Welcome to Family Day

Please note:

We will begin at 12:30pm EDT.
You will be muted upon entry.
Supporting Students During COVID-19

Presented by:
Matthew Foster, Associate Director of Residential Services
Jessica Karner, Assistant Director of Academic Advising
Christine Kobza, Associate Director of Student Activities
Charlie Morse, Associate Dean, Director of SDCC
Christine Sharry, Assistant Dean for Student Activities
Guidelines for Our Time Together

• We have tried to incorporate questions received in advance into our presentation.

• Please enter additional questions into the chat. We will do our best to answer all questions. Those we cannot, will result in follow up if name or contact information is provided with the question.

• Staff introductions
Student Activities & Engagement

• 230+ recognized student organizations
• Facing challenges and successes
  – State and CDC changing guidelines
  – Working with students to achieve their vision when possible
• Meeting students' needs
• Student organization engagement (TechSync)
• Communication with students
Student Activities & Engagement

• Movie on the Quad
• Pumpkin Painting
• Recreational Tournaments
• Virtual Programming
• Theatre Productions
• Fraternity/Sorority Recruitment
• Paint and Cooking Nights
• Leadership Workshop Series
Student Development and Counseling Overview

The WPI Student Development and Counseling Center (SDCC) is dedicated to promoting the safety, emotional health, and personal growth of all WPI students, as well as cultivating a supportive campus. Our work will take place in three broad domains:

**Mental Health Counseling and Consultation** – We provide individual and group counseling services to WPI undergraduate and graduate students. Our services also include consultation, crisis intervention, and referrals to specialists in the Worcester community.

**Student Development** – We provide a range of trainings, workshops, and presentations designed to foster personal growth and develop life skills needed for success at WPI and beyond.

**Community Development** – We are committed to creating a safe and healthy community for students by enhancing the network of student support on campus through training, advocacy, and peer education.

508 831-5540 (M-F, 8-5pm)  
sdcc@wpi.edu
SDCC Counseling & Consultation

- All students seen same-day or within 24 hours
- Meetings are conducted via secure Zoom platform (Telehealth)
- Follow-up meetings can be scheduled or same-day (as requested)
- Short-term, solution focused meetings, though ongoing meetings can occur on an every other week basis
- Referrals to local specialists
- Consulting psychiatrist on staff
- Consultation for when you have concerns about the mental health of a friend or family member
Current SDCC Groups

- **Advocates Supporting Advocates** - A group for all of our social justice warriors at WPI. Open to all.
- **The Body Project** - A group-based intervention that provides a forum for women to confront unrealistic beauty ideals and engages them in the development of healthy body image through various experiential exercises.
- **DBT Skills** - DBT (Dialectical Behavioral Therapy) provides students with new skills to manage painful emotions and decrease conflict in relationships.
- **General Support Group (3 different day/time offerings)** - Support for anyone for anything! Join a group of peers for support and processing. Open group.
- **Guided Meditation** - Students are welcome to come by the library or the SDCC to drop-in for 15-20 minutes of Meditation. Students with all levels of experience meditating are welcome! No need to sign up—just stop by.
- **Grief Group** - For students experiencing loss and looking for a supportive environment in which to heal.
- **LGBTQIA+** - Open to students who identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual, or questioning, among other identities. This group provides an opportunity to discuss issues related to gender identity and sexual orientation as well as any other life issues or stressors.
- **Mindful Self-Compassion** - Join your peers to learn and practice skills to relating to yourself with kindness and care rather than judgement and criticism.
- **OCD Group** - Open to any student who experiences OCD, hoarding, or specific phobias. The group is structured as an informational, skill-building, and discussion group on navigating college and life with these challenges.
- **RIO** - (Recognition, Insight and Openness) is a three-session workshop that provides basic insight into who we are as human beings and how we can get more out of what we want in life.
- **Self-Care and COVID-19** - Returning to school in the midst of a pandemic is new for all of us. This group is open to any student who wants to talk with peers about adapting, coping, and self-care during COVID times.
- **Student-Athlete Group** - Student-Athletes are invited to join peers to discuss challenges and joys of being a student-athlete during COVID times including time management, self-care, stress, teamwork and identity as a student athlete.
- **Survivor’s Group** - Open to all students who have experienced sexual, dating or domestic violence. A confidential space to connect with other survivors, learn coping strategies, and give and receive peer support.
SDCC Community Development

• Advisors for Peer Support initiatives
  – Active Minds – Students dedicated to mental health stigma reduction
  – SPARC – Student advocates for reducing sexual harassment/assault
  – PASS – Students promoting safe choices in terms of alcohol use

• Student Support Network Training
  – Six week mental health training helping students to be better skilled and supported in recognizing and responding to mental health distress

• 1 to 2 hour trainings for faculty/staff/student groups in "Recognizing and Responding to Student Distress"
Residential Services

• Residence Hall Staffing
  – Resident Advisors, Graduate Housing Advisors: student staff members
  – Community Directors: professional staff members

• Opening & A Term – Lessons Learned & Policies

• Programs Offered
  – Lawn Games, Tie Dye, Chopped, Virtual Trivia

• Moving Forward
  – Continued addition of in-person programs
  – Colder weather

• Some things stay the same
  – Meaningful conversations
  – Student check ins
The Office of Academic Advising serves all undergraduate students as a professional advisor.

**Advising Model**
- Insight Advisor
- Faculty Advisor
- Professional Advisor

**Academic Resources Center**
- MASH
- Tutoring

**Insight Program**
- Community Advisor, Resident Advisor, Insight Advisor
- Programming to support transition, Orientation through B Term