



2-5-2016

Dealing with Student Anxiety

Diane Suffridge

Department of Counseling Psychology, Dominican University of California, diane.suffridge@dominican.edu

Follow this and additional works at: <http://scholar.dominican.edu/all-faculty>



Part of the [Counseling Psychology Commons](#)

Recommended Citation

Suffridge, Diane, "Dealing with Student Anxiety" (2016). *Collected Faculty Scholarship*. Paper 126.
<http://scholar.dominican.edu/all-faculty/126>

Faculty Development Workshop Dealing with Student Anxiety

Diane Suffridge, Ph.D.

February 5, 2016

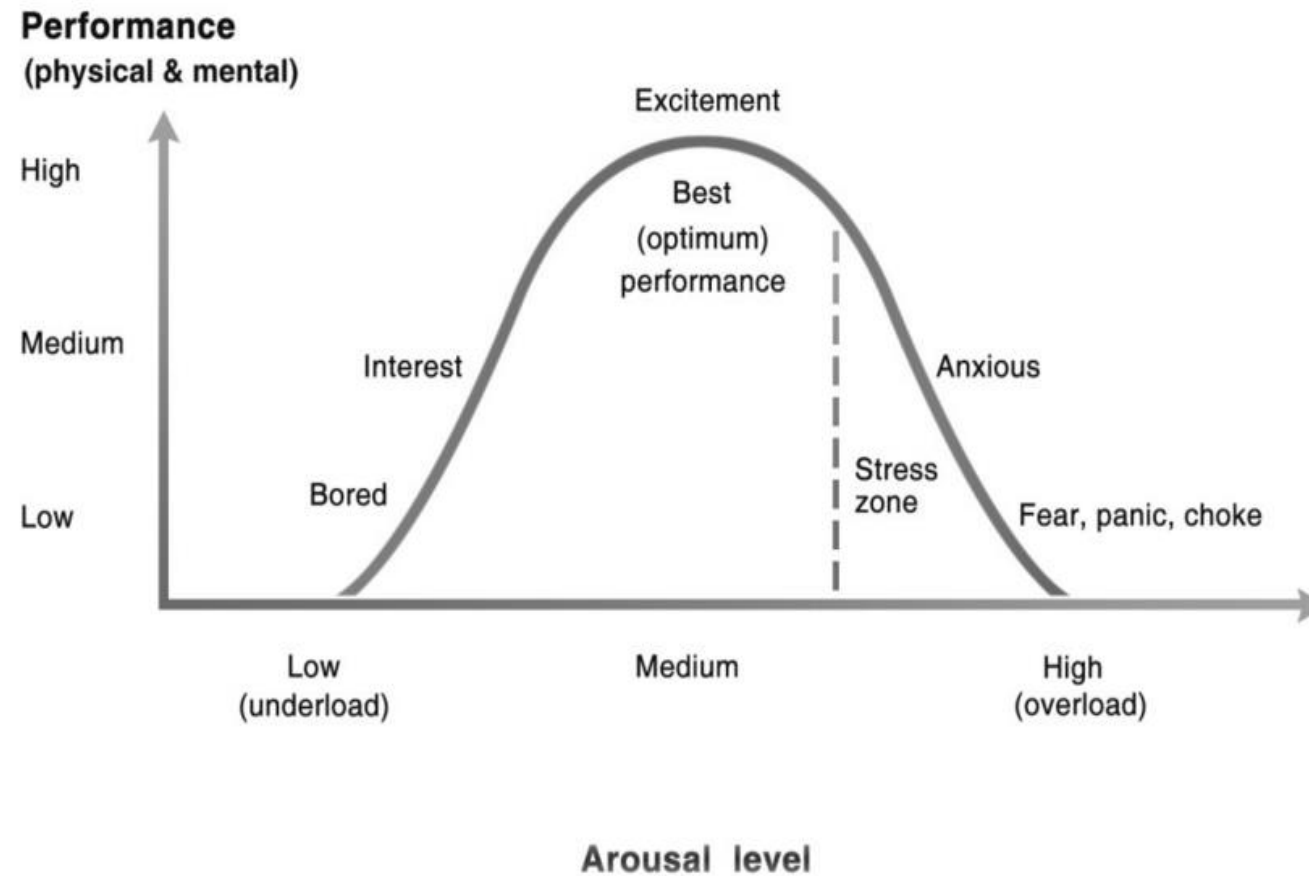
Student Anxiety—the data

- ~30% of Dominican students at risk at entry:
 - report a history of mental health treatment
 - and/or
 - use of prescribed psychotropic medication
- #1 presenting issue in counseling
 - Over 70% report anxiety and/or stress as the reason for seeking counseling

Student Anxiety—the data

- Generational factors contributing to anxiety:
 - Helicopter parenting
 - First generation students who lack adult models for realistic expectations in college and who experience high personal and family pressure for success
 - Impact of the economic crisis of 2008
 - Comparison of my “insides” with others’ “outsides”

Why is Student Anxiety a Problem?



How do we help students?

- In the Classroom:
 - Acknowledge the “elephant in the room”
 - Provide education about anxiety, stress, coping, and self-care as relevant to your discipline and to learning outcomes
 - Imbed concepts of well-being and mutual support as integral to Dominican values and ILO’s

How do we help students?

- One-on-One

- Empathy

- <https://www.youtube.com/watch?v=1Evwgu369Jw>

- Problem-solving

- Express confidence in internal resources, identify strengths

- Encourage accessing external resources

Resources for Students

- Co-Curricular activities
- Supportive friends or family members
- Mindfulness or meditation
 - Apps:
 - Insight Timer (guided meditations from a variety of traditions)
 - Contemplative Outreach (Christian Centering Prayer)

Resources for Students

- University Counseling Services
 - 415-485-3258 (voice mail)
 - Or
 - Written request in Student Health (Bertrand 100)
 - All students eligible for up to 10 sessions at no cost, may be extended depending on individual student's need and progress as well as overall demand

Resources for Faculty

- CARE team report
- Consultation with a CARE team member (Student Life, Academic Affairs, Student Health, Disabilities, Campus Ministry)
- Consultation with Diane Suffridge (0131 or diane.suffridge@dominican.edu)