Retention and Graduation Council
April 14, 2008

MEETING MINUTES

Approve 3/12/08 Minutes
The March 12, 2008 minutes were approved. Dr. Lovitt reminded everyone to please review the content of the minutes, as well as the action items listed on the last page.

Non-Academic Factors That Impact Student Success, Retention and Graduation
Dr. Lovitt stated that today’s meeting will have a slightly different focus, which grew out of concerns/questions raised by Dr. Spector and Ms. Hicks at a recent Faculty Senate meeting. These concerns/questions were in regards to non-academic factors that impact student success/retention and graduation. In an effort to address these concerns/questions, Dr. Lovitt invited Dr. Rosenstein, Mr. Corbitt, and Ms. Ginter to speak at today’s meeting to speak about this issue. Due to unforeseen circumstances, Mr. Corbitt was not able to attend today’s meeting. However, Ms. Ginter spoke briefly about the Counseling and Wellness Center. Dr. Lovitt welcomed the guests and asked Dr. Rosenstein to report on the work that she does in CCSU’s Health Services Office.

Dr. Rosenstein distributed the most recent National College Health Assessment Data Summary. In addition, Dr. Rosenstein distributed the following information about the National College Health Assessment:

- In 1998 the American College Health Association began looking into developing a national research assessment survey, which would be available to colleges and universities.

- This resulted in Healthy Campus 1995, 2000, 2005, and now 2010, which are national health objectives that university administrators use to set goals for improving student health. Some examples of the high priorities are:
  - Alcohol and other drugs
  - Sexual health
  - Social and emotional health
  - Coping with stress in competitive educational environments
  - Nutrition
  - Intentional and unintentional injury
  - Psychological relationships
  - Health service costs and availability of health insurance
  - Links to campus health services and other academic and service departments

- National College Health Assessment Data is available each semester, in the following areas, regarding “General Health of College Students”:
  - Preventative Health
  - Academic Impacts
- College/University participation in the survey is voluntary. Students are then randomly selected through classroom or computer selection. Some colleges/universities choose to participate because of perceived problems.

Dr. Rosenstein reviewed the most recent data summary, which included college/university data from spring 2006, fall 2006 and spring 2007. Dr. Rosenstein noted that the same information, with a few minor changes, was reported for all three semesters. Students reported the following issues that most impact their academic performance:

- Stress
- Sleep Difficulties
- Concern for a Troubled Friend or Family Member
- Relationship Difficulties
- Internet Use/Computer Games
- Relationship Difficulties
- Depression/Anxiety/Seasonal Affective Disorder
- Death of a Family Member
- Sinus, Ear Infections/Bronchitis/Strep Throat
- Alcohol Use
- Attention Deficit Disorder

Dr. Rosenstein stated that CCSU does not participate in this particular survey, but that she does draw from the survey to help her in setting directives/goals for the CCSU Health Services Office. Dr. Rosenstein thanked Dr. Lovitt for inviting her to the meeting to address these issues. She stated that the data shows how issues impact students' academic performance and that these issues need to be addressed on college campuses.

Dr. Lovitt asked the Retention and Graduation Council members for questions/comments in regards to the information that Dr. Rosenstein provided. Dr. Hosch asked if there is any data specific to CCSU from this survey. Dr. Rosenstein stated that CCSU has not participated in this survey, but 22 colleges/universities (public and private) from the northeast have. She offered that data to Dr. Hosch for his review.

Dr. Davis asked about comparing CCSU to its peer institutions. This would help to determine if there are similarities/differences in the reported issues. Dr. Rosenstein stated that we can request data from institutions similar to CCSU. Dr. Rosenstein noted that issues appear to be similar across the country.

Mr. Hazan asked if there is more detailed data that will breakdown how many students reported having problems with each specified issue. Dr. Rosenstein stated that the detailed data is available. She will be giving the complete report to Dr. Hosch.
Dr. Lovitt asked Dr. Rosenstein to discuss how these factors influence others who are not directly involved in dealing with mental/physical health. Dr. Rosenstein stated that referrals are very important. She emphasized the importance of looking at a person’s “wholeness”, not just how they are in class. Dr. Rosenstein also emphasized the importance of adequate staffing in her area.

Dr. Craine noted that stress is the number one issue for students and asked if there are things that can be done, as a campus, to help with stress management. Dr. Rosenstein stated that she treats students daily, who are experiencing issues with stress.

Ms. Reasco asked about determining if a student is stressed or depressed. She has noticed an increased amount of students who state that they are stressed and depressed. Ms. Ginter stated that there is an obvious link between the two. Ms. Ginter emphasized the importance of asking the students questions. For example, when students show up with withdrawal slips, we should be talking to them about what it is they are experiencing and refer them to the appropriate individuals for further assistance. Ms. Ginter stated that networking is imperative.

Dr. Lovitt thanked Ms. Ginter for attending today’s meeting. Ms. Ginter will be discussing the drug/alcohol education programs, as well as counseling/mental health issues.

Ms. Ginter distributed drug and alcohol data, a poster for the BASICS programs, and information about the effects that mental health has on retention and graduation.

Ms. Ginter stated that the age of onset for drinking in Connecticut is 11 years old, which supports that students have substance abuse issues long before they come to CCSU. Ms. Ginter reviewed the following items, which were highlighted in the drug/alcohol data that she distributed:

- Between 1991 and 2006 binge drinking rates have increased
- From 1991 to 2006 between 21% and 30% of students performed poorly on a test as a result of drugs and/or alcohol
- From 1991 to 2006 between 39% and 44% of students did not participate in class as a result of drugs and/or alcohol
- From 1991 to 2006 students did the following as a result of binge drinking
  - 21% to 30% performed poorly on a test
  - 2% to 5% were arrested for DWI/DUI
  - 15% to 17% got in trouble with authority
  - 42% to 49% drove a car under the influence
  - 9% to 13% damaged property

Ms. Ginter noted the following alcohol/drug prevention programs:

- Presidential Advisory Council on Alcohol, Tobacco, and Other Drugs
  www.ccsu.edu/pac
- Alcohol EDU
- FYE CHOICES, Alcohol 101 and House Party Prevention
Ms. Ginter stated that an increased network of support between departments will assist in improving CCSU’s retention and graduation rates. Ms. Ginter suggested inviting Ms. Lila Coddington, Assistant Director, Central Access & Student Development (CASD), and Mr. Christopher Dukes, Director, Student Conduct, to address the Retention and Graduation Council members. Ms. Ginter distributed flyers for the CASD Office.

Dr. Davis noted the decrease in binge drinking as students get older. He asked what this is attributed to. Ms. Ginter stated that this could be a result of several different factors. Some of which are maturity, leaving school, and a change of priorities.

Mr. Hazan asked if there are any statistics on binge drinking at dry campuses vs. wet campuses. Ms. Ginter stated that getting colleges/universities to share their data, which indicates a significant problem, is problematic. Ms. Ginter has spoken to colleagues at various colleges/universities about the issue, and the problem is the same across the board. However, there are significantly more problems at wet campuses.

Ms. Ginter stated that there is some data from other campuses, which indicates that students are requesting a “recovery dorm.” This is a dorm for students who are in recovery and do not want to party. They are looking for a quiet dorm where they can focus on their studies. Mr. Hazan stated this has been discussed. However, instead of calling it a “recovery dorm” or a “drug free dorm” it would be called a “healthy living dorm.” Mr. Hazan stated that there would be certain requirements for living in the building.

Ms. Ginter briefly discussed the BASICS program. She stated that this is a very good/quick referral.

Ms. Ginter discussed the counseling data that was prepared by Mr. Corbitt. She noted the following information:

- 7.5% of students with psychological issues say that the issues are so severe, they feel like they cannot stay in school
- 41.5% of students experience severe problems that can be treated effectively
- 77% of students are more likely to stay in school because they had counseling.

Ms. Ginter reported that the Counseling Center offers a variety of programs, some that faculty/staff can also take advantage of. Mental Health EDU is a program for faculty/staff, which helps them to identify signs/symptoms of a student in distress. Mental Health EDU
is a 30-minute program, which is offered online. Mr. Corbitt is currently the process of setting this program up. Ms. Ginter encouraged everyone to contact Mr. Corbitt for further information. Ms. Reasco stated that Mr. Corbitt recently offered the program as a pilot to several faculty/staff. Ms. Reasco participated in the pilot and found the program to be a very beneficial tool. Ms. Ginter discussed an additional program called QPR (Question, Persuade, Refer), which is a suicide prevention training program. Ms. Ginter, as well as other CCSU administrative faculty/staff, will participate in the training.

Ms. Deloy asked if the Counseling Center keeps track of who refers students to them. Ms. Ginter stated that this information is available. She suggested that individuals contact Mr. Corbitt for this information.

Ms. Reasko asked about support groups on campus, particularly for men. Ms. Ginter stated that there are 3 groups right now out of the Counseling Center: You are Not Alone, Adult Children of Alcoholics, and Eating Disorders Group. Ms. Ginter also noted the mental health support group run by Ms. Coddington and the AA program run by the Newman House. One of the key initiatives that Mr. Corbitt is focused on is to increase the number of support groups on campus.

Ms. Garcia-Bowen noted the lack of resources, which was mentioned by both Dr. Rosenstein and Ms. Ginter. Ms. Garcia-Bowen suggested training a group of faculty/staff that are on the “frontlines” and interact frequently with students. She also suggested putting up posters around campus, which would include names, photos, and telephone numbers of people whom students can see for help.

Ms. Horan expressed the importance of referring students to the appropriate individuals when there is a problem. It is important to take the time to make a phone call or walk the students to the appropriate offices where they can get help. She stated that faculty/staff should be helpful to students, but also know that there is a line that should not be crossed.

Ms. Hicks stated that she feels there are two key factors; 1) how to effectively get people the help they need and 2) how to help students with academic recovery after they have gotten the help that they need. Ms. Hicks stated that helping students with academic recovery is where we fall behind.

Dr. Lovitt thanked Dr. Rosenstein and Ms. Ginter for their informative presentations.

**Early Intervention Program**

Mr. Hernandez reported for the Early Intervention Subcommittee. Mr. Hernandez thanked Ms. Leake for all of her work on the proposed process and intervention for early academic warning. The complete proposal was sent to the Retention and Graduation Council via e-mail. Mr. Hernandez stated that the committee is working with IT to see if this process can be done in Banner. The goal is to make it as easy as possible for faculty.

Dr. Lovitt thanked the subcommittee for an outstanding job in a short amount of time. The proposal now needs to go back to Faculty Senate for review/approval. Ms. Hicks
volunteered to present the proposal to the Faculty Senate within the next two weeks. Dr. Lovitt requested that everyone review the proposal carefully and e-mail any comments, questions, and/or concerns to the Early Intervention Subcommittee. Ms. Petrosino reported that the target implementation date for this program is fall 2008. Ms. Petrosino noted that Mr. Rak will be working to implement a program within Banner.

Ms. Reasco asked about Option 1 and Option 2 of the proposal. Ms. Hicks stated that the committee will refine the choices.

**Action Item Priorities**
Dr. Lovitt asked a representative from each subcommittee to share the priority that their subcommittee has identified.

Commuter students – Mr. Hernandez reported that this committee would like to meet with Mr. Mamed, before establishing their priority.

Residence Life – Mr. Hazan reported that this committee will focus on the establishing a “healthy living dorm” for students.

Part-time – Ms. Hicks reported that the Honor Society Chapter for Adult and Part-time Students has received its charter. Seventeen students have been identified to participate in the first induction ceremony, which will be scheduled soon.

Transfer – Ms. Garcia-Bowen reported that this committee has decided to develop a transfer student guide.

Successful Students – Ms. Petrosino reported that this committee will continue their work on the Common Reader Program.

**Action Items**
- Dr. Rosenstein will provide Dr. Hosch with the detailed National College Health Assessment Data
- Review the proposed process and intervention for Early Academic Warning and e-mail questions/comments/concerns to the Early Intervention Subcommittee

The next Retention and Graduation Council meeting will be held on **May 6, 2008, at 1:00 p.m. in Bellin A/B, Student Center.**