What challenges do students face?
How can we best support them?
What has been your experience?

Go to www.menti.com and use the code 37 17 31

1. Grab your phone
2. Go to www.menti.com
3. Enter the code 37 17 31 and vote!
What does the research indicate?

Top three things students agree are challenging about college...

- **63%**  
  Tuition & loan costs

- **57%**  
  Balancing school & job

- **41%**  
  Doing well in classes

What does the research indicate?

Of the 7.3 million full-time undergraduates attending four-year public and private nonprofit institutions, about 20 percent are the first in their families to go to college. (The New York Times, 2015)

According to the National Center for Education Statistics, student borrowers took out an average of $7,600 in student loans. Parents of undergraduates borrowed an average of $14,000 in federal Direct PLUS Loans. (National Postsecondary Student Aid Aid Study, 2015)
<table>
<thead>
<tr>
<th>Feeling Description</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt things were hopeless</td>
<td>38.3%</td>
<td>48.8%</td>
<td>45.3%</td>
</tr>
<tr>
<td>Felt exhausted (not from physical activity)</td>
<td>73.2%</td>
<td>86.1%</td>
<td>81.6%</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>49.9%</td>
<td>61.2%</td>
<td>57.3%</td>
</tr>
<tr>
<td>Felt very sad</td>
<td>51.0%</td>
<td>66.3%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Felt so depressed that it was difficult to function</td>
<td>26.7%</td>
<td>33.4%</td>
<td>31.3%</td>
</tr>
</tbody>
</table>

(American College Health Association [ACHA], 2012)
What does IUP data show?

Reasons for a Total Semester Withdrawal

- Academic
- Financial
- Health/stress/anxiety
- Personal
- Transferring elsewhere
### What does IUP data show?

<table>
<thead>
<tr>
<th>In 2018-2019, the average annual federal and personal loans for our students was $13,319</th>
<th>In 2018-2019, 1,563 students visited the Walk-In Tutoring Center for academic assistance.</th>
<th>The Department for Disability Access and Advising, registered over 800 students to receive services in Fall 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,261 students visits the University College in Fall 2019</td>
<td>This fall, 933 students received counseling at the IUP Counseling Center, 131 students worked directly with our Clinical Case Manager and 12 students were admitted to an inpatient mental health facility</td>
<td>2,121 IUP students selected &quot;First Generation Student&quot; on their current FAFSA form</td>
</tr>
</tbody>
</table>
One student's story..

Meet Emily
"Today's teens are the most anxious and depressed ever, according to health surveys. In 2017, about 10 percent experienced "a major depressive episode with severe impairment," according to the National Institute of Mental Health. "Meanwhile, a 2019 CDC report shows the number of people dying of suicide jumped 56 percent between 2007 and 2017, outpacing any other group. Researchers have struggled to say why, but point to a variety of possible root causes, including social media and smartphones, bullying, and lack of community."

NEA Today, January 2020
A study conducted on student's sense of belonging showed the importance of engaging students in defining what holistic social connectedness looks like on campus. Interventions such as orientation experiences, first-year seminar courses, mentoring and promoting more intentional engagement with campus activities have all been shown to improve students' sense of belonging, and their persistence.

Peer Mentoring Program Time-line

**Fall 2017**
- Create structure
- Collaborate with campus partners
- Market to incoming students and parents

**Spring 2018**
- Peer Mentor Selection
  - Post
  - Interview
  - Hire

**Summer 2018**
- Peer Mentor Training
- Mentor/Mentee Matching
- Mentor Outreach and Engagement
Peer Mentoring: Create Structure

- Research Exiting Peer Mentor Programs
  - Create Mission Statement and Goals
    - Establish Website to Promote Program
    - Create Program Handbook
  - Identity Student Population for outreach
    - Select mentors to match with mentees
Mission statement: Connect first year students to the university, develop a support network, and enhance critical thinking skills.

PEER MENTORING PROGRAM

The LEAD and University College Peer Mentoring Programs provide the opportunity to strengthen students' experience on the IUP campus by connecting them with an upper-class mentor who is pursuing similar career goals, or who has a similar background, concentration, or academic interest.

Students WILL:
Learn from the experience of IUP student leaders
Explore academic resources and opportunities
Advance as a student leader through the encouragement and support of your peers
Develop strategies for managing and balancing your personal, social, and academic experiences

Mentors WILL:
Listen to the needs and concerns of first-year students
Encourage first-year students to set and achieve goals
Assist with navigating campus resources
Display an open mind and positive attitude
Peer Mentoring: Campus Wide Partners

Mentee Participation

- Admission Category
- Promising Scholars and Business Honors
- Referrals from faculty, D2A2, Labyrinth Center, OHRLD
- Self-referral Form in Student Portal

Academic Support

- First Year Experience-Advisors
- First Year Experience-Curriculum
- Univesity College-Student Success Specialists
- Crimson Common Hours

Mentor Participation

- Faculty Staff Nomination Form
- Application in Student Portal
- Peer Referrals
- Promote at Campus Events

Self-referral Form in Student Portal
### Peer Mentoring: Student Involvement

<table>
<thead>
<tr>
<th>Academic Term</th>
<th>Mentors</th>
<th>Mentees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring 2018</td>
<td>7</td>
<td>21</td>
</tr>
<tr>
<td>Fall 2018</td>
<td>13</td>
<td>252</td>
</tr>
<tr>
<td>Spring 2019</td>
<td>13</td>
<td>169</td>
</tr>
<tr>
<td>Fall 2019</td>
<td>21</td>
<td>312</td>
</tr>
</tbody>
</table>
Participation in DVST 150: Introduction to Higher Education

- Crimson Common Hour Workshops
- Staff the Academic Resource Center (Sun.-Thurs. 2-8 pm)
- Weekly email outreach
- 3 face to face meetings per semester

Peer Mentoring: Outreach & Connections
Peer Mentoring: Student Interactions

<table>
<thead>
<tr>
<th>Academic Term</th>
<th># One-on-one meetings</th>
<th># Visits to Academic Resource Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 2018</td>
<td>317</td>
<td>3873</td>
</tr>
<tr>
<td>Spring 2019</td>
<td>106</td>
<td>1728</td>
</tr>
<tr>
<td>Fall 2019</td>
<td>275</td>
<td>2141</td>
</tr>
</tbody>
</table>
Crimson Common Hour and Weekly Topic Examples

<table>
<thead>
<tr>
<th>Week</th>
<th>Theme</th>
<th>Resources and/or Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week of Jan. 29</td>
<td>Goal Setting</td>
<td>1.23 My IUP Path: Majors Fair, HUB @ 4:00pm-6:00pm  1.25 Don’t be a Note-Taking Novice, 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of Jan. 26</td>
<td>Study Skills</td>
<td>1.28 Identifying Your Interests (MDCE), 210 Staley @ 6:00pm  1.30 Study Skills (MDCE), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of Feb. 2</td>
<td>Understanding DIVERSITY</td>
<td>1.32 Talking Test Anxiety (MDCE), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of Feb. 8</td>
<td>Getting Involved</td>
<td>1.35 24/7 Vice Series: Business Affairs Fashion Show (EDSC), HUB @ 6:00pm  1.38 Skillful Identification (MDCE), 210 Staley @ 6:00pm  1.40 Preparing for Registration (MDCE), 210 Staley @ 6:00pm  1.42 Writing Your Open Letters (MDCE), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of Feb. 12</td>
<td>UCP Proud: Show your School Spirit</td>
<td>1.36 Peer to Peer Events (EDSC), Primary Indiana MBA 6:00pm-7:00pm  1.39 Examining-Resume Reviews (MDCE), HUB Peer Center Wednesday 6:00pm-7:00pm</td>
</tr>
<tr>
<td>Week of Feb. 22</td>
<td>Self Reflection</td>
<td>1.37 Spring Career Fair (MDCE), 210 Staley @ 6:00pm  1.39 Values in the Work Environment (MDCE), 210 Staley @ 6:00pm  1.41 Managing mid-semester stress (MDCE), 210 Staley @ 6:00pm  1.43 Chill Out with some Yoga (MDCE), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of March 1</td>
<td>Preparing for Course Registration/Meeting with Advisers</td>
<td>1.38 Alumni Panel: MINO Careers (EDCS), Enrich Hall @ 6:00pm  1.40 Decision Making: MINDS, 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of March 29</td>
<td>Professional Networking</td>
<td>1.43 Balanced Networking (EDSC), 210 Staley @ 6:00pm  1.45 Managing Stress (MDCE), 210 Staley @ 6:00pm  1.47 Barre Class: 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of March 29</td>
<td>Financial Literacy</td>
<td>1.44 Managing your Financial Aid and Campus Resources</td>
</tr>
<tr>
<td>Week of April 4</td>
<td>Math Perfect</td>
<td>1.46 Navigating your Math Placement, 210 Staley @ 6:00pm  1.48 Managing Stress (MDCE), 210 Staley @ 6:00pm  1.50 Food Truck Friday (MDCE), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of April 12</td>
<td>Career Planning</td>
<td>1.49 24/7 Vice Series: Professional Head Start Day (MDCE), location TBD 6:00pm-7:00pm  1.51 Hire A Hawk (MDCE), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of April 19</td>
<td>Summer Opportunities</td>
<td>1.50 Bills, budgets, and benefits (EDSC), Enrich Hall @ 6:00pm  1.52 Making the Most of Summer (EDSC), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of April 26</td>
<td>Preparing for Final Exams</td>
<td>1.53 Into the Streets (MDCE), Locations throughout Indiana County  1.54 Final Exam Review: Preparing for Summer Success (MDCE), 210 Staley @ 6:00pm</td>
</tr>
<tr>
<td>Week of May 3</td>
<td>End of Year Gathering</td>
<td>Study Skills and Exam Preparation Tips  Ice Cream Social</td>
</tr>
</tbody>
</table>

Spring 2020 University College Crimson
Common Hours

- 1.23.20 Don’t Be a Note-Taking Novice
- 1.30.20 Study Skills
- 2.6.20 Talking Test Anxiety
- 2.10.20 Preparing for Registration
- 2.20.20 Peer-to-Peer Mentor Program
- 2.27.20 Managing Mid-Semester Stress
- 3.5.20 Be SMART: Set Goals
- 3.12.20 SPRING BREAK
- 3.19.20 Presenting Like a Pro
- 3.26.20 Navigating Financial Aid and Campus Resources
- 4.2.20 Communicate Like a Boss
- 4.12.20 Hire A Hawk
- 4.19.20 Making the Most of Summer
- 5.15.20 Study Tips Refresher - Finals Edition

Fall 2019 University College
Crimson Common Hours

- 9.5 Hire A Hawk
- 10.10 Perfecting Your #Brand
- 9.12 Studying for College
- 10.17 Preparing for Registration
- 9.19 Campus Resources
- 10.23 Vision Boards
- 9.26 Adulting 101
- 11.7 Intro to Personalities
- 10.3 UC Field Day
- 11.19 - 11.22 De-Stress Fast

All events start at 6:00 pm in 210 Staley Library or 6 PM
Peer Mentoring: Testimonials

“They were there for me when I needed them, when I was stressing, my mentor basically helped me throughout the whole year.” -Mentee

“My peer mentor was helpful by telling me about campus activities/events.”-Mentee

"I believe we both learned and grew from our interactions. I shared my knowledge and my mentees shared their excitement, which was much needed during my senior year." - Mentor

"My mentee was always there and she sent us emails informing us about what was going on." -Mentor

"I love having the opportunity to interact with an upperclassmen who has experienced and went through what I am going through now. This has defiantly made me feel more welcomed as well, since I have such a good connection with someone who is older than me, and someone who has been around campus for longer. The most beneficial part about having a peer mentor in my experience is getting major specific advice. For example; my mentor advised me to join AMSA, which has really helped me and made me feel more deeply connected to my major. -Mentee

It made me feel good to be a supportive person for them! -Mentor

I have been guided on the right track to be successful in my academics and organizations. -Mentee