

Beyond MU: Helping your College Student Thrive in Uncertain Personal and Societal Times

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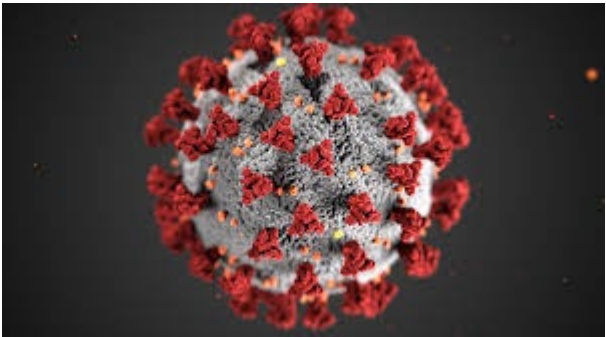
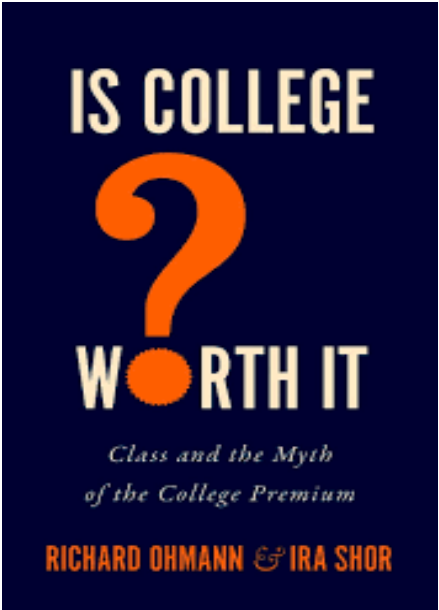
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Agenda

- Setting the Stage: Going to College in 2025
- What We Know About Young Adults
- How to Support Students in Managing Their College Experience
- Resources
- Questions

Setting the Stage: Going to College in 2025

The Broader Context



Teens who meet up with their friends 'almost every day'

The percentage has declined through the years, with the decline accelerating after 2010.

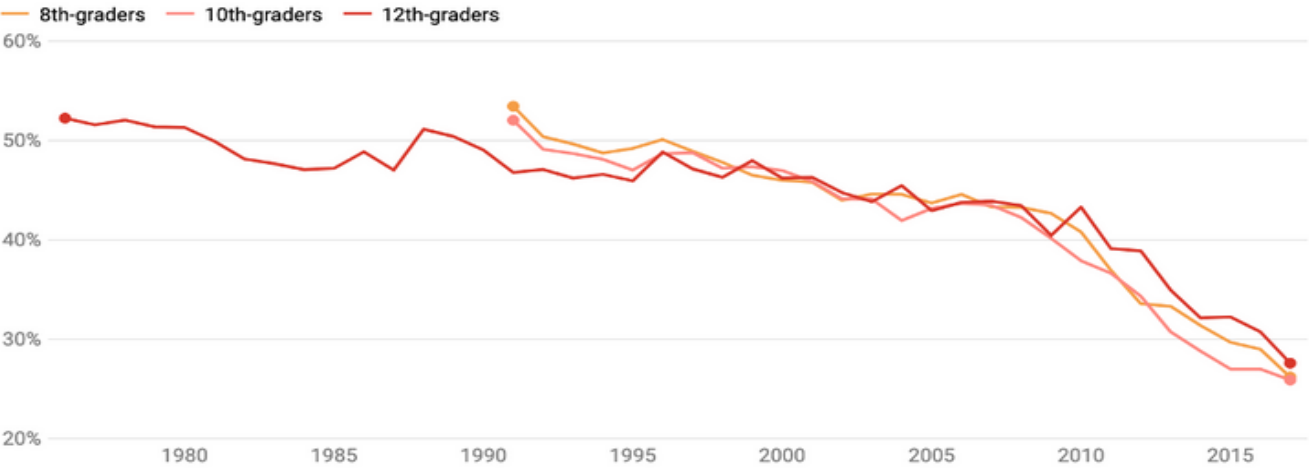
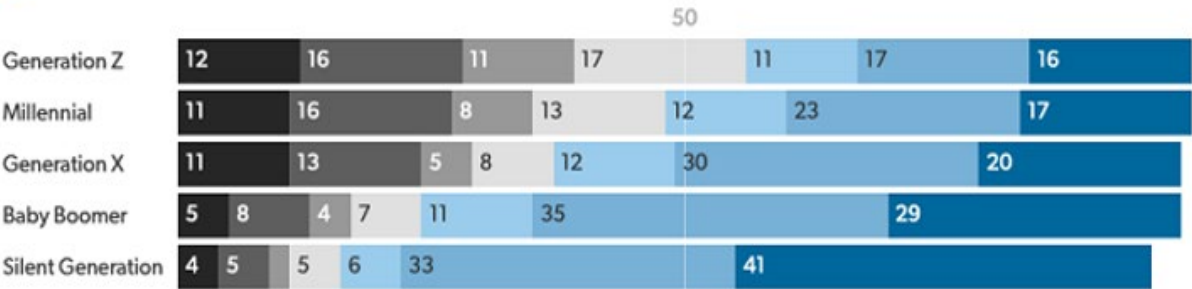


Chart: The Conversation, CC-BY-ND • Source: [Monitoring the Future](#) • [Get the data](#)

Gen Z Reports More Frequent Feelings of Childhood Loneliness

Percentage of each generation who say that growing up they felt lonely . . .

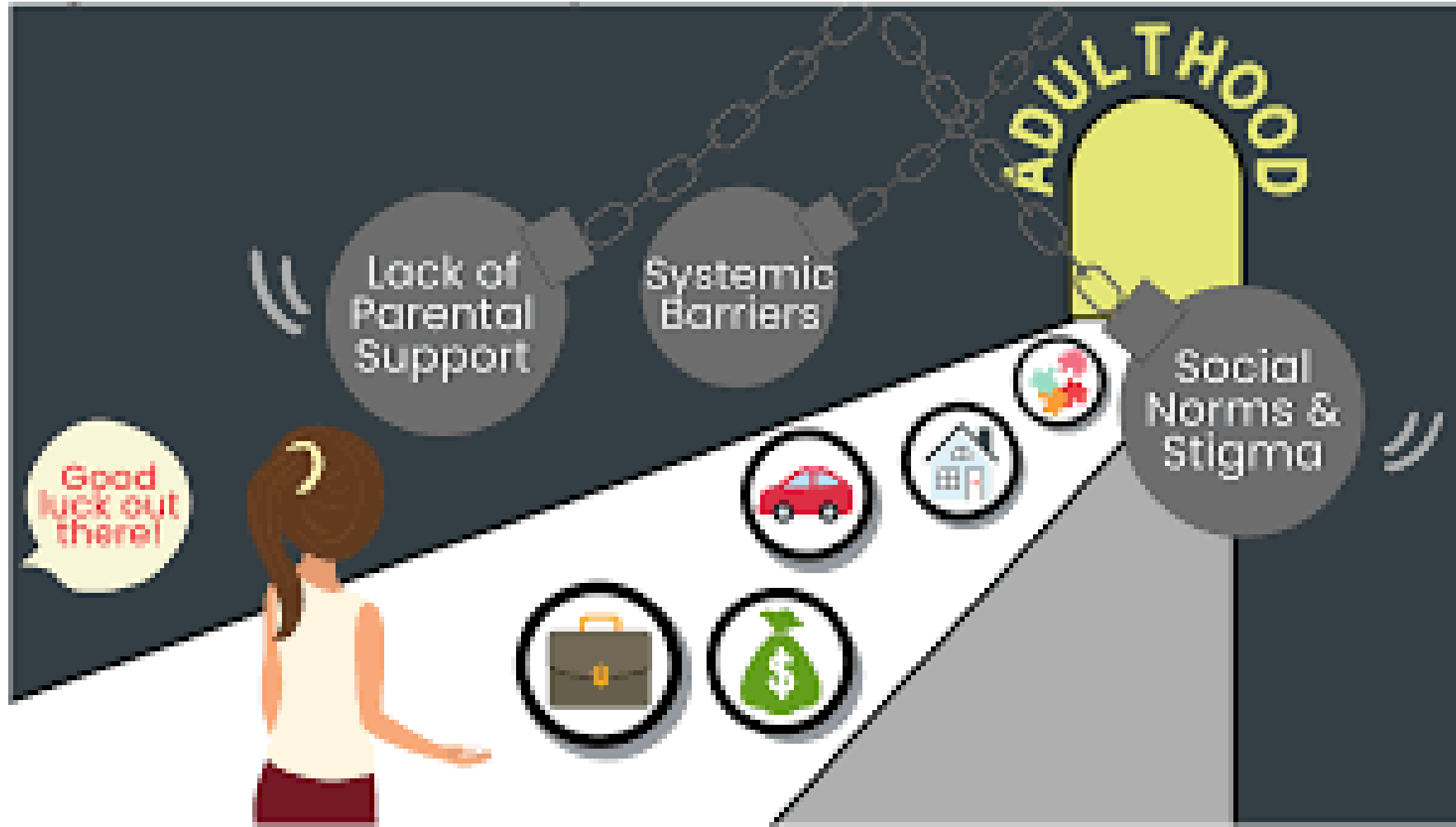
Every Day A Couple Times a Week Once a Week Once or Twice a Month A Few Times a Year Seldom Never



Note: Figures may not add to 100 percent due to rounding. Survey of US Adults [N=5,030].
Source: [American National Family Life Survey, December 2021](#)

What We Know About Young Adults

Issues Facing Emerging Adults



Questions Young People May Be Asking Themselves



Can I cut it at the collegiate level?



What do my future job opportunities look like?



How do I make an impact on the world?



What will the world look like in the future?



Who are my people and how do I find them?



How will I get by financially?

How to Support Students in Managing Their College Experience

6-week Holistic Wellness Program for Students

- Mindfulness/Relaxation
- Yoga
- Self-compassion & gratitude
- Emotion Regulation
- Value-centered goals
- Nutrition and Movement

WHOLE PERSON WELLNESS

(A Research Study of a Student Wellness Program
- Participation is Voluntary)

Do you want to learn ways to find greater balance in your life? To feel less stressed, be kinder to yourself, and experience more gratitude?

JOIN US ON A 6-WEEK WELLNESS JOURNEY!

Who? MU Graduate Students

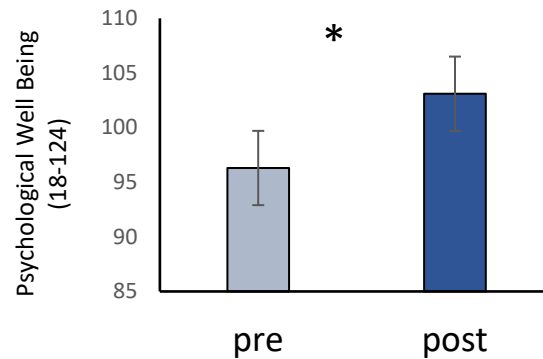
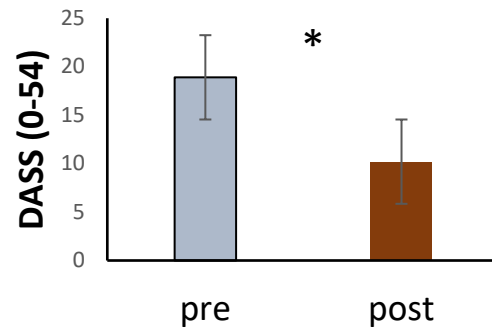
What? Wellness Program (Relaxation, Yoga, Self-Compassion/Gratitude, & More!)

EMAIL
WHOLEPERSONWELLNESS@MARQUETTE.EDU

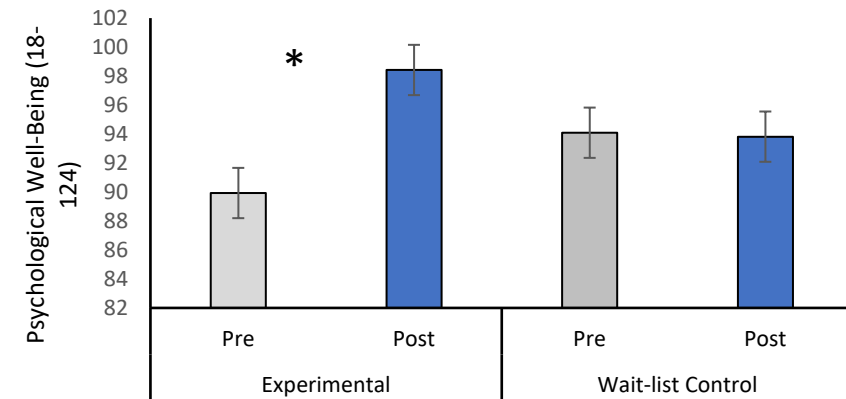
With the subject line "interested in student wellness" and include your name and preferred contact number in the body of the email.
A brief phone screener is needed before we can enroll you.

Highlights: Whole Person Wellness

Decreases in Psychological distress and **increases** in Wellness



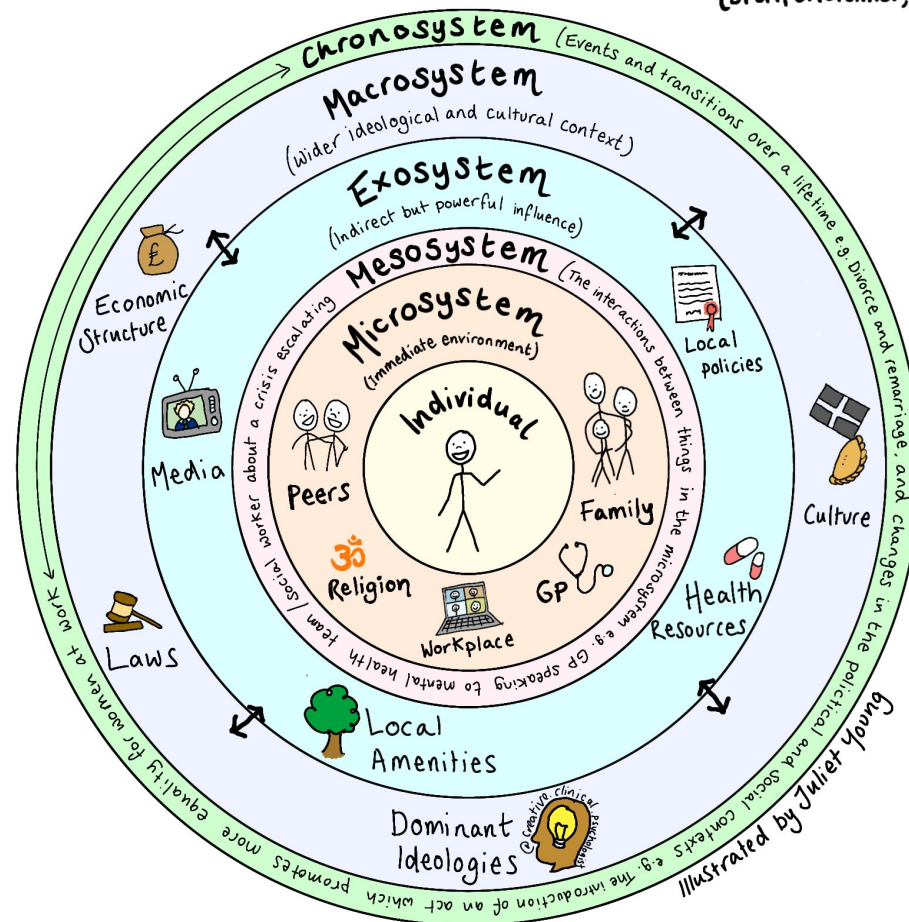
Increases in Wellness relative to a control group



* $p < .05$

Ecological Systems Theory

(Bronfenbrenner, 1979)



([Juliet Young](#))

The Power of Relationships

Positive friendships provide youth with **companionship, support, and a sense of belonging**. They can encourage or reinforce healthy behavior, like positive **academic engagement**; and help youth develop **positive social skills** like cooperation, communication, conflict resolution, and resisting negative peer pressure.

...

Parents and caregivers help shape adolescents' **self-control, plans for their future, moral and social values**, and broader world view.

[U.S. Department of Health and Human Services](#)

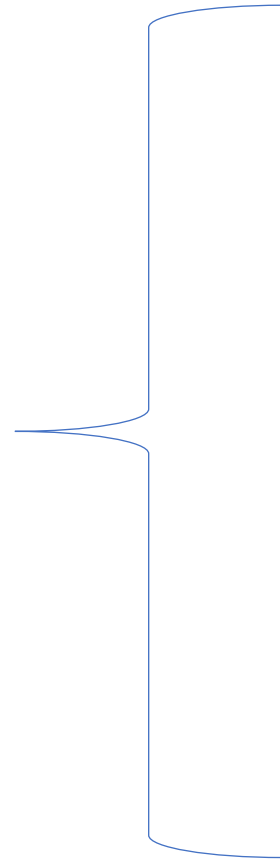
New Environment

Academic Anxiety

Making Friends

Technology

Future



Relationships

Purpose

Agency

Ignatian reflection

Resources

Wellness Resources

Student Success at Marquette

<https://www.marquette.edu/student-success/>



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Student Success

[STUDENT ROADMAP](#) • [ACADEMIC RESOURCES](#) • [OUTSIDE THE CLASSROOM](#) • [CAREER CENTER](#) •

MARQUETTE.EDU // SEARCH // A-Z INDEX // GIVE TO MARQUETTE

Marquette University's Student Success initiative is designed especially for first-year and transfer students, but the resources on this website can be helpful to all Marquette students. Here you will find key deadlines and milestones, quick access to academic planning resources, resource for post-graduation planning, and more. Together, let's make your Marquette experience successful!

[Academic calendar](#)
[Refer a Student \(or yourself\)](#)
• [CARE and Concern form](#)

Counseling Center

- Mental health clinic specializing in the needs of college students
- Therapy (including for substance use issues)
 - In-person, Telehealth, Individual or group
- Free to all students
- Typically provide 6 sessions
- Staff also provide consultation to parents looking to support their child
- Contact: 414.288.7184

Center for Psychological Services (CPS)

- Community mental health training clinic
- Therapy and psychological assessment (e.g. educational issues)
- Fee: Sliding Scale
 - Most students pay \$15-\$25 per session
- No limit to number of sessions
- Contact: 414.288.3487

Audience Q&A

BeyondMU
LIFELONG LEARNING



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Inspired to support?

- Strengthen support for Marquette students by giving directly to our **Parents Fund**
- Support holistic student wellness and success at Marquette through the **Wellness and Recreation Current Use Fund** or the **Lemonis Center for Student Success Current Use Fund**





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