



# Questions

# Affirmations

## The Facts...

## The Task...

# PWI PTSD

### Introduction

**Abstract:**  
This introduction provides you with an understanding of the impact of PTSD on predominantly white institutions and how the mental health of students of color affects learning, teaching, and research. It also covers the importance of self-care and coping mechanisms and discusses the importance of seeking mental health resources for long-term success.

1. Understand how attending a predominantly white institution can cause mental health issues in students of color.
2. Increase cultural sensitivity of PWT faculty, administrators, staff, and address in general court and cover racial profiling and discriminatory behaviors towards students of color.
3. Educate and increase involvement of people coping techniques to decrease mental health negative aspects of such attending a PWT.

### Background

- The Numbers**
- Predominantly White Institutions are more than 50% white enrollment
  - Approximately 45% of all undergraduates are students of color
  - Iowa State University 33,281 students 15% multicultural

- Challenges**
- Students of color enrolling at PWIs face challenges such as:
    - Social and academic adjustment issues
    - Alienation and invisibility
    - Subtle and overt discrimination
  - Students of color coming from diverse/homogen states in PWIs typically in white communities have an even harder time adjusting (Wolcott, Wiggings, Washington, 2013).

### Mental Health Impact

- Impact**
- Students seem to having "gift" or "having it all together" minimizes negative experiences (Brazier, 2015)
  - "Coping" outside of outside you looking "America" Tujac
  - Students of color bear the additional burden of proving their intellectual worth (Brazier, 2015)
  - Fear and anxiety arise from constantly being on "high alert" (Pivem, 2015)
  - Students of color less likely to seek out mental health assistance (Pivem, 2015)

**Research:**  
Students carrying around baggage that we cannot visibly see.

### Increase Cultural Sensitivity

- Increase Self-awareness**
- Engage in moments of self-reflection to determine how prejudices are manifested in personal behaviors (community and subconsciously)
  - Acknowledge personal biases, fears, judgments, privilege, etc.
  - Understand the significance of your role and its relevance to students' success. Your presentation matters!

- Expand Your Mental Scope**
- If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you. No one can teach if we are not willing to learn
  - "The right mind will use the truth, no matter how the course should see only the differences."

### Increase Cultural Sensitivity

- Education is Key!**
- Understand historical events that have led to racial/ethnic disparities and minority cultures
  - Attend and participate forums that focus on cultural diversity
  - Engage in meaningful dialogues
  - Know about their individual journey, engage in conversations that create and strengthen human connection. Note: students!
  - Explore personal and professional goals and identify ways you can be instrumental in helping achieve them

### Educate & Implement

- Educate & increase implementation of positive coping techniques to decrease mental health symptoms associated with attending a Predominantly White institution.
- Understand the importance of using positive coping skills & how they will integrate for healthy functioning.
- THERAPY: THERAPY! THERAPY!
- Develop a support system on campus to prevent total isolation for DOSSOCC students
- Increase involvement and advocacy for mental inclusion through admissions and on-campus programming
- Include affirmations to reprogram your subconscious mind



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## The Facts...

## The Task...

# PWI PTSD

### Introduction

**Abstract**  
This course will provide you with an understanding of the impact of a predominantly white institution (PWI) on the mental health of students of color. We will explore the role of institutional policies, procedures, and practices in the development and maintenance of mental health issues in students of color. We will explore coping mechanisms and discuss the importance of seeking mental health support for long-term success.

#### Learning Objectives

1. Understand how attending a Predominantly White Institution can cause mental health issues in students of color.
2. Promote cultural sensitivity of PWI faculty, administration, staff, and students to prevent and resolve student of color.
3. Discuss and increase the importance of positive coping techniques to decrease mental health symptoms associated with attending a PWI.

### Background

- The Numbers**
- Predominantly White Institutions are more than 50% white enrollment.
  - Approximately 45% of all undergraduates are students of color.
  - Iowa State University 33,301 students 12% multicultural.

#### Challenges

- Students of color enrolling at PWIs face challenges such as:
  - Social and academic adjustment issues
  - Alienation and invisibility
  - Subtle and overt discrimination
- Students of color coming from diverse backgrounds to PWIs typically in White communities have an even harder time adjusting (Wolcott, Wiggan, Washington, 2013).

### Mental Health Impact

#### Impact

- Students seem to be having "fit" or "having it all together" minimizes negative experiences (Brawner, 2016)
  - "Dying inside but outside you looking fearless" Tropic
- Students of color bear the additional burden of proving their intellectual worth (Brawner, 2016)
- Fear and anxiety arise from constantly being on "high alert" (Pinnell, 2016)
- Students of color less likely to seek out mental health assistance (Pinnell, 2016)

#### Results

Students carrying around baggage that we cannot visibly see.

### Increase Cultural Sensitivity

#### Increase Self-awareness

Engage in moments of self-reflection to determine how emotions are displayed in personal behaviors (personally and subconsciously)

- Acknowledge personal biases, fears, judgments, etc.
- Understand the significance of your role and its influence on student's success. Your perception matters.

#### Expand Your Mental Scope

- If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you. You can only teach if we are willing to learn.
- "The open mind is the truth in different directions."

### Increase Cultural Sensitivity

#### Education is Key!

- Understand historical events that have led to mistrust between majority and minority cultures.
- Attend and organize events that focus on cultural diversity.

#### Engage in Meaningful Dialogue!

- Prepare about their individual journey, engage in conversations that create and challenge human connection. Your sensitivity!

- Explore personal and professional goals and identify ways you can be instrumental in helping achieve them.

### Educate & Implement

Educate & increase implementation of positive coping techniques to decrease mental health symptoms associated with attending a Predominantly White Institution.

- Understand the importance of using resilience coping skills & how they are important for healthy functioning.

#### • THERAPY! THERAPY! THERAPY!

- Develop a support system on campus to provide vital resources for OSG/DOC students
- Increase involvement and visibility for minority inclusion through activities and on campus programming
- Revisit affirmations to reprogram your subconscious mind!



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## The Facts...

### Introduction

*Abstract*  
This session will provide you with an understanding of the impact attending a Predominately White Institution has on the mental health of students of color. After learning how profiling, discrimination, and overt and covert racism can manifest both into anxiety, depression, and negative sense of self, we will engage in conversation about to assist students in developing coping mechanisms and discuss the importance of utilizing mental health counseling for long-term support.

- Learning outcomes:*
1. Understand how attending a Predominately White Institution can cause mental health trauma in students of color.
  2. Increase cultural sensitivity of PWR faculty, administrators, staff, and students to prevent covert and overt racial profiling and discriminatory behaviors towards students of color.
  3. Educate and increase implementation of positive coping techniques to decrease mental health symptoms associated with attending a PWR.

### Background

#### *The Numbers*

- Predominately White Institutions are more than 50% white enrollment
- Approximately 45% of all undergraduates are students of color
- Iowa State University 33,391 students 15% multicultural

#### *Challenges*

- Students of color enrolling at PWRs face challenges such as:
  - Social and academic adjustment issues
  - Alienation and invisibility
  - Subtle and overt discrimination
- Students of color coming from diverse/urban cities to PWRs typically in White communities have an even harder time adjusting (Wolcott, Wiggings, Washington, 2011).

### Mental Health Impact

#### *Impact*

- Students seen as having "grit" or "having it all together" minimizes negative experiences (Brasher, 2015)
  - "Dying inside but outside you looking fearless" Tupac
- Students of color bear the additional burden of proving their intellectual worth (Brasher, 2015)
- Fear and anxiety arise from constantly being on "high alert" (Primm, 2018)
- Students of color less likely to seek out mental health assistance (Primm, 2018)

#### *Results*

Students carrying around baggage that we cannot visibly see.

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## *Abstract*

This session will provide you with an understanding of the impact attending a Predominately White Institution has on the mental health of students of color. After learning how profiling, discrimination, and covert and overt racism can manifest itself into anxiety, depression, and negative sense of self, we will engage in conversation about to assist students in developing coping mechanisms and discuss the importance of utilizing mental health counseling for long-term support.

## *Learning outcomes:*

1. Understand how attending a Predominately White Institutions can cause mental health trauma in students of color.
2. Increase cultural sensitivity of PWI faculty, administrators, staff, and students to prevent covert and overt racial profiling and discriminatory behaviors towards students of color.
3. Educate and increase implementation of positive coping techniques to decrease mental health symptoms associated with attending a PWI.

# Background

## *The Numbers*

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- Students of color enrolling at PWIs face challenges such as:
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## *Results*

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## The Task...

### Increase Cultural Sensitivity

#### Increase Self-awareness

- Engage in moments of self-reflection to determine how prejudices are displayed in personal behaviors (consciously and subconsciously)
- Acknowledge personal biases, fears, judgments, privilege, etc.
- Understand the significance of your role and its influence on student's success. Your perception matters!

#### Expand Your Mental Scope

- If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you. We can only teach if we are willing to learn.
- "The open minded see the truth in different things; the narrow-minded see only the differences."

### Increase Cultural Sensitivity

#### Education is Key!

- Understand historical events that have led to mistrust between majority and minority cultures
- Attend and orchestrate forums that focus on cultural diversity

#### Engage in Meaningful Dialogue!

- Inquire about their individual journey, engage in conversations that create and strengthen human connection. Note similarities!
- Explore personal and professional goals and identify ways you can be instrumental in helping achieve them

### Educate & Implement

Educate & increase implementation of positive coping techniques to decrease mental health symptoms associated with attending a Predominantly White Institution.

- Understand the importance of using positive coping skills & how they are imperative for healthy functioning.
- THERAPY! THERAPY! THERAPY!!!
- Develop a support system on campus to prevent total assimilation for OCS/COC students
- Increase involvement and advocacy for minority inclusion through admissions and on campus programming
- Recite affirmations to reprogram your subconscious mind!

# Increase Cultural Sensitivity

## *Increase Self-awareness*

- Engage in moments of self-reflection to determine how prejudices are displayed in personal behaviors (consciously and subconsciously)
- Acknowledge personal biases, fears, judgments, privilege, etc.
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## *Expand Your Mental Scope*

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- Develop a support system on campus to prevent total assimilation for OOS/OOC students
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**THANK YOU!**