



McGill

Student
Services

Services aux
étudiants

Building Resilience in Students

Presentation for:

Canadian Agricultural Human Resources Council /
Conseil Canadien pour les ressources en agriculture

March 26, 2018

Dr. Lina Di Genova

Associate Director–Assessment, Learning, & Evaluation &

Interim Director – Tutorial Services

McGill University is on the traditional territory of the Haudenosaunee and Anishinabeg nations, a place which has long served as a site of meeting and exchange amongst nations.

L'Université McGill est sur un emplacement qui a longtemps servi de lieu de rencontre et d'échange entre les peuples autochtones, y compris les nations Haudenosaunee et Anishinabeg. McGill honore, reconnaît et respecte ces nations à titre d'intendant traditionnel des terres et de l'eau sur lesquelles nous nous réunissons aujourd'hui.

Overview

- 21st Century Students
- What our 21st Century Students are Dealing With?
- How Can We Build Resilience in Students?
- Discussion

21st Century Students

Generation Z

What our 21st Century Students are Dealing With?



What our 21st Century Students are Dealing With?

- Increased Volatile, Uncertain, Complex and Ambiguous (VUCA) World
- Emerging adulthood (16 to 29 years old)
- Level of preparedness
- Increased distress



What our 21st Century Students are Dealing With?

- Employer Expectations – NACE Career Readiness Competencies:
 - Critical Thinking / Problem Solving
 - Professionalism / Work Ethic
 - Teamwork / Collaboration
 - Oral/Written Communications
 - Information Technology Application
 - Leadership
 - Career Management
 - Global / Intercultural Fluency

Canadian Colleges & Universities Experience Increased Demand for Student Mental Health Support

35% Average percent increase in the number of **counseling appointments** across 13 post-secondary institutions, over the last five years

In the News:



*The kids aren't alright:
It's time to get serious
about student mental
health*



*Ontario Campus Counsellors
Say They're Drowning in
Mental Health Needs*

- Source: Cribb R, Ovid N et al., "Demand for Youth Mental Health Services is Exploding. How Universities and Business Are Scrambling to React," *Toronto Star*, May 29, 2017, <https://goo.gl/ugcqdk>; EAB interviews and analysis.

What our 21st Century Students are Dealing With?

Mental Health



**1 in 5 diagnosed or treated
within the last year**

Academic Impacts

**Conditions affecting
academic performance of
more than 20% of students:
Stress , Anxiety, Sleep,
Depression**



Feeling Overwhelmed



**90% felt overwhelmed by all
they had to do within the last
year**



Common Contributors to Psychological Distress

- Lack of Connection
 - Imposter syndrome
 - Lack of belonging/community
- Lack of Healthy Relationship with Self
 - Motivate self by beating self down/focusing on catastrophe
- Coping with demands of Academics
 - Workload
 - Ability to work autonomously
 - Supervisor challenges
- Perfectionism
 - Unrelenting standards
 - Procrastination



Factors contributing to Mental Health

- Relationships
 - Social connection
 - Social and conflict management skills
 - Self-esteem (healthy relationship with self)
- Physical Health
 - Nutrition
 - Responsible use of drugs & alcohol
 - Exercise
- Coping Skills
 - Problem solving skills
 - Ability to cope with stress
 - Ability to face adversity
- Environmental Stressors
 - Employment
 - Work stress

Defining Resilience

- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors.

American Psychological Association, 2017



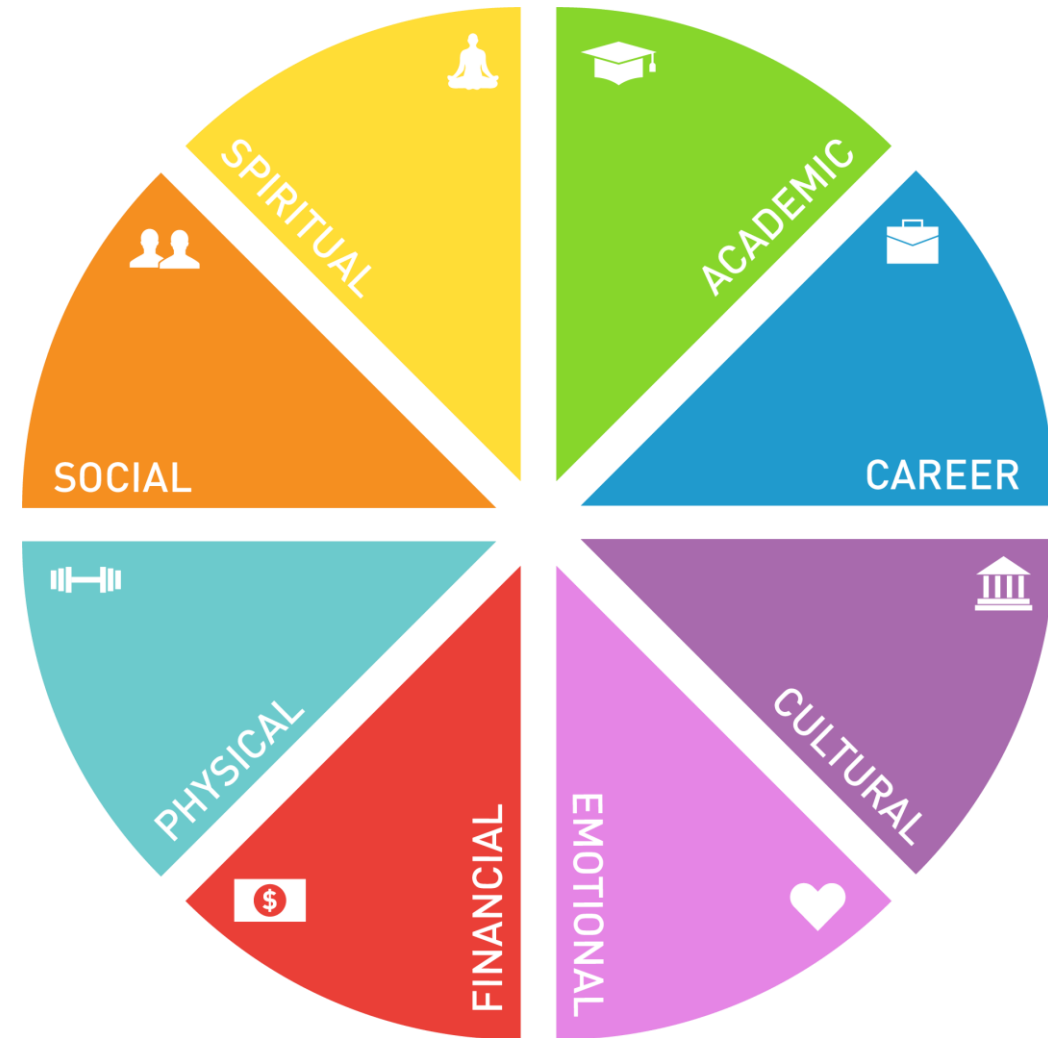
Group Discussion

How can we build resilience in students?

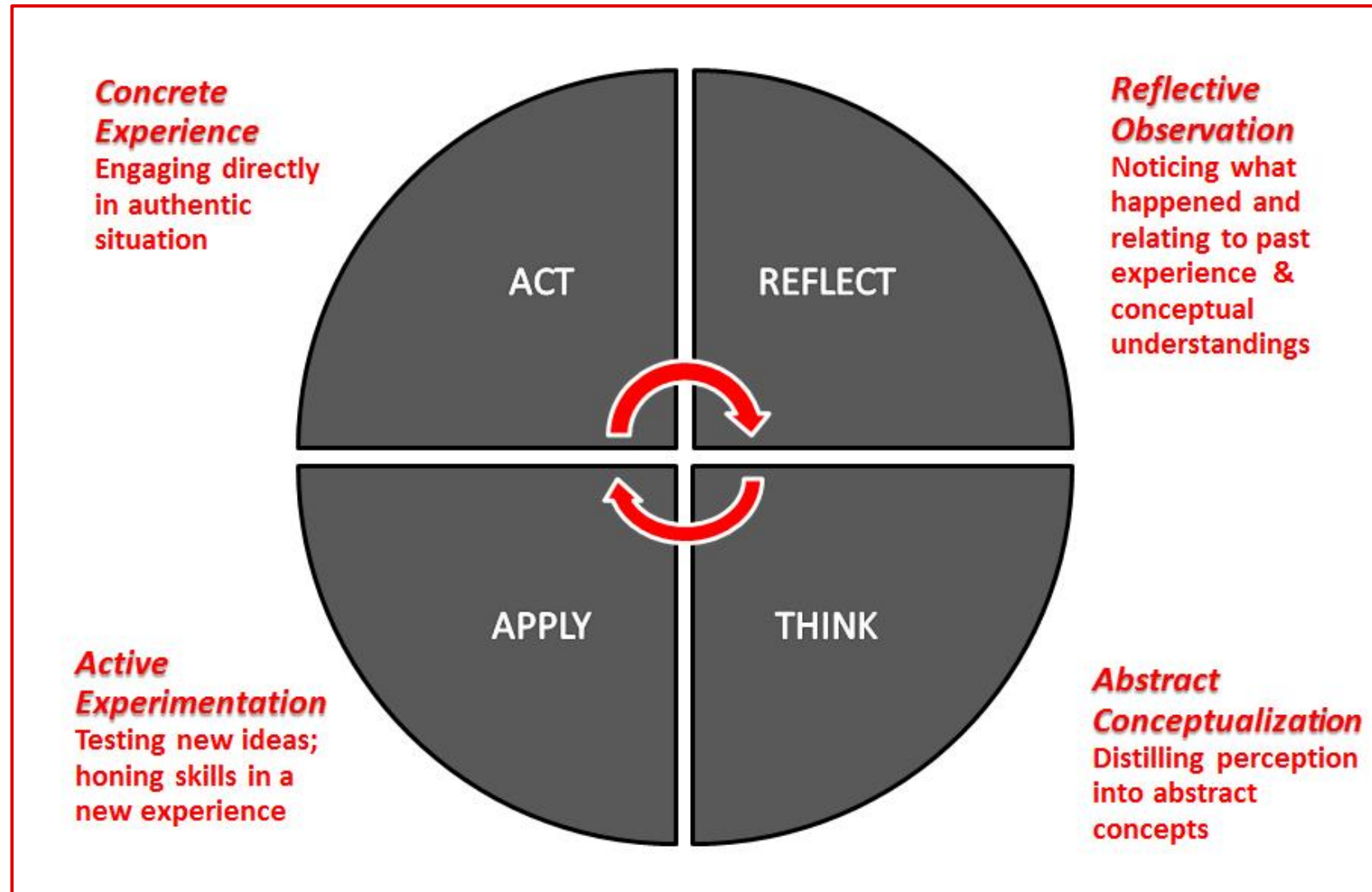
Dimensions of Wellness: *Wellness Wheel*

Each component can be thought of as a single spoke on the wellness wheel. If one of the areas of the wheel is neglected, a person's daily experience may be stressful, tiring, difficult, and/or challenging.

-Laverick, 2004



Kolb's Cycle of Learning



Skills Development Programs

- 89% of senior students reported that their service-learning experience helped them to understand the connection between studies and real life (NSSE, 2013)
- Help students transition throughout their academic journey and beyond!



involvement.mcgill.ca



Thank you /
Merci!