FLI Family Compass #3: How Do I Keep Helping My Students From Home?

Shaena Moody
Academic Advisor/Success Coach (CSS/WSE)
smoody9@jhu.edu

Dan Ferrara
Academic Advisor/Success Coach (CSS / KSAS)
dferrar6@jhu.edu

Matthew Torres, PH.D
Counselling Center, Executive Director
mtorres5@jhu.edu

Katelys Ramos-Marquez
Public Health Studies
Class of 2022
Common Questions

• My student is registered for classes, now what?
• Who can my student go to for support?
• How can I encourage my student from home?
• What do we do when we have questions?
Day in the Life of Your Student
### High School vs. Hopkins

<table>
<thead>
<tr>
<th>High School</th>
<th>Hopkins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent required short-term assignments</td>
<td>Long-term assignments and self-guided study</td>
</tr>
<tr>
<td>Work completed during class</td>
<td>Work done independently</td>
</tr>
<tr>
<td>Frequent quizzes and tests</td>
<td>Fewer graded assignments</td>
</tr>
<tr>
<td>Constant teacher feedback, little self-assessment</td>
<td>Less professor feedback, more self-assessment</td>
</tr>
<tr>
<td>Your time is managed FOR you</td>
<td>Your time is managed BY you</td>
</tr>
</tbody>
</table>
Important Dates

- August 30th: First day of Classes for Fall 2021
- September 10th: Last day to add a class for Fall 2021
- October 8th: Last day to add Independent Academic Work
- October 10th: Last day to Drop a course (w/o transcript notation)
- November 12th: Last day to Withdraw from a course (transcript notation) or declare S/U
- November 22-26: Thanksgiving Break
- December 6: Last day of Classes for Fall 2021
- December 13-21: Final Exams
Understanding My Student's Course Options

- Minimum credits 12- A&S and ENG
  - A&S- 17 credits
  - ENG- 18.5 credits
- Add/Drop vs. Withdraw
- What is S/U?
SUPPORT AT HOPKINS

- Academic Advisor
- Faculty Advisor
- Life Design Educator
- Peer Advisor
- First Year Mentor
- Resident Assistant
- Case Manager

Student
Show Your Support

- Stay connected (phone, text, email, snail mail :) )
- Ask questions
- Continue to have difficult conversations
- Expect change
- Listen to and trust your student
- Increase your knowledge about campus resources
- What are YOU going to do about it? (be supportive but encourage self-reliance)
Questions to Ask Your Student

- Do you know who your academic advisor is and how to contact them?
- How is the pace of everything feeling (identifying strategies for success)?
- Are you eating an apple day (focusing on health and wellness)?
- Have you started to find your people? Can you list 3-4 people on campus that you can go to in a time of need?
- How are you feeling about your academic experiences (major/courses)?
- What is happening outside the classroom?
- What are you doing for fun?
What should you do when you have questions?

- Parent Resources
  - FERPA
  - Assigned Advisor
  - Parent & Family Relations
Mental Health and Well-Being

- Having times when you feel lonely, stressed, sad or anxious is normal.

- If a student is struggling to cope with their feelings, struggling to function, or just wants help:

Encourage them to reach out to the people who are here to help:

- Academic Advisor
- Student Outreach and Support Case Managers
- Counseling Center
Mental Health and Wellbeing Services: Counseling Center

- Individual Counseling
- Group Counseling
- Chat with a Counselor (Includes weekly "Chat with a FLI Counselor")
- Psychoeducational Workshops and Programs
- Psychiatric Services (Evaluation and Medication Management)
- 24/7 Crisis Services (410-516-8278 Press 1)

All services are confidential
All services are free
Services offered in-person and remote

410-516-8278
https://studentaffairs.jhu.edu/counselingcenter/
Additional Mental Health and Wellbeing Resources

- **The Stress and Depression Questionnaire**: https://jhu.caresforyou.org/welcome.cfm
  Anonymous Interactive Screening Program (with individualized feedback and option to chat online with a CC counselor)

- **TimelyMD**: https://www.timely.md/faq/mental-telehealth-faq/
  Talk Now: 24/7 availability for immediate support
  Ongoing Scheduled Counseling

- **SilverCloud**: https://jhu.silvercloudhealth.com/signup/
  Interactive learning modules that teach cognitive behavioral therapy techniques

- **Calm**: https://www.calm.com/jhu
  Meditation and Relaxation app

These and other helpful resources are accessible at wellness.jhu.edu
Questions?

bluejayfamilies@jhu.edu
APPENDIX
extra slides