

International Student Needs Assessment

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Impetus

- Sociopolitical events impacting MU campus
 - Concerned Student 1950¹
 - 2016 election & 2017 travel ban²
- Disproportionate effects for students of color & international students



Development & Framework

- Steve Fund and Jed Foundation³ - guidelines for assessing mental health needs of students of color on college campuses
- Initial priorities
 - Students of color, international students, graduate/professional students
 - International students selected as first step

Needs Assessment Survey

- Brief survey delivered in-person by CC staff and trainees
 - Open ended questions
 1. What is your understanding of mental health?
 2. What are some challenges that you face related to your identities?
 3. What activities, or discussion topics, would help you maintain mental health during college?
 - Demographic information



Process & Challenges

- Reaching international students in particular
 - Showing up without being “tourists”
- Sample size considerations
- Generalizability
- Time



Analysis and Further Data Collection

- Thematic content analysis
 - International student sample
- Follow-up interviews with campus partners and stakeholders

Themes

- Definition of mental health
 - Psychological and emotional problems (or lack thereof); confidence; not being stressed
- Challenges
 - Discrimination; Having an accent or other language barrier; difficulty forming social relationships
- Activities to support mental health
 - Better access to mental health resources; physical activity; social relationships; stress management; support in adjusting campus and academic culture



Outcomes & Future Directions

- Stakeholder meetings
 - Collaborations with undergrad and grad student organizations
 - Future stakeholder meetings planned
 - Many sources of data collection – lack of organization/utilization
- Increased student contact
- International Student Center representation in Campus Mental Health Task Force
- Current doctoral interns developing resources for international students



References

1 - Fortunato, J. A., Gigliotti, R. A., & Ruben, B. D. (2017). Racial incidents at the University of Missouri: The value of leadership communication and stakeholder relationships. *International Journal of Business Communication*, 54(2), 199-209.

2 - Rose-Redwood, C., & Rose-Redwood, R. (2017). Rethinking the politics of the international student experience in the age of Trump. *Journal of International Students*, 7(3), 1.

3 - The Steve Fund & Jed Foundation (2017). Equity in Mental Health Framework [PDF file]. Retrieved from <https://equityinmentalhealth.org/wp-content/uploads/2017/11/Equity-in-Mental-Health-Framework-v17.pdf>

