

**Tips and
Takeaways for
Wellbeing,
College, and
Career Success**



Agenda

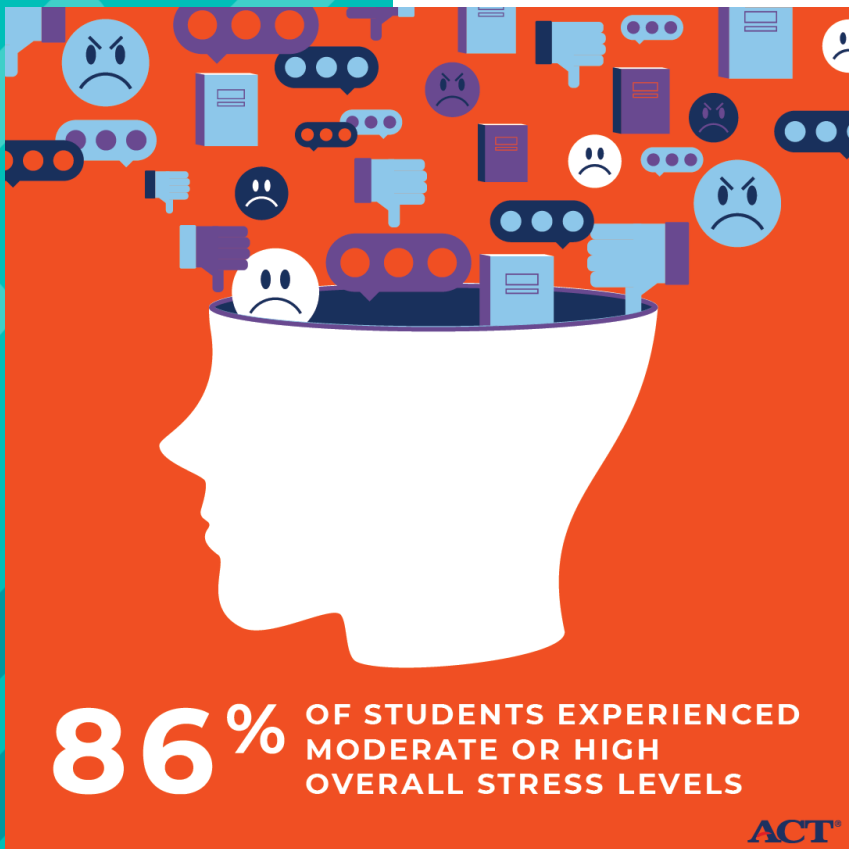
- ❖ Introduction
- ❖ Factors of Wellbeing
- ❖ Factors of College Success
- ❖ Factors of Career Success

Note: Psychological distress, such as depression, will be mentioned in this webinar - some may have discomfort, so please do what you need to take care of yourself.

**Joseph Dorri, M.A.
Founder, President,
and Senior
Researcher
The Good Student
501(c)3 Nonprofit**



- Born in Los Angeles
- Very social and popular in high school, **yet with psychological distress**
- Attended community college and **recognized by the California State Legislature for excellence in academics, leadership, and service**
- Earned the Ed Walsh Service Award for service to the college and community
- Pursued philosophical questions
- Experienced **depression and a lack of support leading to withdrawing from courses and poor grades**
- **Sought help** from the college and in the community, such as from counselors and mentors
- Graduated from the **University of Southern California** with graduate courses in psychology
- Wrote the book *The Good Student: How to Take Control of Your College Years*
- **Created a research-backed tool supporting student wellbeing and success**
- Earned a master's in education
- **Founded The Good Student nonprofit** – now reaching high schools and colleges internationally
- Consult families and young people
- Conduct **research and teach psychology online and in person**



What is Wellbeing & Mental Health?

Wellbeing consists of psychological, physical, and social health. This also includes positive emotions and positive assessments of one's overall life, to include a sense of meaning and purpose.

Mental health consists of a psychological state that is resilient to stress, can learn and grow, foster cohesive relationships, and adapt so to succeed in life.

US Surgeon General states that youth mental health is “the defining public health crisis of our time...”

Personalized Feedback on Wellbeing & Success Topics

Everyone – students, parents, and others – can use the Tool. Use the QR Code below or visit the nonprofit’s website at: www.thegoodstudent.org



Note: Please give each other privacy.



The Good Student[™]

Note: This tool is not a substitute for professional help.



What is your wellbeing score?



What other factors to success listed on the feedback page do you want to strengthen?



How can this tool be helpful to you today and in the future?

Checking In

- ❖ Health
- ❖ Relationships
- ❖ Manage Stress

Factors of Wellbeing

Health

Areas: **Physical, Psychological, and Social**

- Sleep more
- Eat well
- Be present
- Move your body
- Meditate — walking or sitting (20 mins a day)
- **Manage stress**
- Gain a sense of mastery in topics and skills
- Work toward your life purpose daily
- **Contribute to society in ways that are meaningful to you**
- **Cultivate your relationships**
- Focused when with others (put your phone away!)

What is one topic you can focus on? Please write it down.

Relationships

- Harvard study: **quality relationships are the key to happiness**
- UIC study: **strong social connections** are associated with high scores of personal happiness
- **Self-disclosure** – sharing feelings and personal challenges with a trustworthy person
- **Conflicts/disagreements** will happen, are temporary, and are opportunities for growth
- **Intentionally build your relationships**
- Use Active Constructive Responding (**ACR**) technique
- **3 As: Appreciate, Admire, and Applaud**

Pick a person to express one of these As. Reach out to them today.

Manage Stress

- **Prioritize your goals** (and focus on the most important ones first)
- Say no more often
- **Track your time** for a week and longer
- Stanford study – **cyclic/physiological sighing** five minutes a day increases positive mood and reduces stress and anxiety

**During which parts of the day are you most stressed?
How can you include this cyclic sighing into these times?**



Key Takeaways & Checking In

Health – address all areas: physical, psychological, and social

Relationships – intentionally build your relationships

Manage Stress – use physiological sighing

Which one of these are most important for you to address first?

Factors of College Success

- ❖ **First-Year Attribution**
- ❖ **Sense of Belonging**
- ❖ **Stereotype Threat**

*Additional topics and resources provided via the handout;
otherwise, see the book *The Good Student: How to Take Control of Your College Years*

First-Year Attribution

- **Usually a brief dip** in academic performance during the first term in college
- **Result of unfamiliar settings and responsibilities**, such as new course schedules
- Some students attribute this dip to their abilities, leading to reduced self-efficacy and persistence
- **Get a head start by using college resources**, such as the tutor center, academic advising, and the counseling office

What is an example from your past when a change in your environment negatively affected your performance and you successfully adjusted to it? What did you do to adapt successfully? How can you do the same when you enter college?

Sense of Belonging

- Supports wellbeing, adjustment, academic performance, and degree completion
- **Very important** for first-generation college students, people of color, women in STEM, athletes, and international students
- **Connect with organizations** in your school/college and community
- **Connecting with a role model**, especially those with a similar background, students:
 - Feel connected to their college
 - **Perform well**
 - Dream big for their futures
 - **Consider more fulfilling careers**

What are some groups you would like to be a part of or start while in college? What are a few steps to take next academic term to create a greater sense of belonging?

Stereotype Threats

Negative stereotype regarding a group with which you are a member, you may fear confirming the stereotype — leading to anxiety and poor performance


Combat negative stereotypes – individuals can focus on research data and trends that validate their communities' contributions and impact. For example, data shows:

- Diversity in STEM helps to fuel economic growth and secure our nation's status as a driving force in innovation
 - Join associations and clubs that focus on women and people of color in STEM for **helpful resources and networking opportunities**
- Companies in the top quartile of executive team gender diversity were 25% more likely to have above average profitability

Keeping a journal focused on your accomplishments and goals can be a great way to **remember your substantial knowledge, skills, and abilities**

Develop a diverse peer group to **share ideas, celebrate wins, and explore new opportunities**

**What are some strategies you have used to combat negative stereotypes?
Who are the individuals who have helped you combat negative stereotypes in the past and who might you seek out in the future?**



Key Takeaways & Checking In

First-Year Attribution – get a head start using resources, such a college's tutor center

Sense of Belonging – build healthy social networks at your college

Stereotype Threats – focus on research data and trends that validate their communities' contributions and impact

*Other factors include mindset, grit, and those on the handout.

Which one of these are most important for you to address first?

Factors of Career Success

- ❖ Proficiencies for Future Careers
- ❖ Discover Your Purpose
- ❖ Maximize Your Time in School and College



Future Career Proficiencies

85% of students state that attending college to secure a job is “very important” to them

Average graduate: only 44% ready for the workforce

National Association of Colleges and Employers:

- Career & Self Development
- Communication
- Equity & Inclusion
- Leadership
- Professionalism
- Teamwork
- Technology

When communicating ask yourself three questions: What do I want the reader to know? What do I want them to feel? What do I want them to do?

Which communication outlets, such as essays and emails, do you want to improve first?

Discover Your Purpose

Purpose:

"a stable and generalized intention to accomplish something that is at the same time meaningful to the self and consequential for the world beyond the self." –Psychologist William Damon

Those with a sense of purpose:

- **Increase wellbeing**
- **Improve relationships**
- **Increase resilience**
- **Excel in college & career**
- **Live healthier lives and are at less risk of disease**
- **Have a greater sense of meaning and fulfillment in life**

Identify your values, interests, and personality for greater insight

Write the names of three people who you admire and desire to be like. Please answer: what are they passionate about and how are they giving back to society?

Maximize Your Time Now and While in College

Prepare for careers while in high school and beyond

Get involved in activities relevant to your interests and career aspirations

Options include:

- Internships
- Research positions
- Volunteer work
- Work
- Clubs/Organizations
- Etc.

What are some possible extracurricular activities related to professional development that may be helpful to you while in college?



Key Takeaways & Checking In

Future Career Proficiencies – enhance your communication skills

Discover Your Purpose – identify those you admire and their passions and contributions to society

Maximize Your Time Now and While in College – actively work on building your skills

Which one of these are most important for you to address first?

Summary

Wellbeing: invest in key health areas, relationships, and manage stress

College: use all available resources before the start of your first term, resolve stereotype threats, gain a sense of belonging

Career: develop key proficiencies, discover your purpose, and maximize your time now and in the future

Which one of these areas are you going to focus on first?

Map out the next 9 weeks focusing on developing each of these topics (in an order that makes sense for you)

➤ Work on it daily and check-in on your progress each weekend.

*I'll give the **first 100 students** who do this and send over a summary of their progress a free fifty-minute-long consultation – contact me for more information.

Questions?