

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](#)

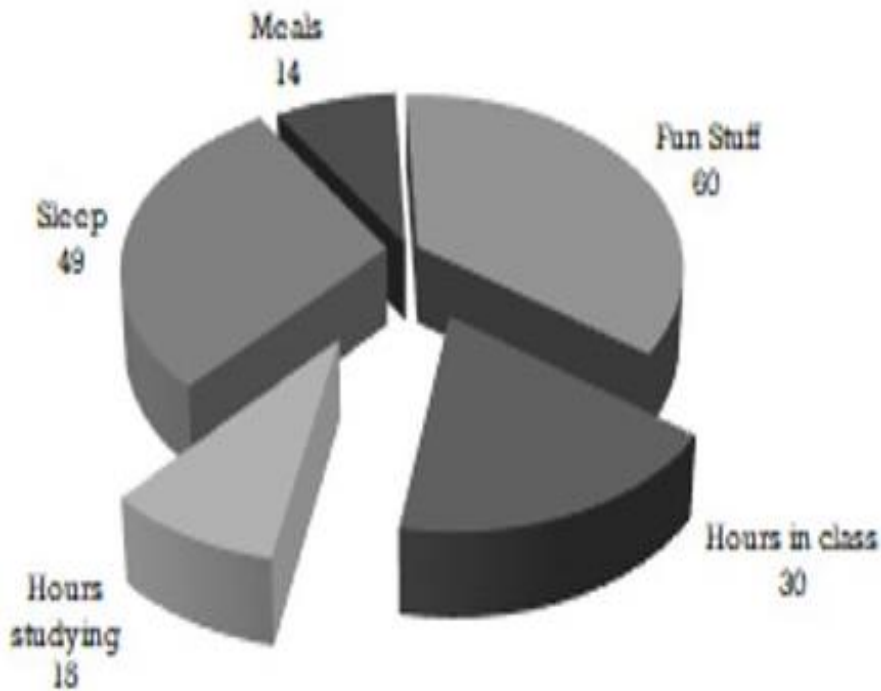
Common Questions

- 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

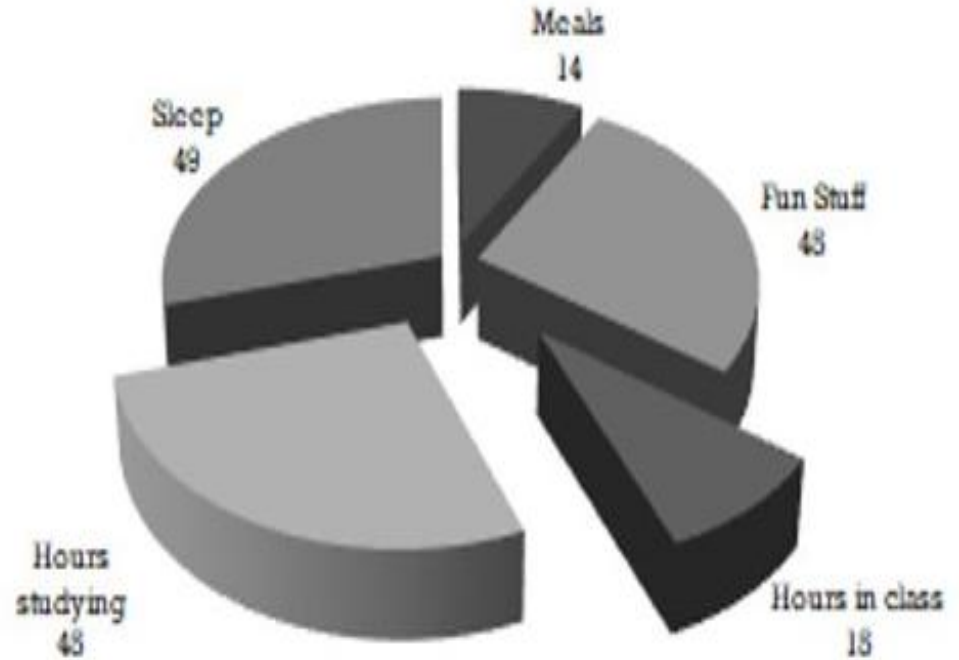
Life in High School

168 Available Hours Per Week



Life at Hopkins

168 Available Hours Per Week



High School vs. Hopkins

High School	Hopkins
Frequent required short-term assignments	Long-term assignments and self-guided study
Work completed during class	Work done independently
Frequent quizzes and tests	Fewer graded assignments
Constant teacher feedback, little self-assessment	Less professor feedback, more self-assessment
Your time is managed FOR you	Your time is managed BY you

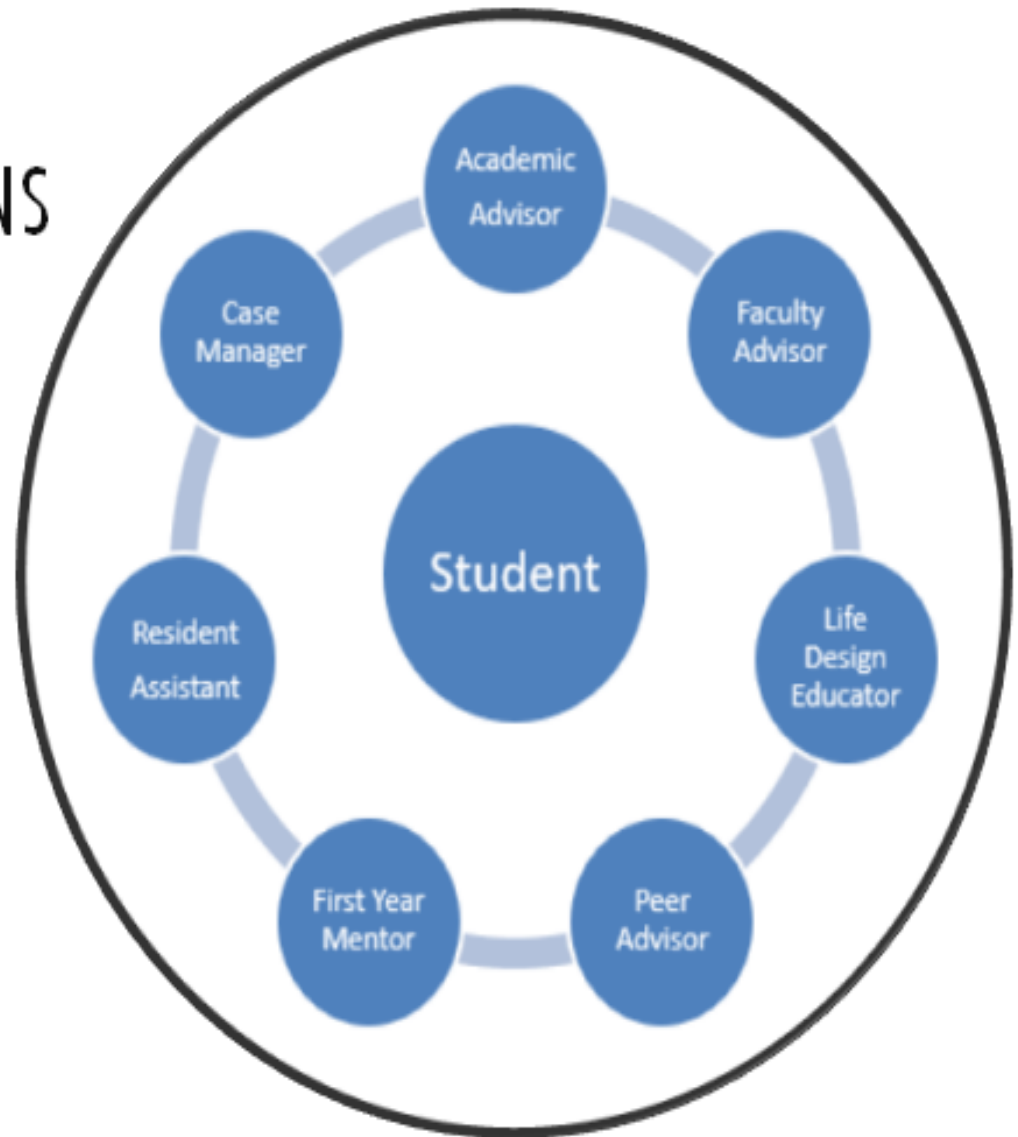
Important Dates

- 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



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