

IBMA Recognition Webinar

Marie Vivas – Senior Recognition Manager – US and Canada, IBO

Agenda

- Recognition overview
- Destination data
- May 2023 session updates
- IB students at US universities and colleges
- Resources for counselors
- New developments
- Telling your IB story to universities
- College counseling in the era of trauma



Recognition Overview



Marie Vivas, Senior Recognition Manager US and Canada

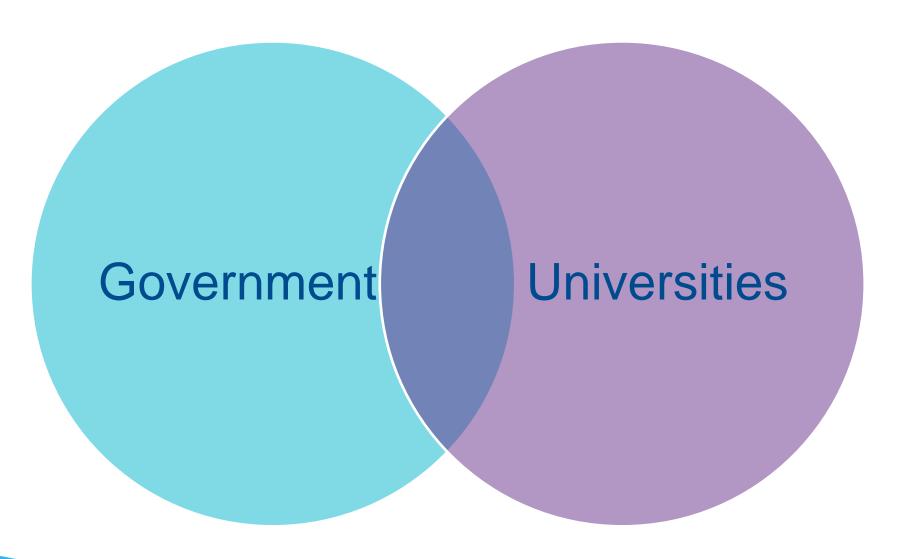


Crystal Kinser,
Senior Government Relations Manager for
North America



Bob Poole, Development Specialist

WHAT IS RECOGNITION?





Government Recognition

- Access to university
- Create mobility between countries and educational systems at all levels of the IB
- In many countries, provinces and states, universities rely on official recognition from the government, and are required to follow the governmental rules.



University Recognition

- Role of the university recognition teams is:
 - Educate institutions about the IB (rigor, content, etc.)
 - Approach them to establish MOUs, treaties with associations, institution to institution, etc.
- Goal: students can obtain benefits such as:
 - Direct entry without examinations
 - Advanced standing
 - Credits
 - Scholarships
 - Special opportunities (e.g. research opportunities, fellowships, year abroad)

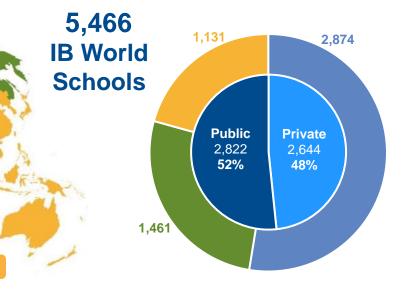


Legislation / Policy recent achievements

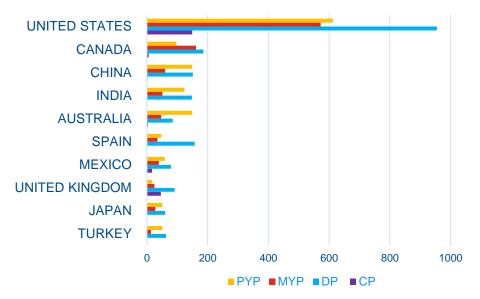
- Ohio
- Utah
- Virginia
- New Mexico
- Nevada
- Florida
- Tennessee
- California
- Alabama (grad and PD)

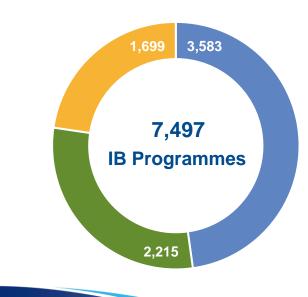


Global Reach



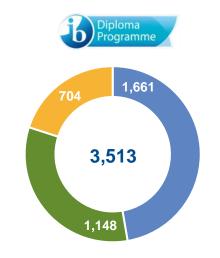
Top 10 countries delivering IB programmes

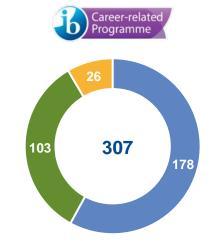








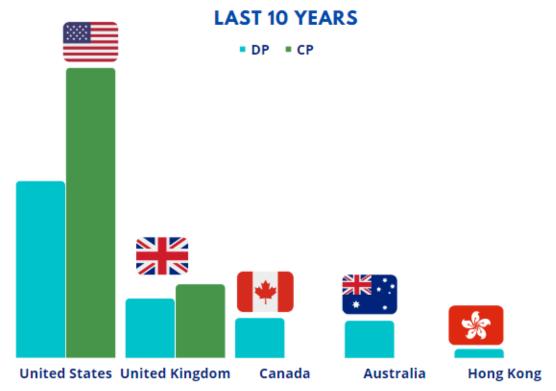






Transcript Destinations last 5 years

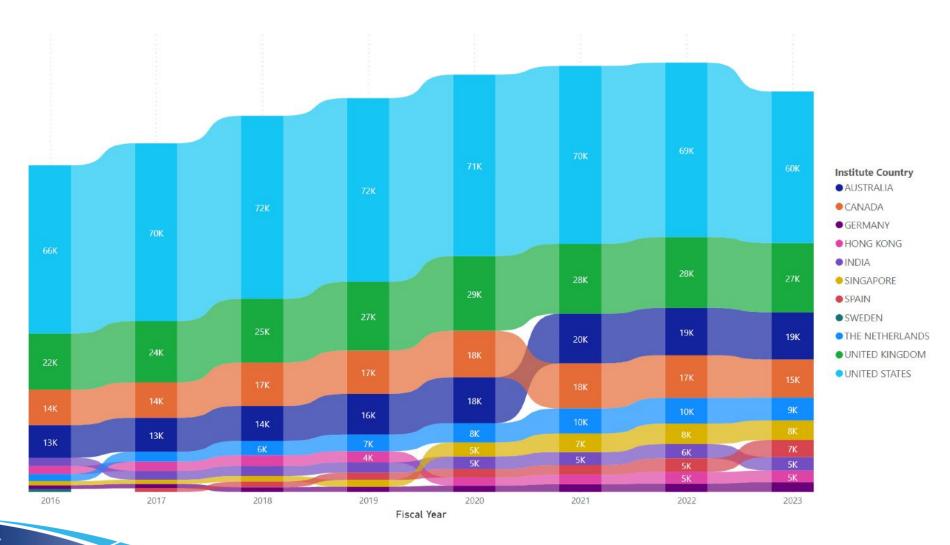
UNITED STATES	37.2%
⊕ UNITED KINGDOM	15.1%
AUSTRALIA	9.9%
⊕ CANADA	9.2%
⊕ THE NETHERLANDS	4.7%
⊕ SINGAPORE	3.4%
⊕ INDIA	2.7%
⊕ SPAIN	2.4%
⊕ HONG KONG	2.2%
⊕ GERMANY	1.6%
⊕ REPUBLIC OF KOREA	0.9%
⊕ JAPAN	0.7%
⊕ ITALY	0.7%
⊕ IRELAND	0.7%
⊕ SWEDEN	0.7%
⊕ NORWAY	0.6%
⊕ DENMARK	0.5%
⊕ FINLAND	0.5%
■ UNITED ARAB EMIRATES	0.5%
NEW ZEALAND	0.5%
⊕ SWITZERLAND	0.5%
⊕ JORDAN	0.4%
⊕ FRANCE	0.4%
⊕ EGYPT	0.4%
⊕ POLAND	0.4%
□ LEBANON	0.3%
Total	100.0%



For CP transcripts 75% of transcripts are sent to the USA, with 19% to the UK and 6% spread across all other countries. To a certain extent this represents where our CP students are based.



Changing trends





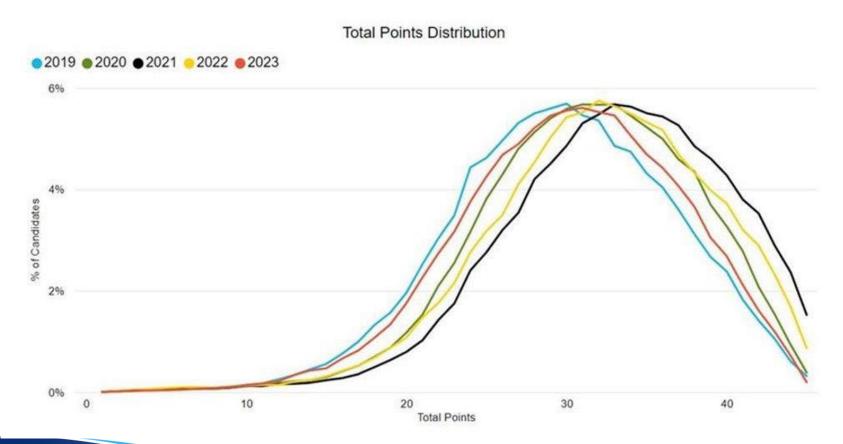


May 2023 Session Updates

Grade Distributions for May 2023 session



Including 2020-2022 – M23 (red line) has shifted back to 2019.

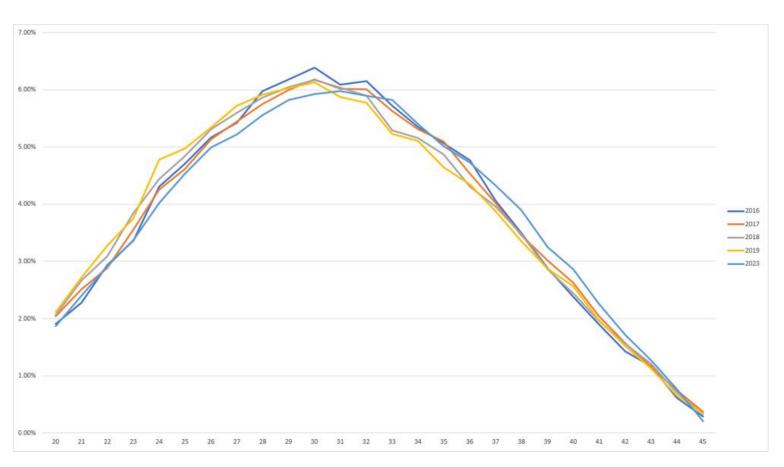




Grade Distributions for May 2023 session



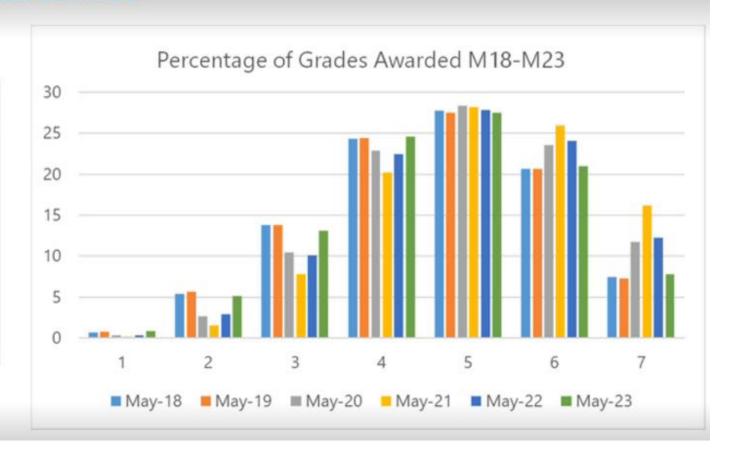
- Results were stronger in May 2020 and 2021 than previous sessions. Took into account the impact of the pandemic.
- 2023 results returned to pre-pandemic distributions.
 2020 to 2022 omitted from here to show that.





Results Headlines

• The distribution of grades awarded is similar to that of M19 and M18;

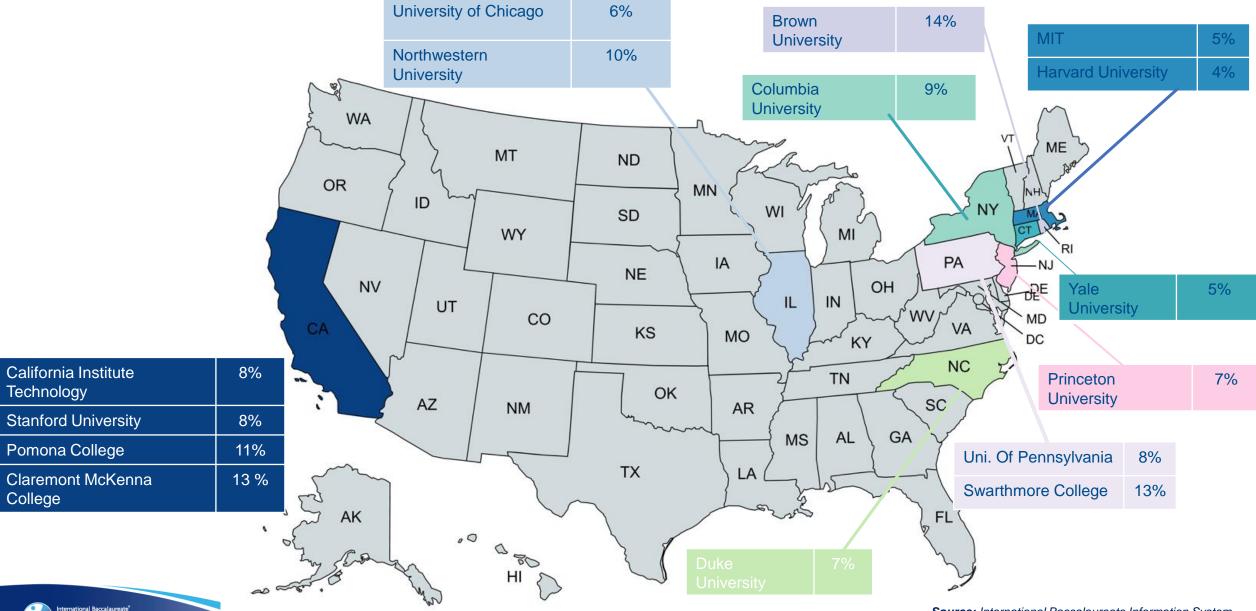






IB Students at US Universities and Colleges

IB Students at Highly Selective Universities and Colleges in the US



NORTHEASTERN STATES

Research Universities

New York State

New York University – 11 % Columbia University – 9 % Cornell University – 6 % University of Rochester – 4 %

Pennsylvania

University of Pennsylvania— 8 % Carnegie Mellon University— 6 % Lehigh University — 1 %

New Hampshire

Dartmouth College – 4%



Connecticut Yale University – 5%

New Jersey
Princeton University— 7%

Massachusetts

Northeastern University – 24%
Boston University – 10 %
Brandeis University – 7%
Tufts University – 7 %
Boston College – 3%
MIT – 5%
Harvard University – 4%



NORTHEASTERN STATES Liberal Arts Colleges

New York

Vassar College

– 10%

Colgate Collage - 5%

Hamilton College– 5%

United States Military Academy– 3%

Barnard College- 1%

Maine

Bowdoin College– 8%

Bates College- 6%

Colby college– 5%

Pennsylvania

Swarthmore College– 13%



Vermont

Middlebury College – 14%

Connecticut

Wesleyan University— 8%

Massachusetts

Wellesley College – 12% Smith College – 10% Williams College – 8% Amherst College – 4%



MID-ATLANTIC and SOUTHEASTERN STATES

Florida

University of Florida – 6%

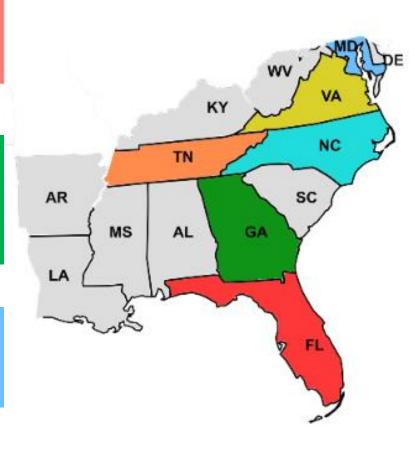
Georgia

Emory University— 7 %
Georgia Institute of Technology – 4
%

University of Georgia – 3 %

Maryland

Johns Hopkins University— 7%



Tennessee

Vanderbilt University— 5%

North Carolina

Duke University– 7% University of North Carolina at Chapel Hill – 6%

Wake Forest University – 2% Davidson College – 10%

Virginia

College of William and Mary – 5% University of Virginia – 4% University of Richmond - 8% Washington and Lee University – 10%



MIDWESTERN STATES

Illinois

Northwestern University -10% University of Chicago— 6% University of Illinois at Urbana-Champaign – 2%

Indiana

University of Notre Dame – 2%

lowa

Grinnell College- 6%



Minnesota

Macalester College- 9% Carleton College- 12%

Wisconsin

University of Wisconsin – Madison – 3%

Michigan

University of Michigan - Ann Arbor - 5%

Ohio

Case Western Reserve University – 4%



WESTERN STATES

California

University of California -Berkley–9%

University of Southern California – 9%

California Institute of Technology-8%

Stanford University – 8%

University of California - San Diego - 6%

University of California – Davis – 4%

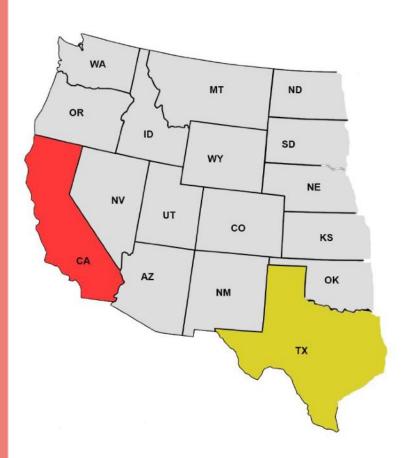
University of California – Irvine – 4%

University of California - Santa Barbara – 4%

University of California – Los Angeles –4%

Claremont McKenna College- 13%

Pomona College – 11%



Texas

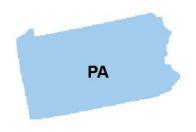
Rice University— 4% University of Texas at Austin— 3%

Colorado

Colorado College – 9%



Top 100 IB Transcript University Receivers in the United States Pennsylvania, Georgia, District of Columbia, Massachusetts



<u>PENNSYLVANI</u>	<u>A</u>
Pennsylvania State University	473
University of Pennsylvania	264
University of Pittsburgh	180
Carnegie Mellon University	170



DISTRICT OF COLUM	<u>IBIA</u>	
George Washington Uni.	212	
American Uni.	160	



<u>GEORGIA</u>		
University of Georgia	513	
Georgia Institute of Technology	430	
Savannah College of Art and Design		
(SCAD) - All locations	220	
Emory University	217	



<u>MASSACHUSETTS</u>			
Northeastern University	638		
Boston University	552		
University of Massachusetts -			
Amherst	232		
Tufts University	195		
Harvard University	168		
Boston College	161		
Hult International Business School			
(All Locations)	144		



Top 100 IB Transcript University Receivers in the United States California, Texas, New York, Virginia, Florida



<u>CALIFORNIA</u>	
University of California - San Diego	803
University of California - Los Angeles	675
University of California - Berkeley	672
University of Southern California	540
University of California - Davis	454
University of California - Irvine	386
University of California - Santa	
Barbara	291
University of California - Riverside	290
Stanford University	241
California Polytechnic State	
University - San Luis Obispo	218
San Diego State University	186
University of California - Santa Cruz	176
California State University -	
Fullerton	170
Fresno City College	148



<u>TEXAS</u>	
University of Texas at Austin	534
Texas A&M University - College	
Station	380
University of Texas at Dallas	220
Dallas College	208
University of Texas at Arlington	161
University of Houston	150





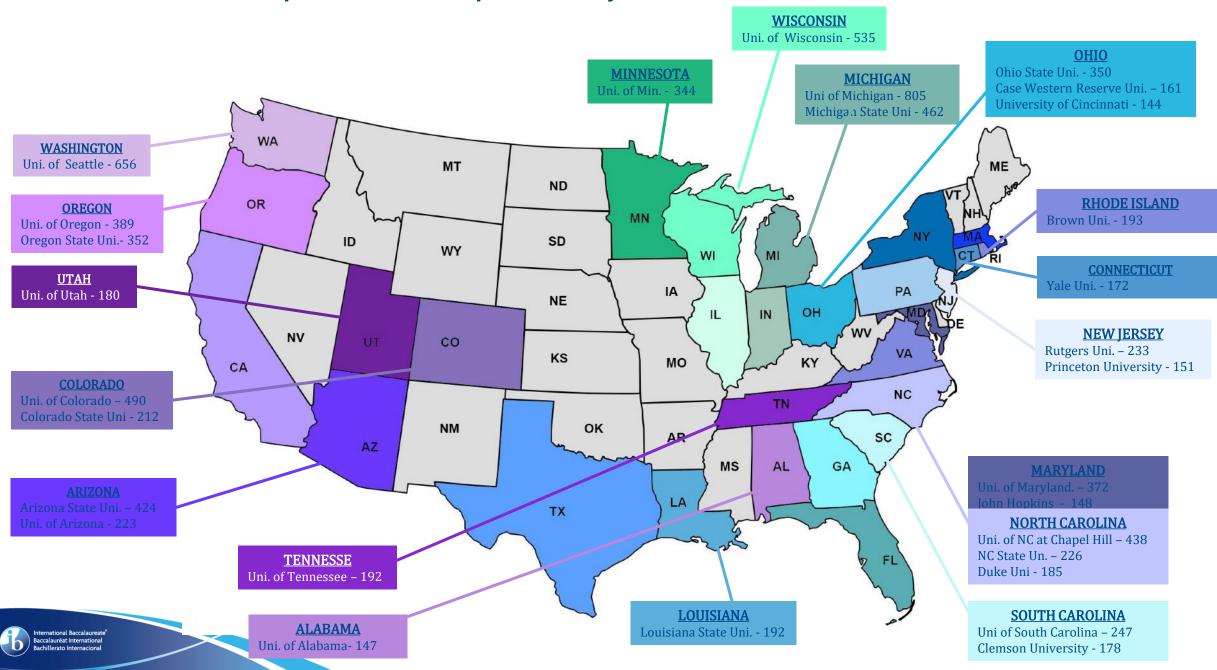


<u>NEW YORK</u>	<u>NEW YORK</u>		
New York University	794		
City University of New York (CUNY)	317		
Cornell University	301		
Syracuse University	211		
Columbia University	194		
SUNY - Stony Brook University	181		
Fordham University	178		
he New School – New York	171		
SUNY - Binghamton University	167		
Jniversity of Rochester	151		
SUNY - University at Buffalo	147		

<u>VIRGINA</u>			
Virginia Tech	483		
University of Virginia	470		
George Mason University	358		
Virginia Commonwealth University	250		
Northern Virginia Community College -			
Annandale	232		
James Madison University	196		
College of William and Mary	177		

<u>FLORIDA</u>	
University of Florida	1,193
University of Central Florida	688
University of South Florida	628
Florida State University	570
Florida International University	288
University of Miami	230
Florida Atlantic University	185

Top 100 IB Transcript University Receivers in the United States





Resources for Counselors

IB Recognition Newsletters

- Newsletters sent every quarter.
- Next editions in September 2023.
- For UCCs (University and Careers Counsellors), you need to sign up for MyIB and then select the UCC role, in order to receive this.
- For universities, it is sent to the IBIS Admin and Transcript Users. There's a Communications User role for university staff based in recruitment roles. Sign up for MyIB and select the appropriate role.







SCAN ME

tinyurl.com/IBO23



Resources for UCC's

- Resources in the PRC for UCC's (Programme Resource Centre)
 - Guide on how to send transcripts via IBIS
 - Exceptions IBIS list, where transcripts are not sent directly to universities in some countries
 - How to apply for a non-regular diploma
 - 1. Log onto My IB <u>— Click</u> here
 - 2. Click this link:

tinyurl.com/IBadmissionsPRC

Blogs | Ask a question

University admissions

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IB graduate letter - PDF *

Letter to accompany university application Diploma programme, 2022 - PDF *

Letter to accompany university application Diploma programme, 2021 - PDF *

Letter to universities regarding English language requirements - PDF *

Resource Guide to support University and Career Counsellors (UCCs) - PDF *

School agreement for German university recognition - PDF *

Updated German recognition of DP mathematics SL (January 2021) - PDF *
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Self-learning modules for UCC's

country-specific self-learning modules:

- How to apply to: Germany, Spain and The Netherlands
- How to apply to: Canada, China, Japan, Hong Kong, Singapore, South Korea, United States, United Kingdom (Winter 2023)
- FREE resource for UCC's
- Leave your feedback we want to hear from you!
- Good for new UCC's to the region, or as a good refresher







Self-learning modules for UCC's



Do you have a student interested in studying in the Netherlands?

The Netherlands is one of the most developed nations in the world. Known for its tolerant and liberal ethos, it has a high-quality, international system of higher education that dates to the 16th century.

The Netherlands has 50 institutions offering higher education: 14 research universities offering bachelor's, master's, and PhD programmes, and 36 universities of applied sciences offering bachelor's, some master's, and and few PhD programmes; art academies, conservatories, and primary education are also offered within universities of applied sciences.

In addition to a wide range of taught university courses taught in Dutch, the Netherlands offer more than 340 undergraduate, international study programmes and courses taught in English. You can view available the options at www.studvinholland.nl. The academic rigour at Dutch universities, combined with modest tuition fees, make the Netherlands one of Europe's most popular destinations for higher education.

Learn more about education philosophy in Netherlands.

Education philosophy

Explore some of the course requirements for universities in the "course requirements" section, or continue reading to learn more.

























UNIVERSITY SELECTION

ALTERNATIVE ROUTE

APPLICATION

ACCEPTANCE







Self-learning modules for UCC's



What are the requirements?



Admission requirements for most Dutch study programmes are now expressed in terms of four specific subject clusters that students choose in their secondary school programme: culture and society, economics and society, science and health, and science and technology. These subject clusters affect the admission requirements for students with foreign and international qualifications, including IB students. Although there is no need to emulate these specific subject clusters fully, some universities stipulate that specific IB subject requirements be met. Additionally, some competitive programmes, such as PPLE, IBA, IBEB and university colleges require certain scores, varying from 33 to 38 points. Further, the IB Career-related Programme (CP) as well as IB courses in combination with an accredited high-school diploma, allows access to universities of applied sciences.



DP course selection

Six courses, three higher levels plus three standard levels.

- 1. Studies in language and literature: language A
- 2. Language acquisition: language B (or a second language A)
- 3. Individuals and societies: business management, digital society, economics, geography, global politics, history, information technology in a global society, philosophy, psychology, social and cultural anthropology, world religions
- 4. Sciences: biology, chemistry, computer science, environmental systems and societies, design technology, physics, sports, exercise and health science.
- 5. Mathematics: mathematics: analysis and approaches or applications and interpretation.
- 6. The arts: any arts subject or other subject is accepted. Learn more.

Go to the "university selection" section or continue reading to learn more.

Select the areas of study below to reveal the DP course requirements specific to admission to those programmes. Medicine / Pharmacy **Economics / Business** Engineering **Humanities and social sciences**























REQUIREMENTS



ALTERNATIVE ROUTE









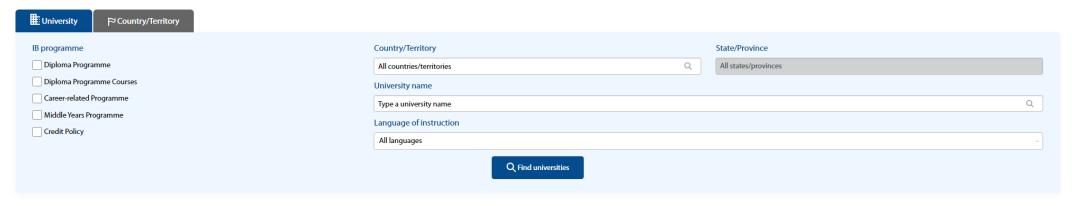


Recognition Statements database

- Detailed country-specific statements: How is this country recognized?
- University IB recognition policies: How are IB programmes accepted?



Find countries/territories and universities that recognize IB programmes



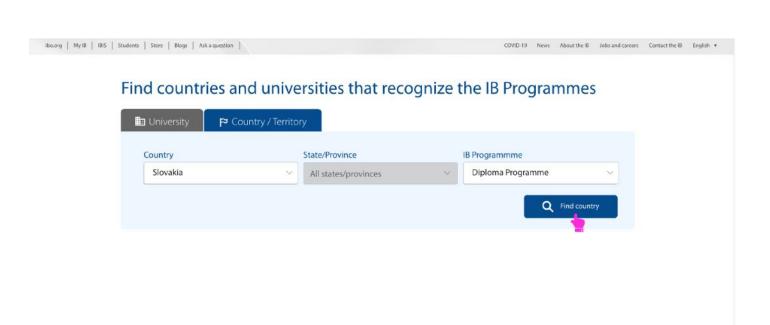
Return to our public website to discover research about why IB students succeed in higher education

Read curriculum updates and subject briefs, understand how the IB collaborates with universities and contact the IB about university admission and recognition.



Recognition Statements database

- Search by country and/or university
- Search by IB programme
- University launching in June 2023

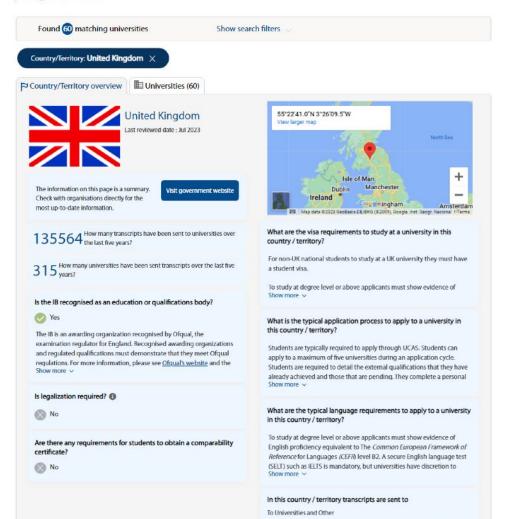


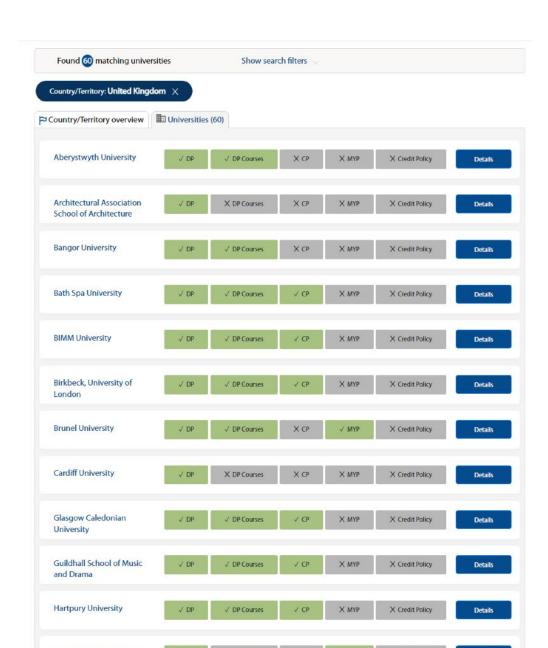


Recognition Statements database



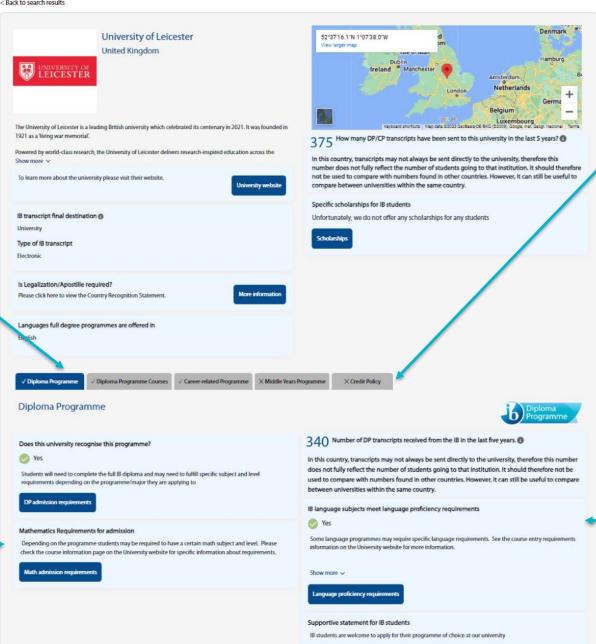
Find countries/territories and universities that recognize IB programmes







< Back to search results



Credit policy

Language requirements

Maths requirements

Programme-specific

requirements



Supporting student choice in DP mathematics

Design

Figure 1 shows the number of teaching hours for each of the four courses (MAA SL, HL and MAI SL, HL).

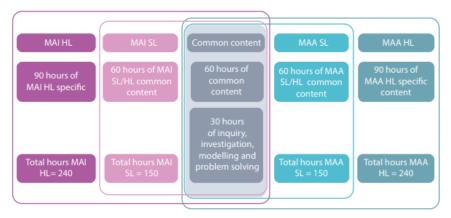


Figure 1: Teaching hours for the four mathematics courses

tinyurl.com/IBOmaths

International Baccalaureate* Baccalauréat International Bachillerato Internacional

Table 1: General DP mathematics admissions criteria

University program Countries and	Mathematics, Engineering and	Life sciences, medicine and	Economics	Arts
Territories	Physical sciences	psychology	and business	and humanities
Australia	Most universities accept MAA SL, MAA HL or MAI HL, some universities may consider MAI SL.	Most universities accept MAA SL, MAA HL or MAI HL, some universities may consider MAI SL.	Most universities accept MAA SL, MAA HL or MAI HL, some universities may consider MAI SL.	Mathematics is not a specifi requirement for these courses at most universities
Canada	Both math courses are accepted at HL , but MAA HL may be preferred.	Most universities accept MAA SL and both math courses at HL, but MAA HL may be preferred.	Most universities accept MAA SL and both math courses at HL, but MAA HL may be preferred.	All four mathematics course are permitted, but MAA HL or MAI HL may be preferred
France	Most universities accept all four mathematics courses.	Most universities accept all four mathematics courses.	Most universities accept all four mathematics courses.	Most universities accept all four mathematics courses.
Germany	Most universities accept both math courses at HL, but MAA HL may be preferred.	Most universities require MAA SL or MAI SL, but MAA HL may be preferred.	Both math courses are accepted at HL, but MAA HL may be preferred.	Most universities require MAA SL or MAI SL.
Hong Kong	Most universities accept both mathematics courses at HL, but some may consider MAA SL	Most universities will accept any of the four mathematics courses, but MAA HL or MAI HL may be preferred for certain programs.	Most universities will accept any of the four mathematics courses, but MAA HL or MAI HL may be preferred for certain programs.	Mathematics is not a specifi requirement for these courses at most universities
India	Most universities require MAA HL or MAI HL.	Mathematics is not a specific requirement for these courses at most universities.	Most universities will accept any of the four math courses.	Most universities will accept any of the four math course
Japan	Most universities require MAA HL or MAI HL.	Most universities require MAA HL or MAI HL.	Most universities will accept all four mathematics courses, but MAA HL or MAI HL may be preferred.	Most universities will accep all four mathematics course but MAA HL or MAI HL may be preferred.
Netherlands	Most universities require MAA HL.	Life Sciences and Medicine – most universities require MAA SL, MAA HL or MAI HL. Psychology – most universities require MAA SL, MAA HL or MAI HL.	Economics – most universities require MAA SL, MAA HL or MAI HL. Business – most universities require MAA SL, MAA HL or MAI HL.	Most universities require MAA SL, MAI HL or MAA HL, but some may consider MAI SL.
Singapore	Most universities accept both math courses at HL, but some may prefer MAA HL.	Most universities accept all four mathematics courses, but some may prefer MAA HL for certain programs.	Most universities accept all four mathematics courses, but some may prefer MAA HL or MAI HL for certain programs.	Mathematics is not a specifi requirement for these courses at most universities
South Korea	Mathematics is not a specific requirement for these courses at most universities.	Mathematics is not a specific requirement for these courses at most universities.	Mathematics is not a specific requirement for these courses at most universities.	Mathematics is not a specifi requirement for these courses at most universities
Spain	Most universities accept all four mathematics courses.	Most universities accept all four mathematics courses.	Most universities accept all four mathematics courses.	Most universities accept all four mathematics courses.
Switzerland	All universities require MAA HL or MAI HL.	Most universities accept all four mathematics courses, but some universities may require MAA HL and MAI HL.	All four mathematics courses are permitted, but MAA HL or MAI HL is recommended.	Most universities accept all four mathematics courses, but some universities may require MAA HL and MAI H
United Kingdom	Most universities accept both mathematics subjects at HL, but MAA HL is preferred. Some may consider MAA SL.	Mathematics is not a specific requirement for these courses at most universities.	Most universities accept both mathematics subjects at HL, but MAA HL is preferred. Some may consider both SL courses.	Mathematics is not a specifi requirement for these courses at most universities
United States	All four math courses are acce	pted for entry, but MAA HL and N	AAI HL may allow students to d	lemonstrate they have taken

NOTE: Check the specific admissions guidance for the universities that students are interested in applying to and other sources of information, for example the UCAS website. Also, refer to the IB country and university recognition statements.

IB Recognition Newsletters

- Newsletters sent 3 times a year. Next edition in January 2024.
- For UCCs (University and Careers Counsellors), you need to sign up for MyIB and then select the UCC role in order to receive this.
- For universities, it is sent to the IBIS
 Admin and Transcript Users. There's a
 Communications User role for
 university staff based in recruitment
 roles. Sign up for MyIB and select the
 appropriate role.









tinyurl.com/IBO23





New developments





As part of the 7-year curriculum review we released the subject briefs with first teaching taking place in **September 2023**

- Computer Science
- Biology
- Physics
- Chemistry
- Philosophy

Webinar: tinyurl.com/IBsciences

The subject briefs for subjects first teaching in **September 2024** are available:

- Design technology
- Environmental systems and societies (NEW HL)
- Global Politics
- Sports, excercise and health sciences
- Visual arts

tinyurl.com/courseguidance



Career-related programme (CP) Updates



- Improved CRS Strategic Provider Process
 - Association of Chartered Certified Accountants (ACCA)
 - Pearson
 - Savannah College of Art and Design (SCAD)
 - Sustainability Management School (SUMAS)
 - World Academy of Sport
 - The Universidad Popular Autónoma del Estado de Puebla (UPAEP) becomes first Spanish- language CRS strategic provider
 - Microsoft Corporation
 - Arizona State University
- Improved CP recognition
 - NCAA (National Collegiate Athletic Association) US
 - University of Applied Sciences The Netherlands
 - Bishop's University Canada
 - Arizona State University US



The International Baccalaureate (IB) has joined forces with Arizona State University to become an official career-related studies (CRS) strategic partner.

The collaboration between IB and ASU enables Career-related Programme (CP) students worldwide to access and complete the following Mastery Certificate Options from ASU's Learning Enterprise:

Google IT
Applied Business Data Analytics
Project Management
School Customizable Certificates using ASU Universal Learner Courses







DP Online Pilot





- Strategic initiative to deliver an online Diploma Programme
- Began in 2022 with two pilot schools (Kings InterHigh and Dwight Global)
- Current target students:
 - Students who travel with family
 - Students who participate in sports or the arts at a high level
 - Those students with emotional or physical disabilities
 - Refugees and/or internally-displaced persons
- Post-pilot, evaluation and decision on long term viability and roll out



Digital assessment

- Pilot new ways in which our assessments are developed and delivered
- Early stages:
 - the development of a team
 - the launch of pilots with two external providers
- Aim to release a small set of digital Diploma Programme/Career-related Programme examinations in time for the May 2025 exams



Post-16 review

- In 2019, the IB started its first comprehensive review of the Diploma Programme (DP) with a round of research and consultation that explored in depth the realities of contemporary education and the DP's place in it through desk research and stakeholder engagement.
- The review later expanded to account for the evolving landscape of secondary education more broadly.
- This meant expanding the scope of the review to both of IB's programmes for learners aged 16-19, the DP and Career-related programme (CP).

Educators*

Engaged via 1,200 survey responses, plus interviews, focus groups and Heads Council input

DP students

Engaged via three workshops

Alumni*

Engaged via 3,000 survey responses

Admissions officers

Engaged via one workshop and 20-plus individual interviews

IB staff

Engaged via 70-plus individual interviews and workshops across departments



Seven big goals for the review

A better experience for the IB's diverse potential audience of young people, educators, and schools that emphasizes relevance, coherence, and clarity, builds on existing strengths, and innovates where needed.

Focus on relevant, rich, and future-focused knowledge and skills

Offer flexibility in learning experiences and pathways

Promote agency and well-being

Emphasize the value of diverse perspectives and experiences

Provide multiple opportunities to practically engage and explore real-world issues

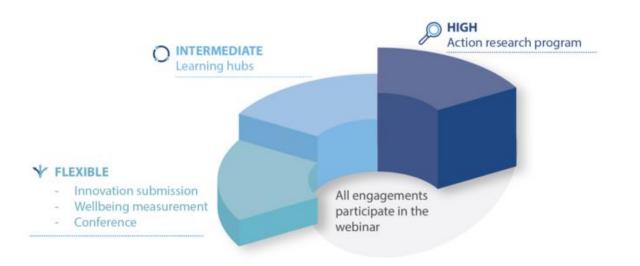
Deliver high quality, future-fit approaches to evidence and assessment

Design to subtraction for more manageable programmes



Well-being in Schools Project

With support from the Jacobs Foundation, the IB and four <u>partners</u> are launching an exciting <u>project</u> to explore, study and measure student well-being in primary through secondary schools internationally.



- •1,007 schools from 197 countries have expressed interest in the project
- •514 people attended an <u>introductory</u> webinar about the project



Jacobs Foundation
International Baccalaureate
Wellbeing Research Centre, University of Oxford
Research Schools International
The Human Flourishing Program, Harvard University





Telling you IB story to Universities

Highlighting the IB in College Applications

- Mature
- Inquirer
- Globally aware
- Multilingual/Multicultural
- Engaged in their learning
- Able to deal with stress
- Good at juggling numerous assignments
- Involved in campus life
- All this even from students that don't score all 7's!



How to show colleges what they want: Context

School profile –

- When was IB instituted and why?
- How many IB students at the school/in final grade?
- Proportion/number of full diploma students?
- Historical pass rate/average score?
- IB grade distribution last year?
- Which classes offered at HL?
- More than 3 HL allowed?



How to show colleges what they need: Clarity

- Transcript
 - Identify IB (including HL/SL), AP, online, honors, dual enrollment, etc.
 - State whether IB adds point value to GPA/rank
- Clearly indicate whether student will earn full IB diploma
- Use counselor letter to highlight IB
 - Especially challenging combo of courses, extra HLs
 - EE topic or language
 - CAS as it relates to character/personality
- Help educate admission officers who don't know the IB



How can high schools highlight their IB students?

School documents

- Transcript
- Watermark
- Special letterhead
- Stamp
- Identify IB students through recommendation letter



Help IB students shine in their applications

Application tips

Activity section – highlight CAS and EE

Essay & Interview tips

- TOK did you change a belief
- EE curiosity, independence, passion about a topic
- CAS collaboration, service, character
- Bilingual education
- International perspective
- Help students see what makes the IB unique



Help IB students advocate for themselves at college

- Seek out Professor for class you want to get into
- Find out who sets IB credit policy at your university
- Utilize resources on IBO website, especially the <u>DP Subject Briefs</u>
- Get syllabi from your high school



Training counseling staff on the IB

- Elevator speech for greeting admissions officers about your IB program
- Make sure that IB coordinator works with counselors to understand the IB
- Share these resources with your counselors: <u>Support students' transition to higher education International Baccalaureate® (ibo.org)</u>





College counseling in the era of trauma

Our Students & Psychological Trauma

- Psychological Trauma results "from an event, series of events, or set of circumstances that is
 experienced by an individual as physically or emotionally harmful or life threatening and that
 has lasting adverse effects on the individual's functioning and mental, physical, social,
 emotional, or spiritual well-being"
- being in a traumatic environment (e.g., a combat zone, a natural disaster, life under COVID lockdown),
- having a traumatic experience (e.g., being kidnapped, being in an automobile accident),
- experiencing personal violence directed toward themselves (e.g., extreme poverty, homelessness, discrimination, destructive self talk)
- witnessing the trauma of others
- Substance Abuse and Mental Health Services Administration (2012), Trauma-Informed Care in Behavioral Health Services Treatment Improvement Protocol (TIP) Series, Maryland



A. Protect those Protective Factors

Help students identify and grasp their own protective factors and proactively create a strong and realistic plan to build these factors before they travel and install these upon arrival.

- Adaptation capacity to stressors/adversities,
- Building new relationships
- Keeping ways to stay connected with 'home' and preserve social/emotional capital



B. Understand the Risk Factors

Provide opportunities for students to explore and identify in self:

- Social Emotional Skills that work at home but may not in new environment
- Impact of race/ethnicity in new context in new setting
- Gender and context "rules" of the new environment
- Capacity to experience the loss of home and/or resources,
- Flexibility of reframing new situations and experiences
- Facing the reality of lack of income and basic resources
- Past experiences with inner critique and negative self talk



C. Just how well to cope with current Coping Mechanisms

Purposely discuss coping strategies to build, continue, embrace and/or develop:

- Sense of safety: personal, cultural, social, self-talk
- Religious/moral affiliation support
- Seek out strong role models to build trust
- Monitor their own emotional sustenance (receiving from others understanding, companionship, a sense of belonging, positive regard)



D. Help students understand their Red Flags

Prepare students to see the impact of their traumatic feelings through red flags that impacts before departure, upon arrival and during adaptation period.

Their quality of life Health Functioning

Have a plan when things escalate out of safety zones...before they get out of hand!



Normalizing the struggle

According to the Spring 2021 National College Health Assessment (90,000 respondents form 137 campuses across the US)

- 33% of students report some level of food insecurity
- 1 in 3 diagnosed with Anxiety disorder, 1 in 4 with a Depression dx
- 30% accessed mental health services during college years

The Healthy Minds COVID survey (18,500+ students from 14 campuses)

• 66% report that the pandemic has resulted in more financial stress



Demystifying the "average college student"

- Increased access (and support systems for):
 - Non traditional age students
 - Students with dependents
 - Undocumented
 - Former foster youth
 - Students in recovery
 - Formerly incarcerated students
 - Students with severe trauma backgrounds (e.g. family, wars, global disasters)
 - Students with serious mental illnesses and chronic conditions
 - Students managing mental health-related medications on their own for the first time
 - Neurodivergent students



Seeking out relevant resources

Does your college offer:

- Counseling services short term, long term, drop in, groups
- Identity affirming support systems (retention programs, centers), such as
 - LGBTQ centers
 - Multicultural centers
 - Advocacy groups for people with disabilities
- Medical leave of absence
- Crisis management economic crises, natural disasters, sudden loss
- Flexibility with time for degree completion (4, 5, 6 years)



Barriers to accessing resources

- Unfamiliarity
- Complexity of support systems on campus
- Reliance on home support systems/fear of the new
- Perceived stigma
- Fear of repercussions (career and/or academic)
- Impostor Syndrome
- Health insurance (limited or inadequate)
- Clinician shortage, long wait times
- Cultural and social factors (including disparities in community access)
- Lack of recognition of symptoms (in self and others)
- Trauma symptoms avoidance, diminished hopes for future, irritability, amotivation



How can we support?

- Recognize signs and symptoms
 - Ask additional questions, assess for readiness to access help/resources
 - Make referrals
 - More accurately "read" behavior
- Normalize struggle in college and increase help-seeking
 - Where could you use more support?
 - What would help you connect to support, what would deter you?
- Initiate conversation about coping and wellness
 - Stress: physical, emotional, spiritual, social, academic, etc
 - What's in your toolbox? What do you wish to add to it?
- Increase your own awareness and ease in talking about mental health



What about taking care of ourselves?



Pour from your saucer

- Working with students who experience trauma is exhausting and demanding
- What do you do to take care of yourself?

Resources

- Onward by Elena Aguilar
- The Real World of College Howard Gardner and Wendy Fischman



Questions?

Thank you for joining us today!

Please feel free to contact me:

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