

CHES/MCHES Sessions

Well-Being Calls: Connecting Students to Peers in the Time of Social Distancing

Thursday, November 5, 2:30pm – 3:30pm

Presenters:

Robert Cardom, *University at Albany*

Dolores Cimini, *University at Albany*

Kassie Sturm, *University at Albany*

Kayla Frias, *University at Albany*

Caroline Belisle, *University at Albany*

In response to the University at Albany's move to remote learning in Spring 2020, the Middle Earth Peer Assistance Program began to check in on student well-being through phone calls with the goal to reach every student enrolled in the university. The primary goal of the project was to connect with students and provide social and instrumental support. We made 7230 calls in the first 12 weeks of the project. We began the calls by asking open-ended questions related to their transition to remote living and learning environment during COVID-19. Callers provided active listening skills (open-ended questions, affirmation, feeling reflections, and summarizing/paraphrasing) to support the student. After talking to our callers, most students did not request further referrals when offered the option. Many indicated that they were just grateful that someone reached out to them. However, 488 students did request referrals. This presentation will outline the details of the project and lessons learned.

Assessing Peer Education and Health Promotion Activities

Thursday, November 5, 3:45pm – 4:45pm | Advisor Track

Presenter:

Kyra Patel, *Appalachian State University*

Peer health educational programs are becoming more popular on college campuses. Through research, we know that students are more receptive of new information from peers rather than staff members, especially when discussing difficult topics. As these groups grow and gain visibility on college campuses, it is important to assess their programmatic activities to ensure that they are actually creating positive change. During this presentation, participants will have the opportunity to learn more about how to assess peer education programs, the importance of assessment, and how to develop learning outcomes for health behavior interventions. Additionally, participants will have the opportunity to brainstorm various ways they can assess their own programs to prove they are creating positive change within their communities.

Keeping Students Engaged on a Shoestring Budget

Thursday, November 5, 3:45pm – 4:45pm

Presenter:

Susie Bruce, *University of Virginia*

Zoom fatigue is real, and Zoom polls have significant limitations. How can you keep audiences engaged without breaking the bank? This program will demonstrate two free audience engagement platforms (Menti.com and Kahoot.it) that work in both live and virtual environments. To get the most out of this presentation, have a 2nd internet-enabled device (iPad, smartphone, etc.) so you can easily play the online games and better decide if these tools are right for you. You can also play along if you toggle between web browsers. You'll learn tips and tricks for incorporating quizzes into your existing presentations, discuss pros and cons of each platform, share other helpful products you've used, and learn about hazing and alcohol overdose prevention, too!

Supporting Students of Color

Friday, November 6, 2:30pm – 3:30pm | Advisor Track

Presenters:

Joleen Nevers, *University of Connecticut*

Frankie Ashun, *University of Connecticut*

The world we walk in is a white one. From business standards to body language, students of color are often silenced or forced into code-switching as a way to safely navigate their environments. While making efforts to recruit students of color, higher education has a long way to go in regards to retaining students of color. Many students of color suffer from feeling as if they don't belong. When witnessing discrimination in its many forms (unconscious biases, microaggressions, tone policing) or silencing, how do we effectively step in to support our disenfranchised students? During this engaging program, participants will explore through small group and large group discussions ways to create space for students of color in addition to understanding how to work towards antiracism.

More Netflix, Less Chill: Sexual Agency in the Age of COVID-19

Friday, November 6, 2:30pm – 3:30pm

Presenters:

Leslie Haxby McNeill, *Miami University*

Alyson Johnson, *Miami University*

Oluwaferanmi Motoni, *Miami University*

COVID-19 and a global pandemic are game changers when it comes to sexual decision making. College is a time to develop relationships, connect with others, and explore intimacy and sexuality. The question of how to fulfill our psychological, emotional, and physical needs while using risk mitigation strategies is discussed in this session and we share our virtual platform program and accompanying social media campaign which can be adapted to other campuses.

Take Back the Net: Tried and True Tips and Tricks for a Trauma-Informed (VS Trauma performed) Virtual Take Back the Night

Friday, November 6, 3:45pm – 4:45pm | Advisor Track

Presenter:

Eric Garrison, *College of William & Mary*

What happened when an international pandemic threatens to shut down the most recognized tradition of Sexual Assault Awareness Month across an entire commonwealth? How did we return a sense of purpose and belonging to countless peer educators, advisors, response personnel, and survivors? What was necessary to host the first state-wide, collegiate Take Back the Night in the United States? Attend this workshop to learn how Virginia did just that this past spring. Discover how to plan for such an event and work from a place other than fear. Learn valuable lessons to make your events go smoothly while adhering to the Goldilocks principle while providing a place for healing and triumph.

That's a Good Question: Answering Difficult Questions and Establishing Boundaries

Saturday, November 7, 3:45pm – 4:45pm

Presenter:

Joleen Nevers, *University of Connecticut*

Peer educators and advisors are bound to be asked difficult questions. How can peer educators and advisors be sure that they are answering these questions to the best of their ability? What are your peer education group boundaries? Are they the same as your boundaries? Join us for a workshop about identifying different types of difficult questions and learn some strategies for answering them. We will be presenting tips and strategies for effectively answering difficult questions in addition to discussing group boundaries and how to establish them.