

Examples of Launch FOR Students Presentation Topics

Knowing Yourself- Temperament and its Interpersonal and Resilience Correlations:

Students and faculty will be more aware of their own predisposition and how it potentially affects their relationships and their perception of adversity.

- Will take personal temperament assessment
- Understand the diversity of bio-psychological makeups
- Understand that temperament is not right or wrong
- Exploration of how our temperament affects relationships
- Discussion around how it affects our perception of difficult times

Grief:

Students and faculty will better understand and be able to manage grief in its many forms

- Understand the diverse causes of grief
- Improved understanding of personal grief and its characteristics
- Tools to manage personal grief
- Tools to better support those around them that are grieving

Stress Management/Mindfulness:

Students and faculty will learn relaxation techniques and be able to identify when to use them

- In-person teaching and practice of breathing and yoga skills
- Education around mindfulness and its practice and its correlations to lower stress
- ”Coping-Ahead” learning and planning

Anxiety:

Students and faculty will know what anxiety is, what causes it, and will be able to implement 2 techniques proven to help its management

- Brain structure and the purpose of anxiety
- Teach students and faculty the fundamentals of exposure therapy
- Help students and faculty understand the scaffolding/ladder approach to exposure
- Teach students and faculty the fundamentals of Cognitive Distortions
- Practice Cognitive Behavioral Therapy

Suicide Prevention/Abbreviated QPR Training (Question Persuade Refer)::

-Students and faculty will learn the data surrounding QPR interventions and their prevention of suicide

- Learn common warning signs that someone is in crisis
- Learn what to say in those crisis moments

-Learn what to do in those crisis moments

Relational Problem Solving:

Students and faculty will learn effective strategies for managing problems with others

- Examination of “Unconditional Positive Regard”
- Examination of the concentric circles of community and unresolved conflict’s effect on our holistic wellbeing
- Increasing awareness around thought-action connection
- Helping lower reactivity through planning, breathing, restating, and “getting above”
- Providing problem-solving steps

Managing Intense Emotions:

Students and faculty will be able to identify and manage uncomfortable emotions without resorting to impulsive behavior which can exacerbate difficulties

- Normalize feeling intense emotions
- Teach specific distress tolerance skills
- Help students and faculty recognize and reduce reactivity

Holistic Diet:

Students and faculty will become more aware of their visual and audio “diets” and their affect on thought patterns

- Teach the phrase “Just because we can, doesn’t mean we should”
- Learn about brain plasticity and its propensity to make repeated/common thoughts more common

Healthy Relationships:

Students and faculty will be able to identify healthy and unhealthy relationship behaviors

- “You don’t have to like everyone NOR does everyone have to like you”
- Define Boundaries
- Relationship red flags/green flags
- mutual respect
- consent and its limitations

Gratitude:

Students and faculty will understand how to practice gratitude and its effects on experienced contentment and happiness.

- Research on happiness and its correlations to gratitude
- Group exercise around thankfulness
- Gratitude list making/journaling practice

Guardrails/Substance Use and Abuse:

Students will understand the different types of substances, their dangers, and their inherent addictive properties, particularly on those of specific predispositions

- Exposure to substances on college campuses/in the workplace
- Becoming aware of how these substances are used/abused
- Consideration of "Crossroad" moments
- Substances, judgment, awareness of predatory behavior
- Learning next steps when students or someone they know are in crisis