



Community of Practice Conversations

Normalizing Help-Seeking Behaviors and Fostering Student Sense of Belonging and Mattering

Thursday, October 19, 2023

Agenda

1. Welcome
2. Kessler Kudos & Birthdays
3. First-Gen Celebration Week
4. Normalizing Help-Seeking Behaviors and Fostering Sense of Belonging for FGLI Students
5. Group Discussion
6. Looking Ahead



HAPPY

Birthday



Kenneth Harvey

Gail Gibson

Cody McMillen

KESSLER
SCHOLARS

Campus Staff Updates

Welcome to the Kessler Scholars Collaborative:

- **Syracuse University: Carlota Deseda-Coon, Kessler Scholars Director**
- **The Ohio State University:**
 - **Kenneth Harvey, Graduate Administrative Associate**
 - **Milan Thomas, Program Coordinator**
- **Washington University in St. Louis:**
 - **Jennifer Alanis, Interim Executive Director**

New colleagues joining soon:

- **Bates College**
- **University of Michigan**
- **Cornell University**

Kessler Kudos

Cheers to the teams at **Brown University, Cornell University, St. Mary's College, University of California, Riverside, and Johns Hopkins University** for executing warm and welcoming Kessler Coin Ceremonies in recent weeks!



Congratulations to **University of Dayton** colleagues for showcasing the Kessler Scholars Program during a day-long visit by leadership from the Aspen Institute and the American Talent Initiative.



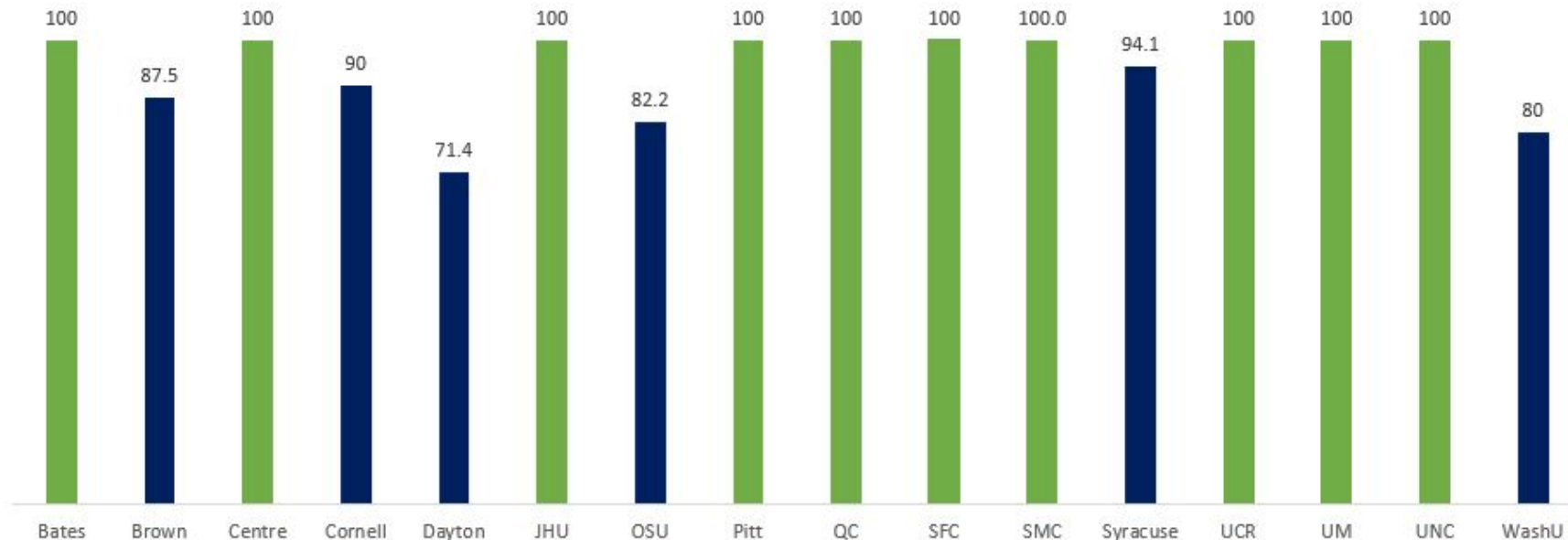
Inaugural members of the cross-site Kessler Scholars Collaborative Student Leadership Board held their first meeting and are excited to be underway!

What else would you like to share or celebrate?

Kessler Kudos: New Student Fall Survey

Thank you for helping us reach a **92.8% response rate** across the Collaborative and for your partnership with the Ithaca S+R evaluation team! Pizza coming soon to **10** partner campuses who reached 100 percent response rates!!

First-Year Survey Completion Percentage by Institution



NOV
8TH

FIRST-GENERATION COLLEGE CELEBRATION



Campus Partner Check-In: What are you planning for First-Gen College Celebration?

1. Share your plans to celebrate, amplify, and honor first-gen students
2. Discuss communications strategy to maximize impact and reach
3. How have you engaged campus partners, alumni, or other stakeholders?

#KesslerScholars
#CelebrateFirstGen
#FirstGenFirst

Challenges to Student Sense of Belonging

Student concerns:

- Increased levels of anxiety or stress as academic year unfolds
- Concerns about grades and academic standing
- Imposter phenomenon and feelings of inferiority
- Relationships that are strained, consuming, or lack substance
- Difficulty find connections; dealing with isolation and loneliness
- Time management and competing priorities
- Strained family connections
- Financial challenges
- Pressure to secure internships or jobs

Students may be reluctant to ask for help or recognize they need assistance.

Our response: You belong. You can succeed. You can thrive here!

Group Discussion

Supporting Help Seeking and Nurturing a Sense of Belonging: Examples Across Partner Institutions

- Maggie Dykstra, University of Pittsburgh
Classroom Intervention on Enhancing Sense of Belonging
- Mark Figueroa, Washington University in St. Louis
Responding to Student Input on Common Academic Concerns
- Candace Jones, UNC-Chapel Hill
Bridging Student Experiences from Home to Campus

Lessons Learned

Strategies to Reinforce Belonging and Help-Seeking

- Connect students with individuals who understand their experiences
- Offer counter-narratives to reinforce you belong and can succeed here
- Intervene through curricular and co-curricular engagement:
 - Construct relevant service projects for students to give back
 - Create time for students to share and learn from each other
 - Review data to identify equity gaps in engagement and support
- Guide students to resources that are easily available, accessible, and free
- Be explicit about how privilege operates and seek ways to disrupt

Looking Ahead

Upcoming Activities and Reminders

- 2024 Summer Convening: Volunteer for Planning Committee or as co-host
- First-Gen College Celebration: Cross-site student events Nov. 1st-3rd
- Data Collection Information Session: October 26th with Ithaca S&R
- Next week: Launch of @KesslerScholars on Instagram
- Plan to Attend:
 - Bring a Buddy to Collaborative Coffee Hour: October 31st
 - Community Conversation: November 9th
 - All Campus Partner Meeting: December 14th

Share Your Feedback

Toward Continuous Improvement

Your feedback improves our work together!

- The Collaborative values your feedback and adapts our activities in response to your regular input
- Please stay online to complete a brief survey about today's meeting

Thank you, and have a good fall weekend ahead!





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Kessler Scholars Collaborative
2723 S. State Street, Suite 150
Ann Arbor, MI 48104
info@kesslerscholars.org
734.600.0360