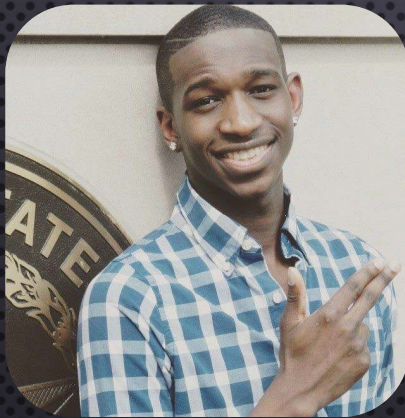




STEPHEN F. AUSTIN  
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**BRONSON UNIVERSITY  
ONLINE RESIDENT ASSISTANT  
TRAINING PROPOSAL**



# STUDENTS TODAY, LEADERS NOW

## Training Goals:

- Help students understand how the role of a Residence Assistant will help develop their role as a student and a leader.
- Ensure the modules are relevant info to situations that students may encounter and can solve.





# WEBINAR INFORMATION:



“Innovative Educators is dedicated to providing superior training focused on critical issues facing students and educators today. Our primary goal is to provide the information, training, and skills necessary to implement positive change on a personal, professional, and institutional level.”

## Webinar Package:

- There is a unlimited webinar package deal offered by Innovative Educators that allows access to large library, as well as live, webinars via their online portal.
- The portal has the ability to not only track your students progress, but gives your students access to over 40 topics over soft skills that can help make them into the leaders we need now.
- In this presentation, all icons located in the top right corner will take you to the webinar page or to the package available for purchase with that topic.
- All webinars are pre-recorded and provided online through Innovative Educators.



# Training Modules:

1. Improving Overall Customer Service
2. Well-Being, Balance & Success
3. Mental Health & Suicide
4. Sexual Violence Awareness & Prevention
5. Time Management
6. Animals On Campus
7. Helping Students Cope With Stress, Anxiety, & Panic Attacks
8. Responding To Traumatic Events





# Improving Overall Customer Service: With 60 Research Based Service Strategies

## Webinar Objectives:

- Describe three industry proven service strategies that can be implemented at your institution
- Energize frontline staff to re-focus on quality service
- Recognize the value of quality service to your institution
- Using the information presented, develop a personal action plan for your institution



## Presenter: Dr. Geri Anderson

- Retired Vice President and Provost for the Colorado Community College

## Overview of webinar:

- In this entertaining, fast-paced presentation, 60 research-based service strategies will be introduced. Participants will then be able to apply the best practices to the institution's service standards.



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# How To Achieve Well-Being, Balance & Success

## Objectives:

- Identify the six dimensions of personal well-being
- Identify college transition and adjustment issues connected to the dimensions of well-being
- Identify their weakest life dimension
- Identify their strongest life dimension and how it can be used to strengthen their weakest dimension for a more fulfilling life
- Apply the Change Cycle Model to a challenge they are currently experiencing in one of their areas of well-being

## Presenter: Steve Piscitelli

- A recognized teacher, author and workshop facilitator
- Retired from Florida State College at Jacksonville

## Overview of webinar:

- When students know how to care for their personal well-being they are better equipped to adapt and thrive in the college environment. By identifying college transition and adjustment issues connected to the dimensions of well-being, students can feel intellectually alert, emotionally stable, and physically strong. This workshop helps students develop a sense of well-being that will allow them to embrace change, take action toward their dreams, and live a life of integrity.



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# Mental Health & Suicide: Helping Yourself and Others



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## Objectives:

- Examine the prevalence and demographics of mental illness in the United States
- Understand the symptoms of Major Depressive Disorder, Bipolar Disorder, Panic Disorder, and Posttraumatic Stress Disorder
- Gain insight into the nature of suicide by identifying common myths and facts surrounding suicide
- Learn warning signs for suicide
- Review the steps involved in suicide assessment and crisis intervention
- Explore strategies to effectively respond to mental health concerns that you may have for yourself or in someone you know
- Determine when to make a referral to a mental health professional
- Identify appropriate referral sources and practical tips for how to make a referral



## Presenter: Dr. Peggy Mitchell Clarke

- Clinical psychologist, mental health consultant, and retired psychology professor

## Overview of webinar:

- Many students struggle with depression and anxiety every day and have mental health issues that interfere with their ability to succeed academically, personally, and socially. Do you know the signs of a mood or anxiety disorder? Would you know how to intervene if a friend were suicidal? This video will review signs of several common mental health issues and what practical steps to take to respond to a mental health crisis and make mental health referrals.



# Sexual Violence Awareness & Prevention: A Title IX Training For Students

## Objectives:

- Define all types of sexual violence
- Identify myths related to sexual violence and the facts behind them
- Understand the Campus SaVE Act and the responsibilities of colleges
- Recognize the relationship between sexual violence and alcohol
- Explore their knowledge of stalking and identify stalking behaviors
- Understand the importance of bystander intervention
- Describe how to report sexual assault
- Explore reasons college students do not report rape or sexual assault
- Understand what they can do if they or someone they know has been sexually assaulted
- Utilize strategies to help prevent sexual violence and promote healthy relationships



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## Presenter: Dr. Peggy Mitchell Clarke

- Clinical psychologist, mental health consultant, and retired psychology professor

## Overview of webinar:

- In this session, Dr. Peggy Mitchell Clarke helps students understand what sexual violence is and the effects that it can have. In addition to providing statistics and prevention strategies, Dr. Clarke provides information to help students develop the skills necessary to promote and maintain healthy relationships, to reduce risk, and to support victims of sexual violence. The workshop provides real-life scenarios that help students understand what consent is and is not and how to prevent sexual violence. Information about bystander intervention, the Campus SaVE Act, issues related to Title IX, and the responsibilities of colleges and universities are also discussed.



# Time Management: Strategies For Success

## Objectives:

- Strategies to self-regulate learning
- The 8-8-8 Formula for effective time management
- To plan for both long and short-term goals
- How to follow a three-tier time management system for college students: creating a semester schedule, designing a weekly schedule, and making a daily schedule
- Tips for following through the time management plan



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## Presenter: Laurie L. Hazard

- Assistant Dean for Student Success at Bryant University in Smithfield, RI

## Overview of webinar:

- The various aspects of college life place many demands on your time. Psychologists have studied time management practices extensively and have concluded that effective time management practices have a significant influence on college achievement.



# Animals On Campus 2.0: Creating Policies For Inclusion, Accountability, & Safety

## Objectives:

- Identify key stakeholders involved in the development of a campus animal policy and supporting departmental procedures for their institutions
- Distinguish between items appropriate to include in policy vs. procedure documents
- Explore key questions, potential barriers, applicable laws, and possible options when presented with animal requests from various campus constituents

## Presenter: Aaron Distler

- Bachelor's Degree in Psychology with a minor in Sociology from University of Central Florida
- Obtaining his Master's Degree in mental health counseling

## Overview of webinar:

- Participants will learn about the development of a campus-wide animal policy including the various stakeholders present, the legal considerations, and the concurrent creation of departmental procedures to manage the implementation of the policy.



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# Helping Students Cope With Stress, Anxiety, & Panic Attacks

## Objectives:

- Learn the prevalence of anxiety and stress for college students
- Understand common sources and signs of stress
- Identify signs of anxiety
- Recommend strategies for student self-care
- Describe stress management tools students can use that can be used throughout the semester
- Learn how to make appropriate referrals to the Behavioral Intervention Team

## Presenter: Dr. Peggy Mitchell Clarke

- Clinical psychologist, mental health consultant, and retired psychology professor

## Overview of webinar:

- This webinar is for faculty and staff and will review the signs of student stress and anxiety. Participants will also receive practical advice on how to respond to these signs and make appropriate referrals. Stress management tools and self-care tips that faculty and staff can recommend to their students will be shared.



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# Responding To Traumatic Events: Needs Assessment, Effective Planning & Comprehensive Training



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## Objectives:

- Learn what constitutes a traumatic event and what the three types of trauma are
- Construct a traumatic-readiness needs assessment for your campus
- Describe the different ways trauma affects students – individually and collectively
- Discuss the qualifications needed to respond appropriately to different types of trauma
- Identify the critical decisions that must be made in responding to traumatic events
- Develop a plan for assessing the response to a traumatic event with the goal of continuous improvement

## Presenter: Dr. Aaron W. Hughey

- Currently a professor at Western Kentucky University
- Professor in the Department of Counseling and Student Affairs

## Overview of webinar:

- Whether it's a shooting, altercation, or another type of violent incident, an outbreak of meningitis or some other contagious disease, a protest or a celebration that turns into a riot, a train derailment or other transportation accident, a weather-related event or other natural disaster, the potential for traumatic events to occur on the contemporary college campus is ever-present.





# Creating Holistic Students



Communication



Influence



Team Work



Decision Making



Organization



Global Fluency





**QUESTIONS?**



# References:

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