

How to Support Mental Health and College Success

Psi Chi Webinar January 31st, 2023

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Agenda

- Personal journeys
- The Good Student nonprofit as a solution to support mental health and college success
- Overview of The Good Student's tool
- Demonstration & you get to use it
- Q&A session
- Opportunities for students and college instructors and staff (also for those at high schools)

*Please note that a couple topics from this presentation may be disturbing for some people, as it covers suicide and depression.

Philip Zimbardo, PhD

- Considered the voice and face of contemporary American psychology through the highly acclaimed PBS-TV series "Discovering Psychology"
- Professor Emeritus of Psychology at Stanford University
- Past President of the American Psychological Association
- Past President of the Western Psychological Association
- Founder of the Heroic Imagination Project
- Author of several books and hundreds of articles
- Initiated the Psi Chi chapter at Stanford University and served as the Advisor

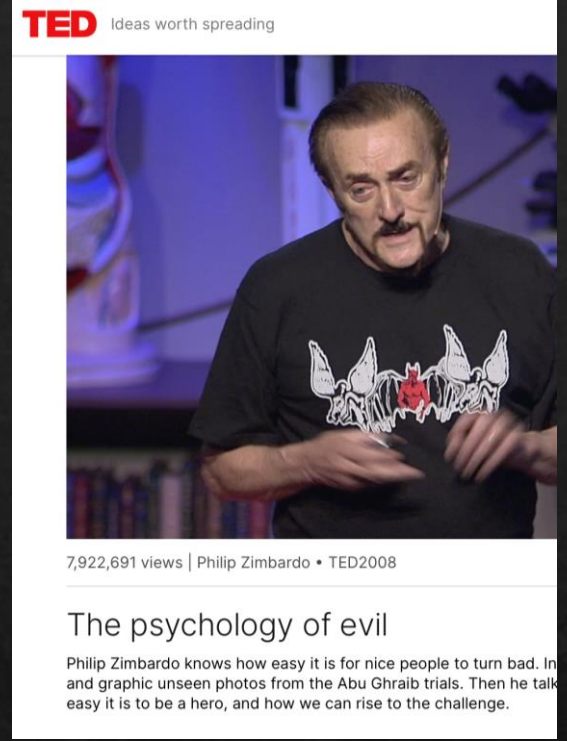
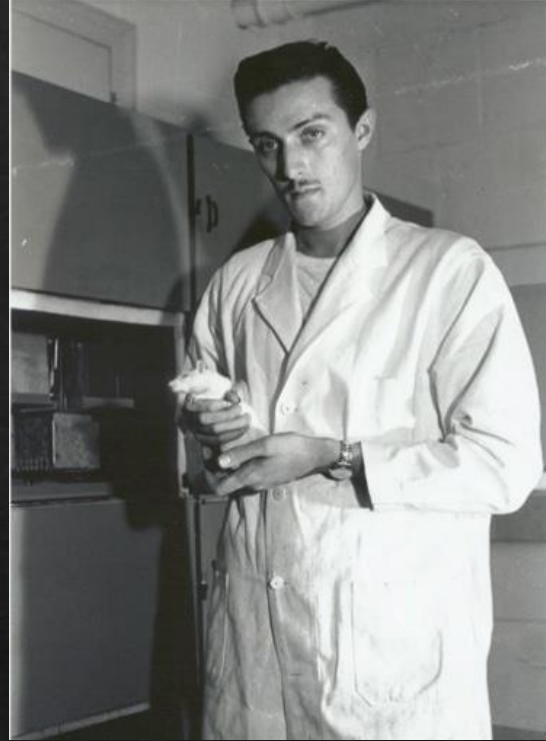


Joseph Dorri, MA

- Psychology Instructor at UCLA
- Mentee to Philip Zimbardo and Noam Chomsky
- Recognized by the California State Legislature for excellence in academics, leadership, and service
- Awarded the Ed Walsh Service Award
- Awarded the Most Promising Future Educator Scholarship
- Author of *The Good Student: How to Take Control of Your College Years*
- Founder & President of The Good Student nonprofit

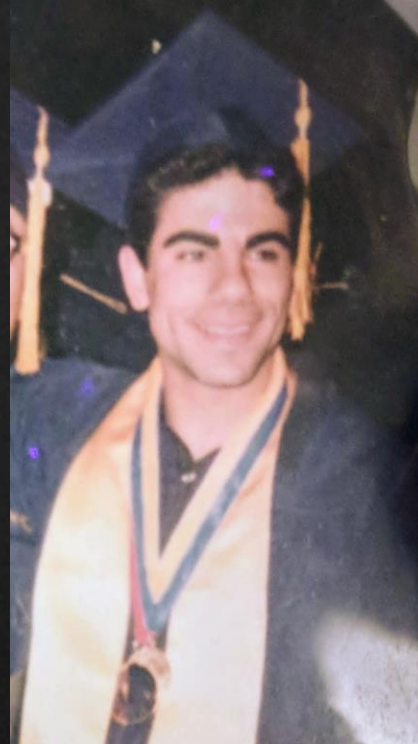


Dr. Z's Journey



- Born 1933 (during the Great Depression)
- Lived in N.Y. South Bronx ghetto
- Impoverished, uneducated Sicilian family
- Loved school and learning
- Worked with an advisor who suffered from a mental illness and committed suicide
- Earned a Ph.D. at Yale
- Stanford University Professor & multiple TED Speaker

Joe's Journey



The Good Student™

HOME TOOL BOOK CURRICULUM PRESENTATIONS CONTACT US

The Good Student nonprofit makes available an anonymous and confidential mental health and social support survey that provides immediate personalized feedback and helpful resources.

Survey measures & supports the following areas:

Mental Health
Social Support
Relationships with Parents
Mindset
Sense of Belonging

Also provides resources on these:

Self-Compassion
Self-Efficacy
Financial and Living Difficulties
and more

- Born in Los Angeles, CA
- Experienced early symptoms of psychological distress
- Symptoms worsened in college, leading to depression and poor academics
- Met mentors, received support & graduated from USC and other universities
- Founded and created the nonprofit's tool due to these experiences

Student Mental Health

Mental health impacts everyone directly or indirectly

75% of all psychological disorders arise by the age of 24

Depression and anxiety have increased due to the pandemic

Schools are overwhelmed with the many students who need mental health and social support

Solution

- ◆ 501(c)3 nonprofit
- ◆ Offering an anonymous mental health and social support tool that provides personalized feedback and supportive resources
- ◆ Research informed tool
- ◆ Student feedback is incorporated
- ◆ By providing this tool, students gain immediate access to resources that help and strengthen important areas in lives

Key Scales



- **Psychological Distress**
 - (Kessler et al., 2003)
- **Social Support**
 - (Zimet et al., 1998)
- **Relationship with Parents**
 - (Dorri, 2023)
- **Mindset**
 - (Dweck et al., 1995)
- **Sense of Belonging**
 - (Walton & Cohen, 2007)

*Available in multiple languages

Tool Feedback

- Provides immediate results & resources for each scale used
- Additional topics include:
 - Self-compassion
 - Self-efficacy
 - Home and food insecurity
 - And more
- Goal of supporting greater well-being and student success

*Adaptable to each college and country



*Survey & Feedback Page
Walkthrough*



Access the Tool

Please take ten minutes to use the tool, visit:

www.thegoodstudent.org

Click on "Use The Tool"!

Also, please see the chat box for a direct link



Joseph Dorri, M.A.
Founder & President of The Good
Student nonprofit

Q&A



Philip Zimbardo, Ph.D.
Former President of the American
Psychological Association

Action Steps!

- ◇ Use this tool and talk about the results with a person you trust
- ◇ Recommend it to friends and family
- ◇ Request the tool be offered on syllabi, college websites, and in school orientation processes
- ◇ Provide feedback to us about the tool
- ◇ Get involved: See next slides!



Opportunities for Students



Conduct research: coordinate projects, gather participants, analyze data, and publish papers & posters

Develop content and provide feedback

Manage social media and communications

Officer role

Disseminate the tool to local and regional colleges and high schools

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Opportunities for Instructors & College Staff



Use the tool in your department and college

Create a feedback page specific to your college, community, and country

Collaborate on research (ready to use IRB documents are available)

We're growing and have several openings. Please send your statement of interest through our website

Endorsements

"Your tool helped me know how to talk to my friends who are having a tough time."
—Sara, *College Student*

"The Good Student's pioneering work is sure to empower students everywhere."
—Kare Anderson, *Author of Mutuality Matters, TED Speaker, and Emmy-Winning NBC Journalist*

"It (The Good Student book) has the potential of creating a tailwind in college for those who read it."
—Frank Chang, *University of Southern California's Head of Registrar and Professor of Education*

"The Good Student provides an outstanding resource for young people... and needs to be made widely available to them through schools, social media, and other venues they frequent."
—Edmund Bourne, Ph.D. *Author of The Anxiety & Phobia Workbook*



"The Good Student is a terrific resource for all students."

—Elizabeth Loftus, *Distinguished Professor, University of California, Irvine; Past President of Association for Psychological Science; and recipient of the Gold Medal for Life Achievement in the Science of Psychology*

Takeaway Message

The Good Student nonprofit's free, anonymous mental health and social support tool that provides immediate feedback and supportive resources is available to support your and others' well-being & success now.

Acknowledgements

- ◆ Thank you to Philip Zimbardo, Martha Zlokovich & the Psi Chi team, Shonda Johnson, Marilyn Saucedo, Ron Vincent, Christina Maslach, Elizabeth Loftus, Noam Chomsky, Leonard Jason, Diane Morgan, and Taylor Langley
- ◆ Interns, Volunteers, and Students: Alex, Bella, Carlotta, Kalel, Margot and others
- ◆ Those making their scales available: Carol Dweck, Ronald Kessler, Walton & Cohen, and Zimet and colleagues
- ◆ Our families and friends
- ◆ Our generous donors

Thank You!

- Subscribe & message us through our website
- For openings, partnerships, presentations, research, student internship and volunteer positions, and more

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