Improve Student Retention By Promoting Emotional Wellness on Campus
A Webinar

February 2017
Welcome

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Today’s Panel

Micky M Sharma, Psy.D.,
Director of the Office of Student Life’s Counseling and Consultation Service
Ohio State University

Rachel Eskridge, M.Ed.,
Director of the Center for Student Wellbeing
Vanderbilt University

Ron Goldman
Co-founder and CEO
Kognito, a developer of online and evidence-based mental health learning simulations for faculty, staff, and students
Today’s Campus Environment

- 95% of school administrators agree that mental health is a significant issue at their institutions (5)

- Psychological distress is widespread among college students – 40% (7)

- At any given time, 32% of students are dealing with mental illness, with 5% screening positive for panic disorders, 6% for anxiety disorders, 9% for major depression, and 15% for self-injuring without thoughts of suicide (8)

- 6% of undergraduate and 4% of graduate students have seriously considered suicide (4)

- 20% of total student population have considered suicide at some point in their lives (9)

- Only 40% of students with mental illness seek help (11)
The Connection to Retention Rates

• Students who experience depression, anxiety and other psychological disorders tend to perform poorly in class, have higher rates of absentees, take semesters off, and drop out of school (13)

• 25% of students who dropped out with less than 3.0 GPA screened positive for at least one mental illness (9)

• When students drop out due to psychological concerns, much is compromised or lost: the student and their future aspirations, the institution's reputation and rankings, tuition and alumni dollars and the ability to sustain a healthy campus culture (14)

• Psychological distress also has an impact on GPA (8):
  - Mild to severe depression leads to an average 0.2 drop in GPA
  - Goes up to a drop of 0.4 when there is co-occurring anxiety

Source: Connections between Mental Health and Academic Outcomes

25% of students who dropped out with a less than 3.0 GPA screened positive for at least 1 mental illness.
The Good News

• It is estimated that delivering treatment to 100 depressed student in a single year could result in 6 averted dropouts. (8)

• Retaining these students nets an average of $240,000 in saved tuition per year for schools with 40K tuition and $120,000 for schools with 20K tuition. (8)

• Students who get help report improvement with their mental health or attendance problem and report higher satisfaction with their quality of life, which is the most cited reason for drop out. (1,2,3,4)
Topics

• Cross-departmental collaboration between the counseling center, student affairs, academic advising and residence life

• Early identification and intervention programs

• Supporting minority students and vulnerable population

• Quantifying the impact of investing in student emotional wellness
Q&A

Micky M Sharma, Psy.D.,
Director of the Office of Student Life’s
Counseling and Consultation Service
Ohio State University
sharma.369@osu.edu

Rachel Eskridge, M.Ed.,
Director of the Center for Student
Wellbeing
Vanderbilt University
rachel.eskridge@vanderbilt.edu

Ron Goldman
Co-founder and CEO
Kognito
ron@kognito.com

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Citations from Kognito White Paper on Mental Health and Student Retention


