaching
WELCOME

Moderator

Ashley Finley

Senior Advisor to the President & Vice President for Strategic Planning & Partnerships, AAC&U
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Quality, Equity, and Inclusion during the COVID Crisis

MARCH 27–JUNE 9

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Panelists

Adina Glickman
Academic Coach and Co-founder, Academic Resilience Consortium

Mays Imad
Professor of Pathophysiology and Biomedical Ethics; Founding Coordinator Teaching & Learning Center, Pima Community College

Denise Larsen
Associate Dean, Professor of Counseling Psychology, University of Alberta

Daniel Pascoe Aguilar
Associate Provost for Immersive Learning & Career Design, Drew University
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Panel discussion

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#AACUfaculty

Slides and webinar recording will be posted online:
www.aacu.org/webinars/resilienceandhope
Mays Imaad

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Students Before COVID-19

- 2018 World Health Organization Global survey of 14,000 students found that one in three college freshmen reported dealing with mental illness in the years leading to college.
  - 67% of females and 54% percent of males had felt "very lonely."
  - 42% of students said they had felt so depressed in the past year that they could not function.
These statistics are undoubtedly compounded by the reality of COVID-19.
Two Salient Questions

- What does this pandemic reality mean for our students’ ability to learn?
- How can we teach to the lonely, the anxious, and the fearful?
Wholistic Framework

► Instructor level
  ► What does it mean to teach through a trauma-sensitive lens?

► Department level
  ► What obstacles are students and instructors facing?

► Institutional level
  ► What resources do you have to support teaching and students’ emotional well-being?
Pain and Understanding

“Your pain is the breaking of the shell that encloses your understanding.” —Kahlil Gibran
“Your pain is the breaking of the shell that encloses your understanding.” —Kahlil Gibran

Hope is born out of pain.
Hope Studies

Intentional and Explicit Ways to Access Hope

Applied Research on Hope in Practice
- Education
- Counseling Psychology
- Child/Youth Development
- Cross-Cultural
What is Hope?

“Hope is the ability to envision a future in which we wish to participate” (Jevne & Edey, 2003)

Hope is ideally suited to circumstances of uncertainty.

Hope is unique and can look different in varying contexts.
The Power of Hope

- Hope is correlated with physical health, psychological adjustment, and enriched personal relationships (Lopez and Snyder, 2009)

- Hope is a strong predictor of positive outcomes for children
  - academic achievement, positive affect, resiliency, motivation, athletic performance (Ciarrochi, Heaven, and Davies, 2007; Padrotti, 2018)
Helpful Ideas When Working with Hope:
A Hope Cheat Sheet :-) 

- Relationships like teacher-student can be a profound source of hope – especially when we can see that someone important to us believes in us.

- When we struggle, it can be helpful to consider who we hope to be and strive to live within those values. “Am I being the kind of person I hope to be? How?”

- Hope tends to be pro-social. We hold many hopes for one-another. This can be a good place to begin to build community.

- Each of us hold many hopes, big/small, more/less important, individual/collective, more/less likely, common/uncommon. Hope is subjective. When we think of hope monolithically – i.e., one hope, we can more easily become stuck. “Diversify your hope portfolio”.

- To make meaningful change it is not necessary for everyone to share all hopes. It is OK to acknowledge hopes that we do not share.

- Hope is a process and an outcome. Our hopes can/do change over time. This is part of developing and growing.

- Part of hope thrives on metaphor. Take walk. Take pictures of hope.
Daniel Pascoe Aguilar

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Hope & Resilience in Higher Ed.

- Preparing a new generation of leaders ready to value and fight for diversity, equity, and inclusion
  - Capacitating and empowering our institutions and all its members
  - Responding proactively and concretely to the needs of minority identity students
  - Facilitating the identity and intercultural development of all students
  - Promoting and co-leading institutional redesign for further inclusive and equitable outcomes
  - Joining efforts with sister institutions and social justice community partners for our promotion of social and global diversity, equity, and inclusion
Capacitation & Intercultural Development
Support of Minority Identities & DEI Engagement

Explore Our Communities:

- COMMUTER/TRANSFER/NONTRADITIONAL
- FAITH, RELIGION, & SPIRITUALITY
- FIRST GENERATION
- GENDER & SEXUALITY
- LIMITED RESOURCES
- ETHNIC/RACIAL HERITAGE
- VISIBLE/INVISIBLE DISABILITIES
- INTERNATIONAL STUDENT
Community Partnership Examples

• Partnership with Eagleton Institute for Politics’ Center for Youth Political Participation for the RU Ready Drew Program

• Partnership with NJ State Prisons for the Drew Theological School Partnership for Religion & Education in Prisons Program

• Partnership with the State of NJ for Drew’s participation and midterm election victory in the NJ Ballot Bowl Competition

• Partnership with the United Nations for the Drew Fall Semester U.N. Program

• Partnership with the Carnegie Corporation of New York and The Summer Institute on Conflict Transformation for Drew’s Center on Religion, Culture, and Conflict
Adina Glickman
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The Academic Resilience Consortium

b. 2014
~600 members
~300 schools
17 countries

Students
Teachers
Researchers
Practitioners
The Academic Resilience Consortium

- Academic Affairs
- Student Affairs
- Teaching & Learning Centers
- Mental Health Resources
- High Schools
academic resilience
individual + institution

persistence ✤ grit ✤ perseverance
flexibility ✤ sticktoitiveness ✤ tenacity
adaptability ✤ buoyancy
flourishing ✤ thriving ✤ agency
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Microsoft Resources for Remote Learning

**Microsoft Teams University**
Guides, Videos, and Resources for Educators Students, Researchers
Microsoft Teams for Education is free for all students and staff.

**On-line course specific to Higher Ed.**
Collaborate faster using Microsoft Teams for higher education staff
Free on-line course in Microsoft Educator Center
Estimated duration: 1 hour

**Microsoft Teams for Education**
Education-specific Webinars including “Online classes and Lectures with all your students”, and “Online meetings with student groups, or anyone with their email”

**Office Tips for Remote Learning.**
Snack Videos on YouTube with tips for using MS Office in remote learning scenarios.
Duration: 2 Mins each

**Microsoft COVID-19 Response**
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Tuesday, May 19, 2020
Livestreaming at 2 p.m. EST

More information online at www.aacu.org/events/webinar
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What Now? Planning for the Future of Higher Education in the Wake of the Pandemic

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Thank You & Be Well!
Leading Edge Tools for Student Health and Wellness
WELCOME

Post-Webinar Discussion Moderator

Andrew Flagel

Vice President, Advancement and Member Engagement, AAC&U
Thank you to our co-sponsors!

Post Webinar Discussion:

“Leading Edge Tools for Student Health and Wellness”
Leading Edge Tools for Student Health and Wellness

Stan Zylowski
Co-founder and CEO, Movista

Erin McClintock
Senior Director Impact & Education EVERFI

Ralph Manchester
Vice Provost & Director, Professor of General Medicine
Department of University Health Service University of Rochester
Stan Zylowski

CO-FOUNDER AND CEO
MOVISTA
PROJECT HEALTH

Powered by MOVISTA

COVID-19 Health Screenings for a Safer Campus

Stan Zylowski
CEO & Co-Founder of Movista
Project Health: The Core Components

Mobile App

Movista allows the collection of any information via a smart device application.

• Typically we see employers collecting health factors including recent potential exposure, temperature, and certain known symptoms.

• All data is encrypted and secure.

• Surveys/files may be modified as needed and you may have multiple surveys assignable.
EVERFI at a Glance

**K12 Schools**
25,000+ schools

*Focus Areas:* financial literacy, mental wellness, digital wellness, STEM, healthy relationships, substance misuse, college and career readiness, entrepreneurship

**Higher Education**
1,300+ campuses

*Focus Areas:* substance misuse, sexual and relationship violence, diversity and inclusion, mental health, harassment, workplace culture and ethics

**Corporations**
1,700+ companies

*Focus Areas:* harassment and discrimination, diversity and inclusion, data security and privacy, ethics and conduct, performance management, workplace safety
EVERFI in Higher Education

EVERFI’s higher education curriculum fosters safe, healthy, and inclusive communities for students, faculty and staff. Through our Campus Prevention Network, we provide tools, resources, and insights to support 1,300+ colleges and universities in driving lasting, large-scale change on the issues that matter most.

Focus Areas

- Sexual Assault & Harassment
- Diversity, Equity & Inclusion
- Workplace Culture & Ethics
- Alcohol & Substance Misuse
- Mental Health & Wellness
- Digital Safety & Security

Key Partners

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Ralph Manchester
VICE PROVOST & DIRECTOR
PROFESSOR OF GENERAL MEDICINE
DEPARTMENT OF UNIVERSITY HEALTH SERVICE
UNIVERSITY OF ROCHESTER
External Tools

- Connecting with individual students remotely
  - HIPAA compliant/secure telemedicine platform
  - HIPAA compliant/secure counseling platform
- Testing for COVID-19 infection
  - Tests for current infection
  - Tests for past infection/immunity?
  - Wastewater testing
  - Temperature (fever) monitoring
Contact tracing
- Smartphone technology to detect proximity between individuals?

Outreach to groups
- Symptom detection with "chat bots"
  - Entire student population?
  - Students in quarantine
- Symptom monitoring for ill students
- Monitoring and supporting mental health
External Expertise

- CDC, state and local health departments
  - Consider getting a MOU with LHD
- Technology experts
  - IT: develop “chat bots”, mental health support
  - Biotechnology: mass testing
  - Distance learning applied to health
- Challenge: how to control the pandemic while simultaneously meeting “everyday” needs (with limited resources)
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