

Tips for Managing Today's College Classroom





Evolution of the College Classroom





PennState Student Affairs



Pressure





Today's College Students

% of Total 86.4% 82.1% 62% 59.2% 54% 46.4% 32.6%

Reported feeling overwhelmed by all they had to do Reported feeling exhausted Reported feeling very sad Reported feeling very lonely Reported feeling overwhelming anxiety Reported feeling things were hopeless Reported feeling things were hopeless Reported feeling so depressed that it was difficult to function Reported seriously considering suicide





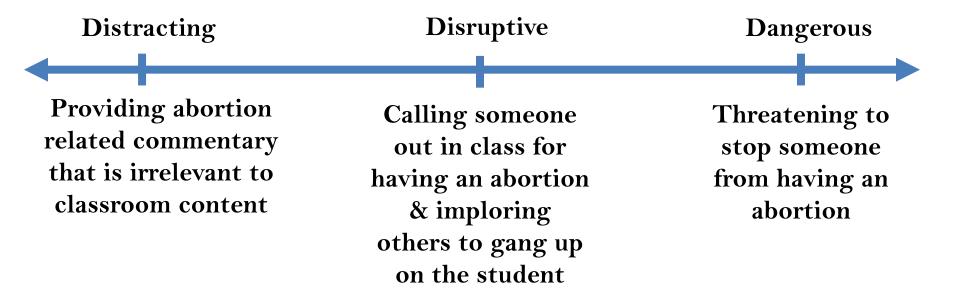
Range of Behaviors







Deeply Held Beliefs & Speech





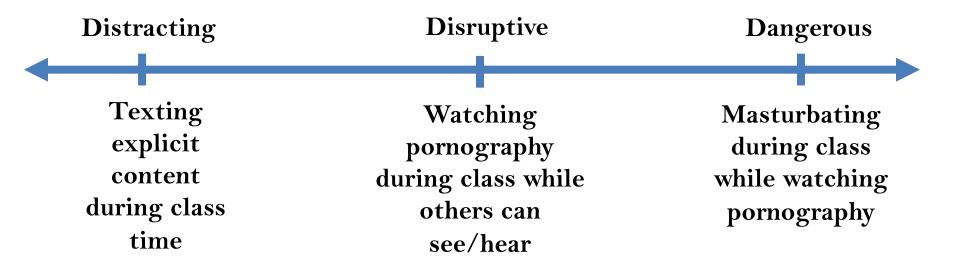
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Emotional Distress & Threat to Self





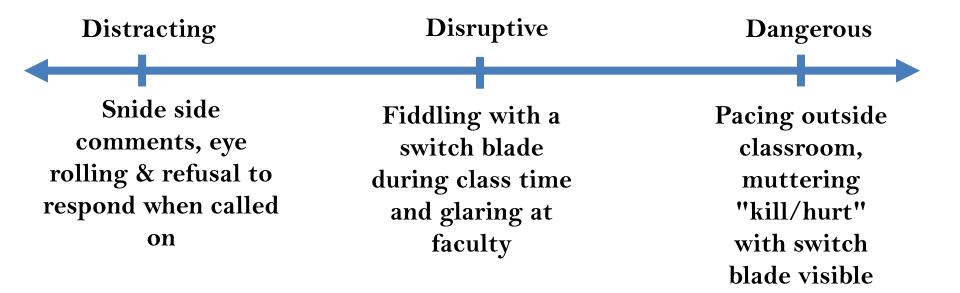
Misuse of Technology







Disrespect, Disregard & Dangerousness





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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!



