



Trends Shaping Academic & Mental Health Priorities

UW Parkside | Faculty In-Service

The Moon Shot For Equity



The Moon Shot for Equity is change management consulting to **erase equity gaps** and **boost success for all students**, especially those historically excluded from the benefits of higher education.

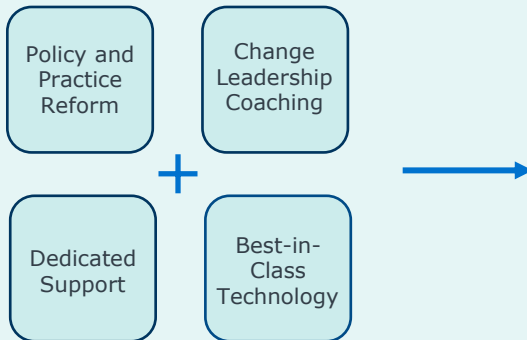
20+

Participating institutions and growing

1,000+

Administrators, faculty, and staff working to design and sustain meaningful reforms

Build the Capacity and Infrastructure...



...To Erase Equity Gaps and Improve Student Outcomes



Establish coordinated care networks across campus



Reduce time and cost to degree



Increase degrees conferred



Improve socioeconomic mobility for graduates



Celebrating 3 Years of the Moon Shot for Equity



+13pp
 Increase in fall-to-fall retention of first-time degree-seeking students



+39pp
 Increase in retention of African-American students, from 43 to 82%



+10pp
 Increase in 4-year graduation rate for Hispanic students



\$5M
 Donor funding secured to support Moon Shot strategies



- 1** National and Regional Trends
- 2** Proactive Supports in Stepped Care
- 3** Creating a Positively Reinforcing Cycle of Belonging
- 4** Moving to Action

Six Priorities Shaping Higher Ed Strategy

1 Public Perception of Higher Ed Value

2 Enrollment and Demographics

3 Sustainable Business Models

4 Student Readiness and Well-Being

5 Hybrid Campus

6 Artificial Intelligence

Immediate Challenge

Academic and Mental
Health Struggles Spiral
Post-COVID

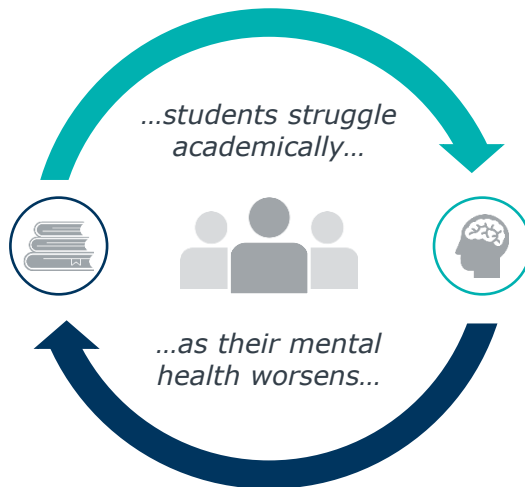




A Vicious Cycle

Academic and Mental Health Struggles are Mutually Reinforcing

Poor grades, falling behind on assignments **lead to feelings of stress and inadequacy**, which exacerbate mental health struggles



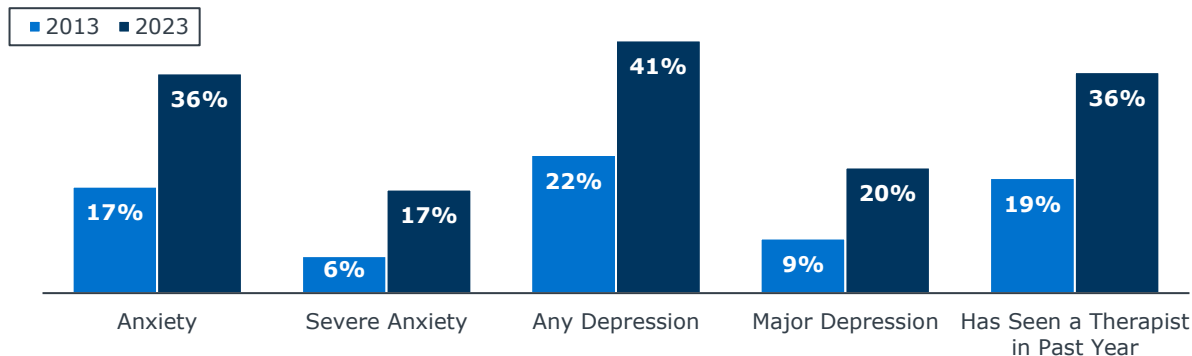
Feelings of hopelessness and anxiety cause decrease in focus and studying, which in turn **leads to poorer grades**

Mental Health a Known and Growing Challenge



Anxiety and Depression Nearly Doubles Among Students Over Last Decade

Healthy Minds Study, 2013-2023



“

Three decades ago, the gravest public health threats to teenagers in the United States came from binge drinking, drunken driving, teenage pregnancy and smoking. These have since fallen sharply, replaced by **a new public health concern: soaring rates of mental health disorders.**

Matt Richtel

Author of *It's Life or Death: The Mental Health Crisis Among U.S. Teens*

”

1) College students.

The Pandemic Made the Situation Worse



42%

of high school students reported feeling persistently sad or hopeless in 2021 (1.5x higher than in 2011)

33%

of teenage girls reported seriously considering taking their own life in 2021

53%

of high school students reported feeling close to people at school during the pandemic

55%

of high school students reported experiencing emotional abuse by an adult in their home in 2021

"We have lived our teenage years stuck at home in our rooms, by ourselves, isolated."

- Teenager's thoughts on the CDC data, quoted in the New York Times

45%

of students who identified as LBGQ+ seriously considered taking their own life in 2021

“**COVID-19 poured fuel on the fire** as it exacerbated loneliness and isolation that had been building for decades.

Vivek H. Murthy, **US Surgeon General**

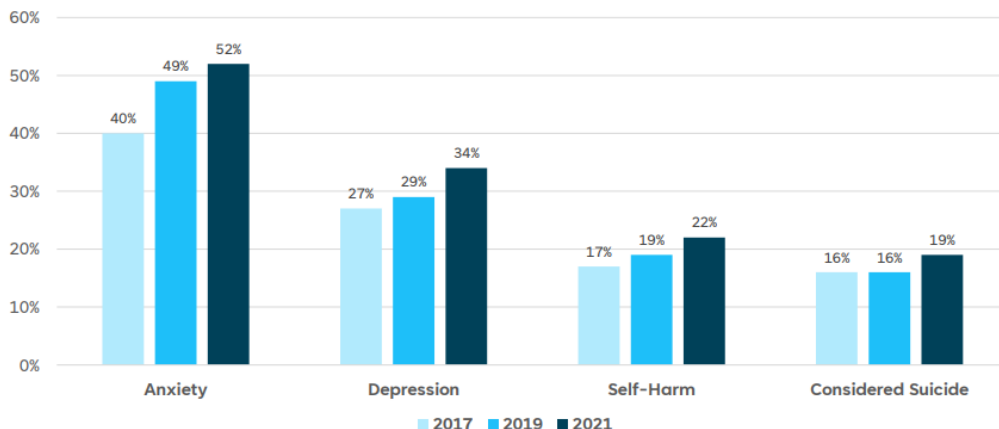


Source: "[New CDC Data Illuminates Youth Mental Health Threats During the COVID-19 Pandemic](#)," March 31, 2022; "[Youth Risk Behavior Survey Data Summary and Trends Report: 2011-2021](#)," CDC, April 2023; CDC, "[Youth Risk Behavior Surveillance – United States, 2011](#)," Morbidity and Mortality Weekly Report, June 8, 2012; The Learning Network, "[What Students are Saying About the C.D.C. Report on Teen Sadness](#)," *New York Times*, March 2, 2023, EAB interviews and analysis



Wisconsin High School Students

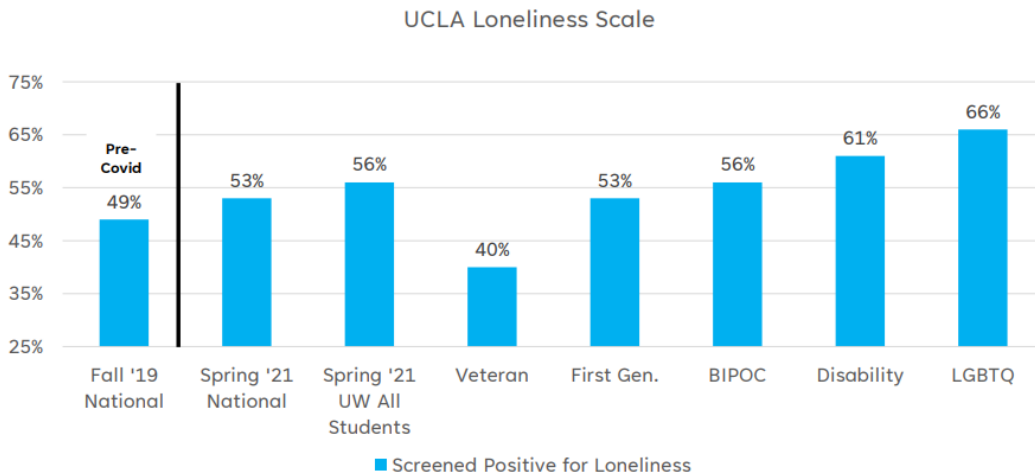
Self-Reported Rates of Anxiety, Depression, Self-Harm & Suicidal Thoughts



Source: Department of Public Instruction (DPI) - Wisconsin Youth Risk Behavior Survey (YRBS), 2017-2021



Loneliness – Differential Impact

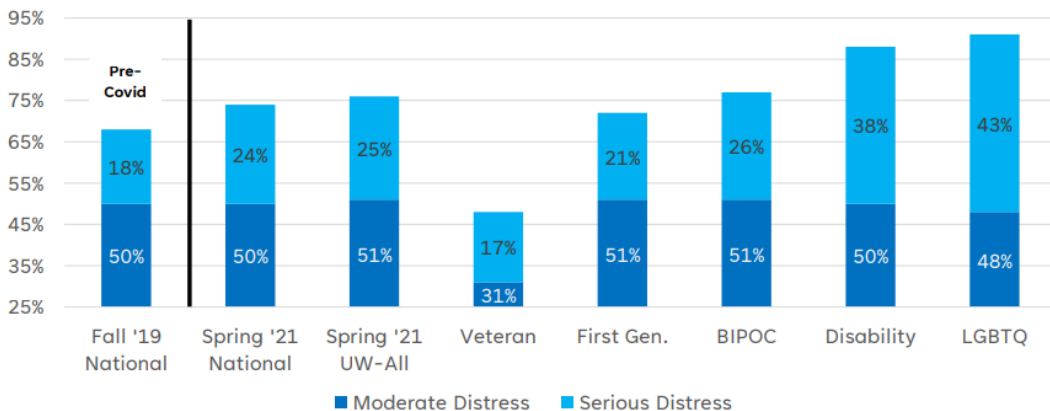


Source: National College Health Assessment (NCHA), Fall 2019, Spring 2021



Student Distress – Differential Impact

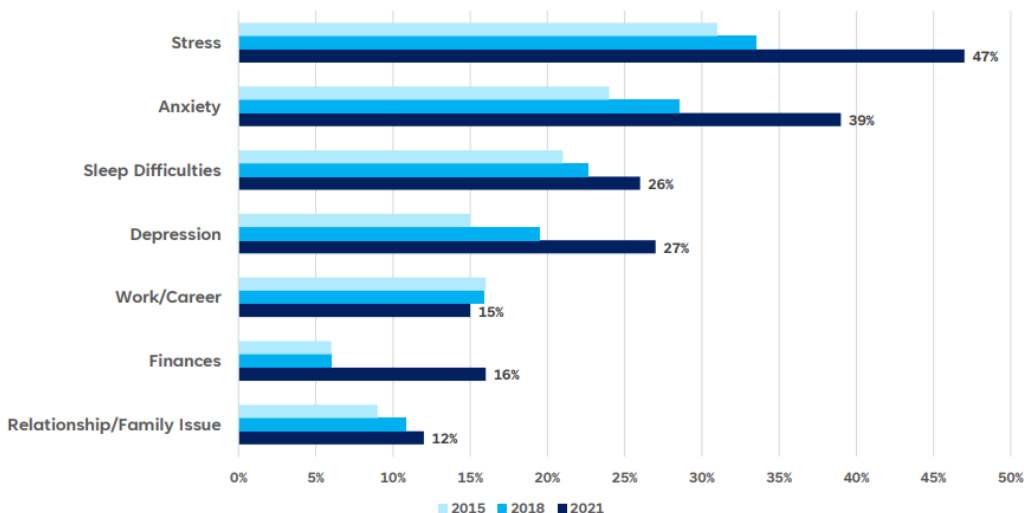
Kessler Psychological Distress Scale



Source: National College Health Assessment (NCHA), Fall 2019, Spring 2021



Impact on Academics



Source: National College Health Assessment (NCHA), Spring 2015, 2018, 2021

Pandemic Worsened Academic Half of Vicious Cycle

13

K-12 Unfinished Learning Has Arrived on College Campuses

Challenges that Began in High School...

2/3

of students struggled with **coursework** due to home disruptions and mental health concerns from COVID

42%

of ACT-tested 2022 HS grads met **none of the college-readiness subject benchmarks** in English, reading, science and math¹

2x

The **chronic absenteeism rate has doubled** from 16% in 2019 to an estimated 33% in 2022

...Are Now on Campus



Chronic absenteeism² continues to grow on college campuses



Academic struggles lead to **higher DFW³ rates** in introductory courses



Institutions report incoming students struggle with **gaps in core knowledge** and **poor study habits**



Widening expectation gaps between faculty and students on work expected outside the classroom

1) Doubled from 26% in 2019.

2) Defined as missing 10% or more of the academic year.

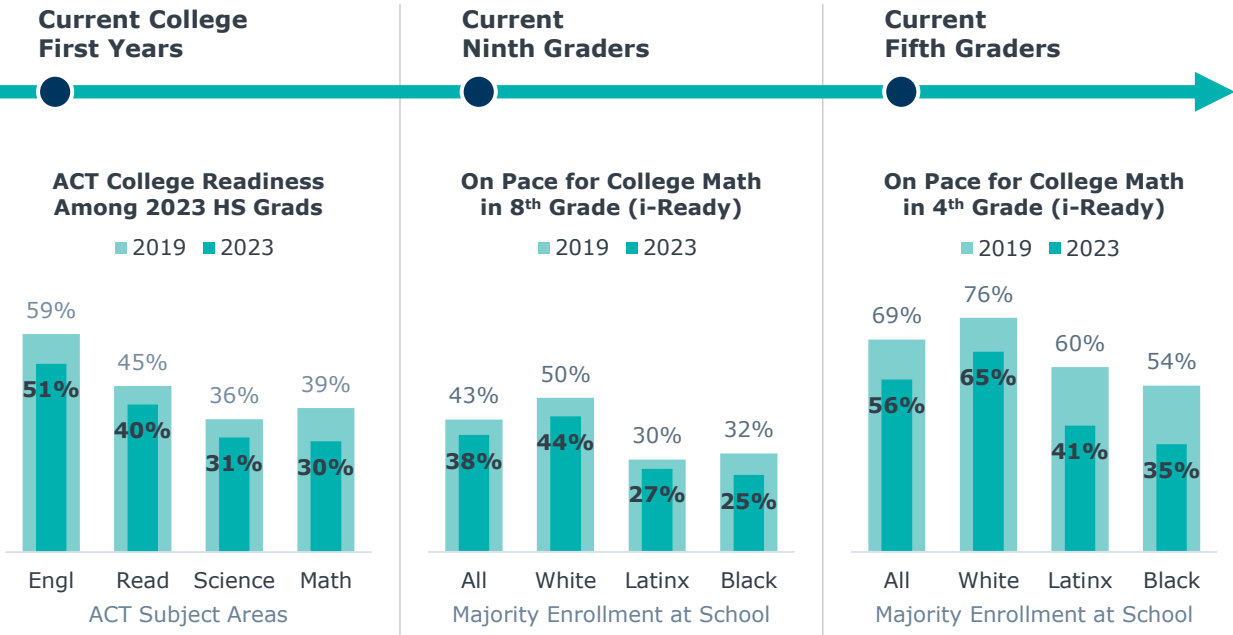
3) D grade, F grade, or withdrawal.



It Will Get Worse Before it Gets Better

Gaps from Unfinished K-12 Learning Will Be Felt for Years to Come

Pre- and Post-COVID Math Readiness by Age Cohort



Source: EAB analysis of data from Curriculum Associates' ["State of Student Learning in 2023"](#); ACT U.S. High School Class of 2023 Graduating Class Data; NAEP Scores 'Flashing Red' After a Lost Generation of Learning for 13-Year-Olds

Vicious Cycle's Impact on Enrollment, Persistence

Academic and Mental Underpreparedness Influencing Student Decisions

Before Enrollment...

Mental, Academic Readiness Key Concerns for Optouts

22%

of students who opted out of college in 2023 cited "not mentally ready" as their reason, up from 14% in 2019

33%

of high school counselors cited academic readiness as the top factor deterring their students from attending college

After Enrollment...

Stress, Well-Being Increasingly Behind College Stopout Trends

75%

of college students who have considered dropping out in 2022 cited emotional stress as the primary driver

2x

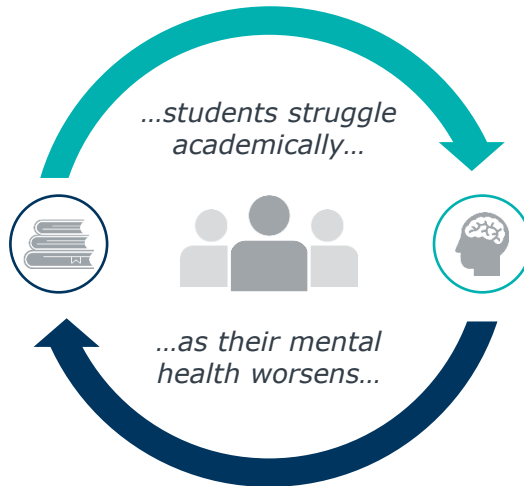
Students with mental health concerns were twice as likely to stop out before graduating from college

A Vicious Cycle



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Feelings of hopelessness and anxiety cause decrease in focus and studying, which in turn **leads to poorer grades**

Turn to your neighbor...

Anecdotally, what trends in mental health and wellness have you noticed at UWP?

Do your observations reinforce or differ from the data?

A New Cycle

Academic and Wellness Interventions are Mutually Reinforcing

Students who feel a sense of belonging:

- + Have lower stress and better **mental health**
- + Are more likely to **use campus resources** such as advising and financial aid
- + Are more likely to feel they have made meaningful **learning gains** in class
- + Are more likely to **understand the relevance** of their coursework
- + Feel like they can **overcome setbacks** and have a sense of self-efficacy
- + Are more likely to **remain in college and graduate**



Source: Study International, "[Here's why a sense of belonging matters more than you think](#)", 2020; University College London, "[Creating a sense of belonging for your students](#)", 2020; NSSE, "[Building a Sense of Community for All](#)", 2021; MIT Teaching & Learning Lab, "[Academic Belonging](#)", accessed 2021-22; EAB interviews and analysis.

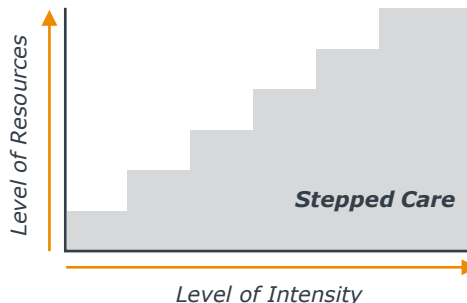
Fall 2023



Mental Health and Wellness

Proactive intervention and stepped care

- The next decade ahead in student mental health
- Embedding touchpoints and academic affairs support
- Leveraging data to assess interventions



Spring 2024



Fostering Belonging in the Curriculum

Classroom practice and pedagogy

- The case for belonging in the curriculum
- Deepening belonging in the classroom
- Reimagining curricular pathways

3 Components of Belonging:



Social Connection

I belong at this institution...



Representation

Others like me belong here too...



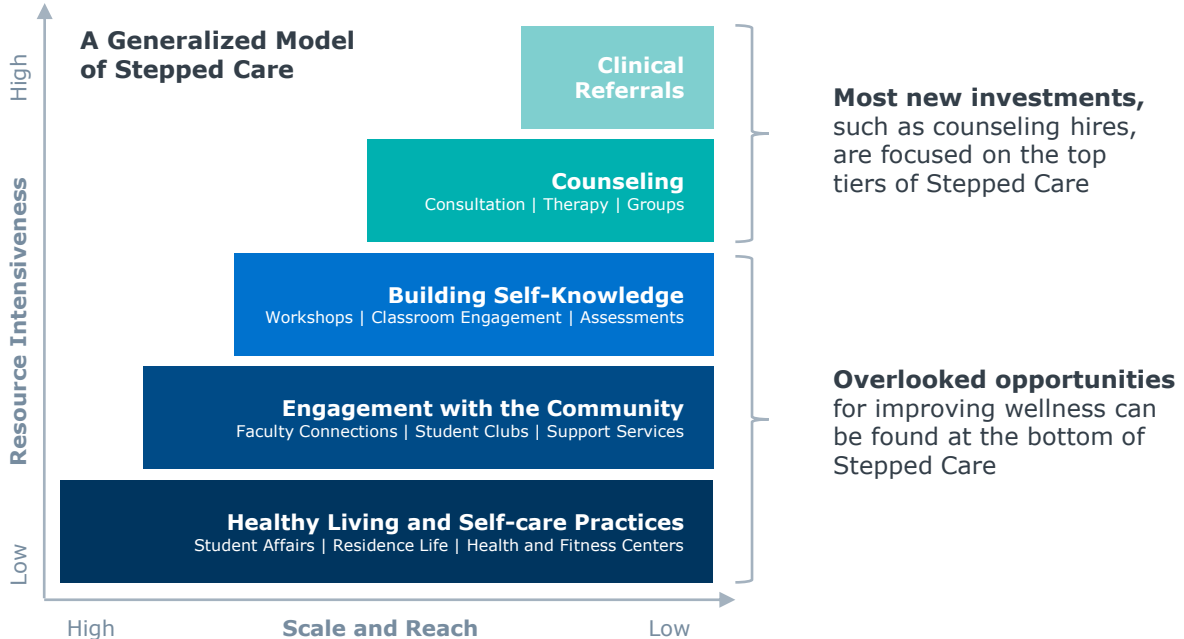
Academic Efficacy

I can succeed in college...

“Stepped Care” Organizes Your Community



Mental Health and Wellness Strategy Extends Beyond Counseling





Holistic Mental Health Network

Life can be challenging. Academic, work, and personal issues can interfere with our success. Allegany College of Maryland is committed to supporting students, faculty, and staff by offering comprehensive mental health services. This holistic network focuses on the wellbeing and resilience of each individual person, and is built upon a foundation of self-care.

Reactive

Proactive

SEEK
Help



- Dial 911 or ACM Campus Security 301-794-5555
- UPMC Crisis Counselor 240-964-1399
- Maryland Crisis Hotline 1-800-422-0009
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Crisis Text Line: Text "HOME" to 741741 (free/confidential)
- National Domestic Violence Hotline: 1-800-799-7239
- Family Crisis Resource Center 301-759-9244
- RAINN (Rape, Abuse, and Incest NI Network) 1-800-656-4673

USE
Campus Resources



- Personal Counseling at UPMC Outpatient Therapy Services and on-campus in the NMVC A14-115 – 240-964-9395
- Family Crisis Resource Center – 301-759-9244
- Renee Gibson, Student Support Coordinator, rgibson@allegany.edu or 301-794-5206
- Mental Health First Aid – look for Koala sticker on office doors
- Residence Life – 301-794-5638
- Take a free & anonymous online screening for mental health <https://screening.mentalhealthscreening.org/allegany>

TALK
with Others



- Talk with a friend, family member, mentor, coach, neighbor
- Counsel with religious leader – pastor, minister, priest, rabbi, imam
- Talk with Resident Assistants or Residence Life Professional Staff: Director, Area Coordinator
- Reach out to academic and student services advisors

DEVELOP
Self-Knowledge



- Participate in a mind-body wellness group
- Visit mental health screening: <https://screening.mentalhealthscreening.org/allegany>
- Visit Student Lounge on Brightspace
- Attend a Mental Health First Aid training, watch Kognito training videos, or use mental health apps
- Attend educational programs sponsored by Student Life, Residence Life, Academic Programs, & Clubs
- Take an Integrated Health or Psychology Course at ACM

BUILD
Your Community



- Join a student club. Contact Erin Yokum, Director of Student Life, at eyokum@allegany.edu
- Visit College to Community Partnership Center for community and civic engagement opportunities
- Aspiring Young Mentors – student programming to build connections and success
- Participate in student government
- Learn more about Pathways for Success. Contact Tara DeVore, Director, at tdevore@allegany.edu
- Attend campus events including speakers, sports, & more

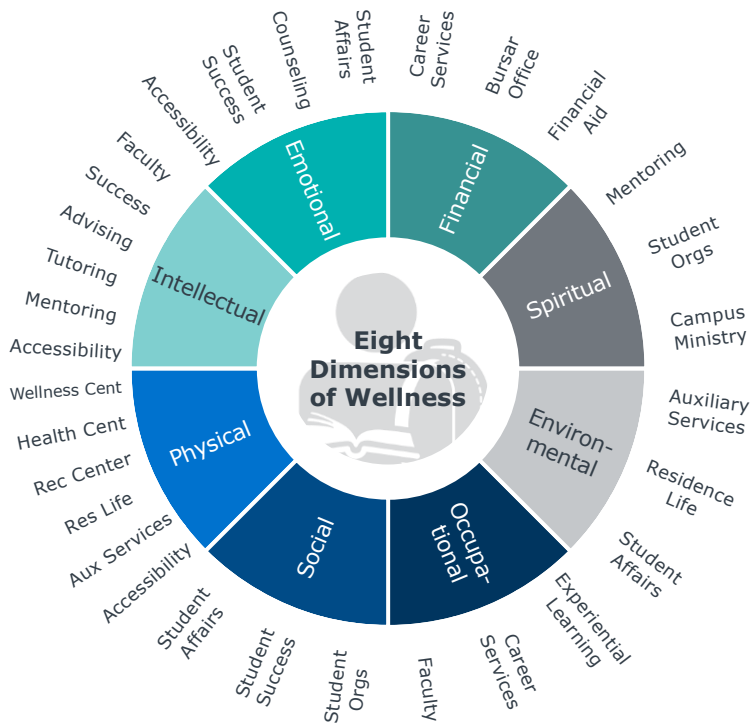
PRACTICE
Self-Care



- Engage in prayer, meditation, mindfulness
- Move your body daily for 30 minutes
- 8 hours of uninterrupted sleep
- Eat a balanced and healthy diet. The ACM Pantry can help! www.allegany.edu/the-pantry
- ACM walking track, nature trail, and Labyrinth

How Coordinated Care Supports Holistic Wellness

Everyone Can Play a Role in Supporting Wellness



What Does It Mean to Belong?

EAB's 3 Components of Belongingness

Social Connection

"I belong at this institution."

1



- Meaningful friendships
- Support network
- Relationships where it is safe to express your authentic self

Representation

"Others like me belong here too."

2



- Visible in-group role models and peers
- Feeling like you can relate to others in the campus community
- Faculty and Staff in roles throughout campus, especially leadership

Academic Efficacy

"I can succeed in college."

3



- In-classroom engagement
- Sense of purpose, long-term goals for college education
- Resilience to overcome academic setbacks

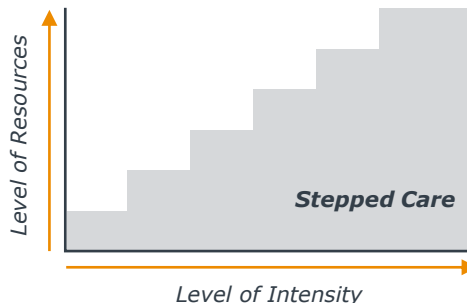
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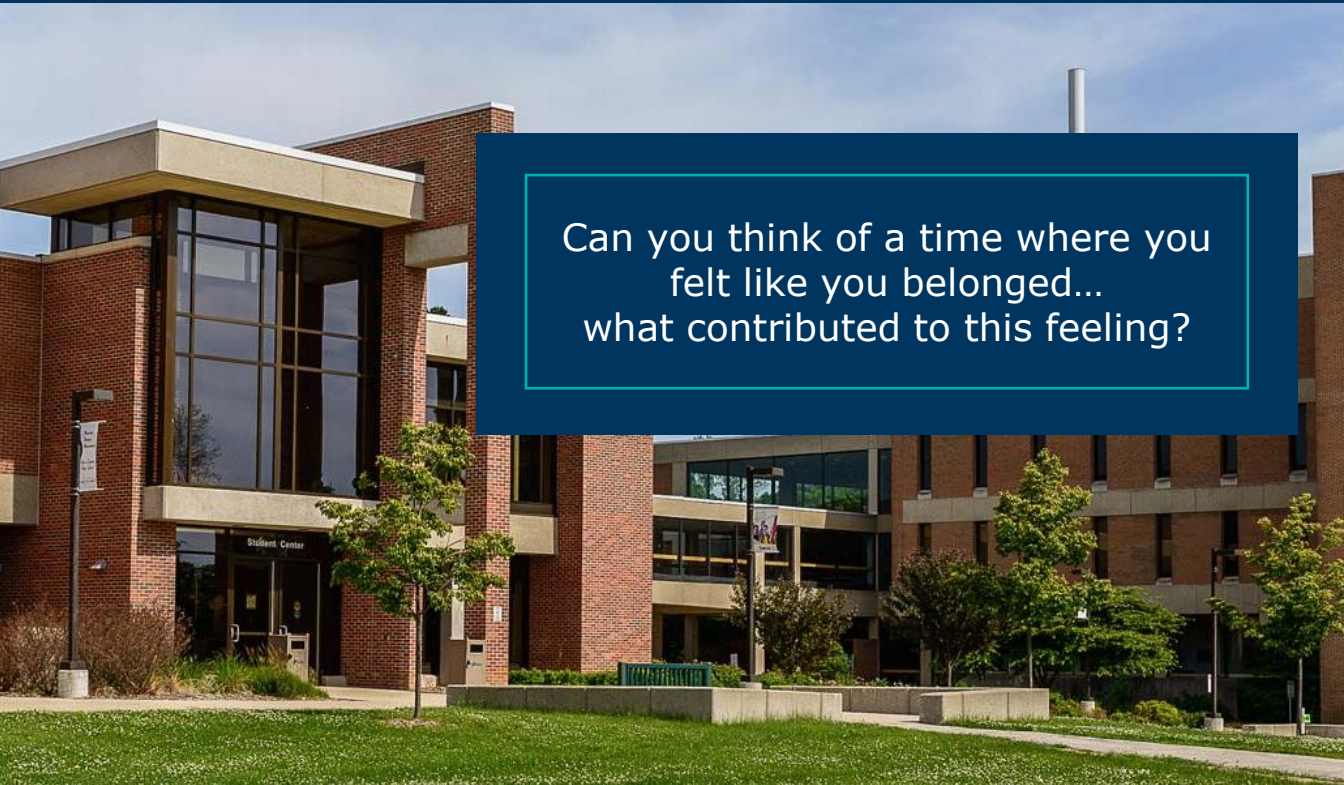


Academic Efficacy

I can succeed in college...

Turn to your neighbor...

Can you think of a time where you
felt like you belonged...
what contributed to this feeling?



A New Mutually Reinforcing Cycle





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