Tips for Managing Today’s College Classroom
Evolution of the College Classroom

Welcome Friends

we are all in
The Pressure is Real!

- Boredom
- Comfort Zone
- Peak Performance
- Panic Zone
- Exhaustion
Today’s College Students

- Reported feeling overwhelmed by all they had to do: 86.4%
- Reported feeling exhausted: 82.1%
- Reported feeling very sad: 62%
- Reported feeling very lonely: 59.2%
- Reported feeling overwhelming anxiety: 54%
- Reported feeling things were hopeless: 46.4%
- Reported feeling so depressed that it was difficult to function: 32.6%
- Reported seriously considering suicide: 8.1%
Range of Behaviors

- Distracting Behaviors to Manage
- Disruptive Behaviors to Manage & Report
- Dangerous Behaviors to Report
Deeply Held Beliefs & Speech

Distracting
- Providing abortion related commentary that is irrelevant to classroom content

Disruptive
- Calling someone out in class for having an abortion & imploring others to gang up on the student

Dangerous
- Threatening to stop someone from having an abortion

PennState Student Affairs
Emotional Distress & Threat to Self

- **Distracting**
  - Using online platform to elicit support over breakup

- **Disruptive**
  - Disengaging from required online discussion & mentioning "not being able to go on"

- **Dangerous**
  - Posting suicide plan to shared online message board
Misuse of Technology

Distracting
- Texting explicit content during class time

Disruptive
- Watching pornography during class while others can see/hear

Dangerous
- Masturbating during class while watching pornography
Disrespect, Disregard & Dangerousness

Distracting
Snide side comments, eye rolling & refusal to respond when called on

Disruptive
Fiddling with a switch blade during class time and glaring at faculty

Dangerous
Pacing outside classroom, muttering "kill/hurt" with switch blade visible
Barriers to Addressing Concern

• Fear of upsetting others
• Fear of getting upset
• Fear of violating a student’s free speech
Limits of Free Speech

• Just because you **CAN** say something, doesn’t mean you should
• People are NOT free from the consequences of their speech
• Excessive consequences may constitute suppression of speech
• Responses to free speech are also free expression
Academic Freedom

• Not the same as free speech
• Doesn’t mean faculty can say whatever, whenever
• Recognizes scholars’ independence as teachers, writers & researchers
• Purpose is to protect them from undue influences
• Freedom comes with responsibility
Best Practices

Faculty should at all times:

• Be accurate
• Exercise appropriate restraint
• Show respect for opinions of others
• Stick to the subject
• Make every effort to indicate that they are not speaking for the institution
• Be civil & use circumspection
Know Your Rights

• Be sure to read your contract & handbook
• Know what you can and cannot do
• Don’t assume
• Go to supervisor for support & guidance
Red Folder Project

• Recognize indicators of distress
• Respond appropriately to the situation
• Refer the student to resources
Indicators of Distressed Students

• Academic
• Physical
• Psychological
• Safety Risk
Respond Appropriately

• Stay Safe
• Stay Calm
• Take Your Time
• Seek Consultation
• Use Active Listening Skills
• Ask Direct Questions
• Give Concrete Help

*Remember: Mandated Reporting*
Refer to Resources

• Emergency Services
  – University Police
  – Penn State Crisis Line

• Campus Resources
  – CAPS
  – Student Conduct
  – BTMT
  – Student Care & Advocacy
Thank You!