



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 and Staff Scholarship*. 126.
<http://scholar.dominican.edu/all-faculty/126>

This Presentation is brought to you for free and open access by the Faculty and Staff Scholarship at Dominican Scholar. It has been accepted for inclusion in Collected Faculty and Staff Scholarship by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.

Faculty Development Workshop Dealing with Student Anxiety

Diane Suffridge, Ph.D.

February 5, 2016

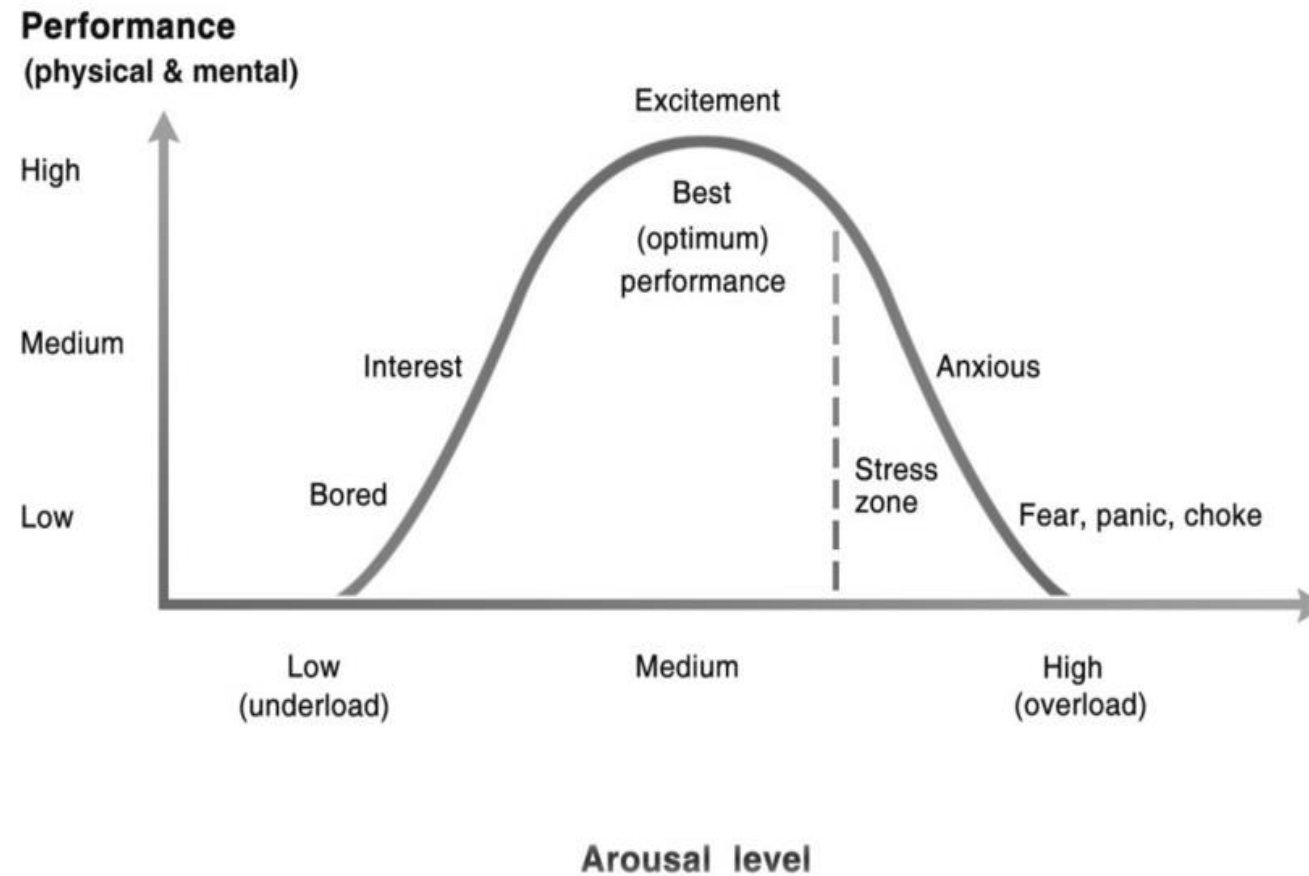
Student Anxiety—the data

- ~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)