

AtD@NC State



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Communication Update:

Now that you have learned more about the Achieving the Dream initiative – help spread the word about all the great work taking place around campus!

If you know a student, staff, or faculty that is achieving great things or beating the odds – please contact us.

They could be an Achiever and Dreamer waiting to happen! We will do all the follow up work!

Send us your stories, questions, and/or comments!

Via Email:
atdcomm@ncstatecollege.edu

Via the Web:
www.ncstatecollege.edu/atd



Update: Responding to the Student Crisis

On December 8, Dr. Blake Wagner, from New Directions EAP and Dave Krenrick from The Center for Individual and Family Services came to campus to present information on how to handle suicidal college students to faculty and staff from NC State and OSU-Mansfield.

During the last five years, over 50 percent of OSU and NC State student clients seen through the Psychological Consultation Services have been depressed to some degree and many expressed suicidal ideation upon their intake.

It's important that all suicidal comments be taken seriously. Below are some behavioral signs that are associated with a person with Imminent Suicide Risk:

- Isolating from and avoiding others, and/or withdraw from activities they were previously involved in
- Deterioration in work or school performance
- Increased use of drugs/alcohol, gambling, food, sex, etc., as if they are desperately trying to lose themselves in these activities
- Direct or oblique references to when they will be dead, including joking about dying
- Openly expressing hopelessness about their situation and their future/discussing one's life as if it were over
- Preoccupation with death in talk, writing, or other activities (e.g., movies and books)

Practical Tips for Staff and Faculty:

- Talk about suicide openly and directly
- Be confident, caring, and know the resources available
- Ask the student "Have you had thoughts about death or killing yourself?" If the student answers yes, follow up with these questions:
 - "Have you thought about how you'd do it?"
 - "Do you have what you need to do it?"
 - "Have you thought about when you would do it?"
- If the person has a method and time in mind, the risk is extremely high. Call 9-1-1 and ensure that professional treatment is given.

For a copy of the handout given in the meeting, please contact Deanna Strauss at x4749 or via email at dstrauss@ncstatecollege.edu

Data Update:

Barriers Experienced by 23-29 Year Old Students (Associated with Classes and or/Teachers) Teachers Going Too Fast

Similar to other student focus groups, these students stated that teachers cover the course material too quickly. As a result, students are not able to fully grasp the course material. The students indicated that 50 percent or more students that are 23-29 years of age experience this barrier.

The knowledge and action strategies students employ in overcoming this barrier include: ▶ asking teachers to slow down, ▶ asking a lot of questions, ▶ knowing which teachers are effective, ▶ reading in advance, ▶ doing homework early, ▶ contacting and communicating with teachers, ▶ "buddying-up" with a successful student, and ▶ meeting with teachers after class. The attitudes students possess in coping with this barrier include being ▶ aggressive, ▶ open, and ▶ expecting change. The recommendations students offered to help them overcome this barrier included:

- ▶ letting teachers know they are going too fast, and
- ▶ making more time in class for learning.