

2023 School Counselor Workshop

Counseling Services, Office of Specialized Services (OSS) and ENHANCE Program

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National Trends

Research has found that students with disabilities are an increasing subpopulation at postsecondary institutions - *National Center for Education Statistics*

According to 2020 survey, 70% of students with mental health disabilities were not registered to receive accommodations on their college campus. - *Mental Health America*

Emotional Support Animals (ESAs) are increasing in college housing. - *The Chronicle of Higher Education*

Support at RCNJ

- Office of Specialized Services (OSS)
- TRiO Student Support Services
- ENHANCE Program
- Health and Counseling Services

Ramapo Students with Disabilities

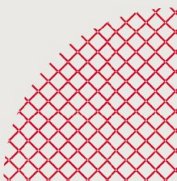


In 2021, Ramapo was ranked 24th in the country on its list of Best Disability Friendly Schools.

- Coordinates Student Disability Accommodations and Services
- 6 Full-Time and 2 Part-Time Staff Members
- Every Student has an Assigned OSS Counselor
- Operates a Computer Lab (Just for OSS students)

Examples of Disabilities Accommodations

- Extended Time on Exams
- Testing in a Reduced Distraction Setting
- Audio Recording of Class Lectures
- Use of Computer to Complete Essay Exams
- Audio Versions of Textbooks
- Sign Language Interpreter
- Wheelchair Accessible Housing



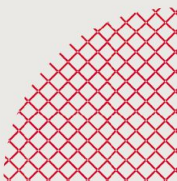
TRiO Student Support Services (SSS) Grant



- Department of Education Program Housed Within OSS
- Designed to Promote Academic Achievement, Retention and Graduation
- Provides Services to 185 students
- Ramapo's SSS Grant is only for Students with Disabilities
- Spots are Filled on a First Come, First Serve Basis
- All TRiO Services are Subject to Funding

TRiO Services

- Supplemental Academic Advisement
- Peer Tutoring (limit of one hour per course per week)
- Professional Tutoring: Writing
- Career Development Counseling
- Graduate School Counseling
- Computer Instruction
- Peer Academic Coaching During Student's First Semester
- Independent Living Counseling
- Financial Literacy Information



Affiliation Process for OSS

- **Step 1**
 - **Once student is accepted to Ramapo, they should request an Affiliation Packet from OSS and complete packet**
- **Step 2**
 - **Submit documentation of disability**
 - **If interested in TRiO, complete application and financial statement form**
- **Step 3**
 - **Once the student's file is reviewed the student will be contacted to schedule an intake meeting**

ENHANCE Program

- Therapeutic Support Program for students with a diagnosis of Autism Spectrum Disorder (ASD)
- Focuses on Social, Emotional and Organizational growth
- Provides services beyond what is required under Current Disability Laws
- Separate application to ENHANCE after acceptance to Ramapo College
- Additional fee for the program

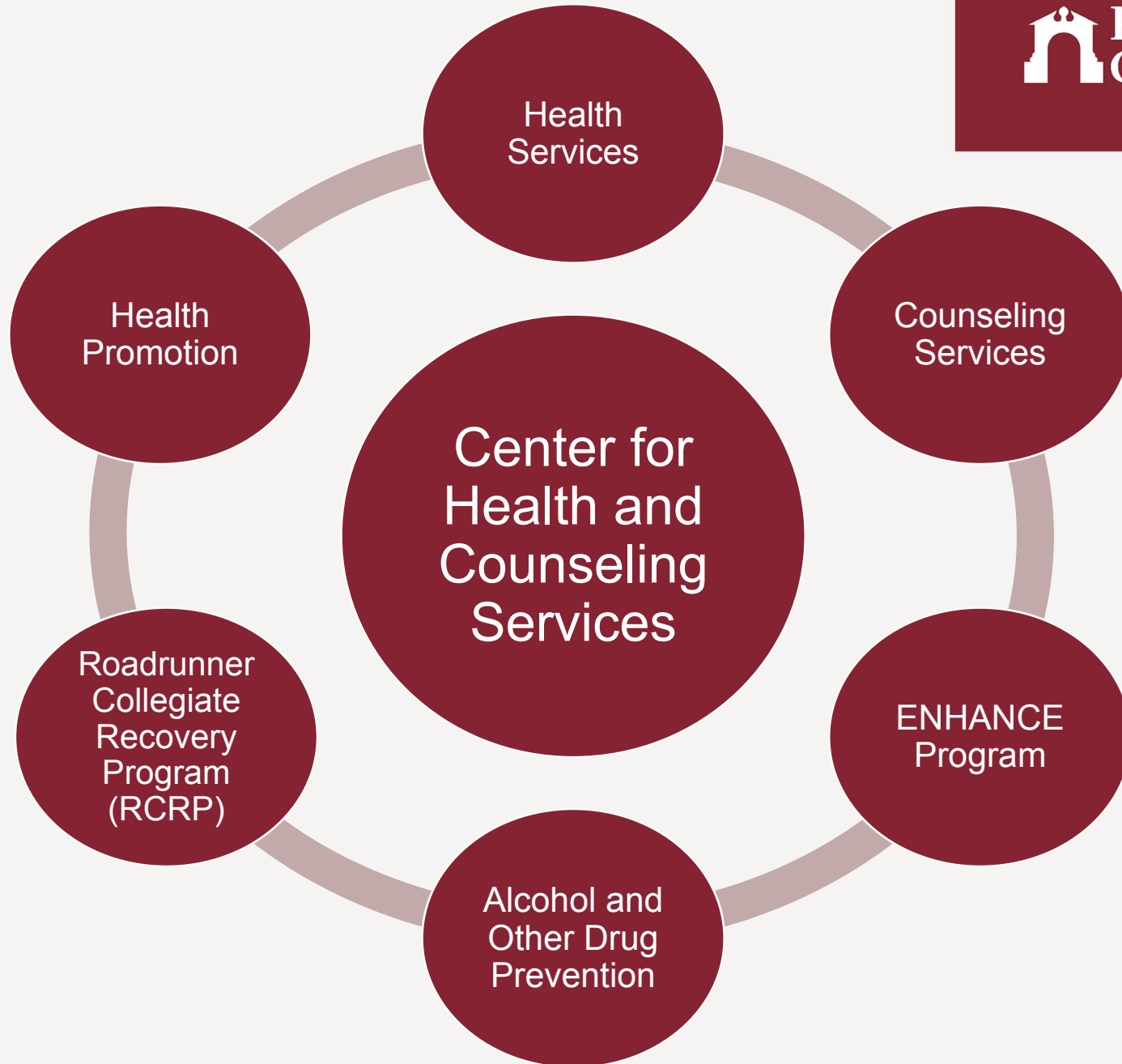
Components of ENHANCE

- Individualized Weekly Appointments with Counselor
- 2 Individualized Weekly Meetings with Trained Peer Mentors
- Weekly Social Event led by Peer Mentors
- Weekly Connections Meetings for Support, Skills and Success Strategies
- Weekly Academic Workshop for Time Management and Organization
- Parent Consultations

<https://www.ramapo.edu/enhance/>

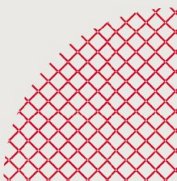
Autism Spectrum Disorder Trends

- Ramapo growth from 22 students in 2013 to 100 students in 2023 (455% increase)
- ENHANCE growth from 4 students in 2018 to 30 students in 2023 (750% increase)
- According to the 2023 report from the CDC:
 - The rate of children identified nationally with ASD is 1 in 36.
 - In New Jersey, the rate is 1 in 35



Mental Health Trends

Student mental health was ranked the Number 1 issue by 750 chief student affairs officers at both private and public, two-year and four-year institutions in NASPA's 2019 Vice President for Student Affairs Census.



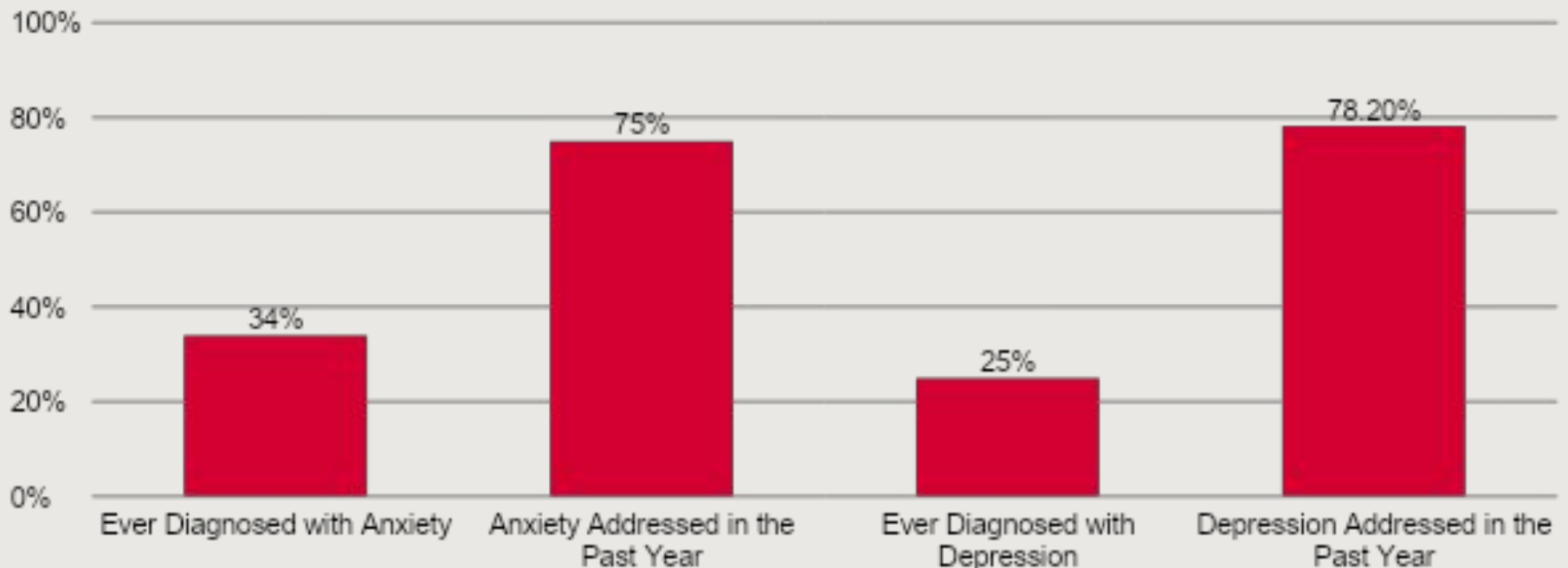
American College Health Association - National College Health Assessment Spring 2022 Survey

- 5,204 students were emailed.
- **705** of the students e-mailed completed NCHA. These students were:
 - Full-time (90.9%)
 - Part-time (8.3%)
 - Other (0.7%)
 - 92.4% undergraduate
 - 6.4% Master's
 - 47.1% were first-generation students
 - 41.9% lived on campus and 47.6% with a parent, guardian or other family
- **We had a 14% response rate**
 - The total frequency of responses for individual questions asked to the entire sample ranged from 695-705

Depression and Anxiety

Students were asked if they ever were diagnosed with a variety of mental health conditions, with anxiety and depression being the most common. The majority of students who had ever been diagnosed saw a provider about their depression or anxiety over the last 12 months.

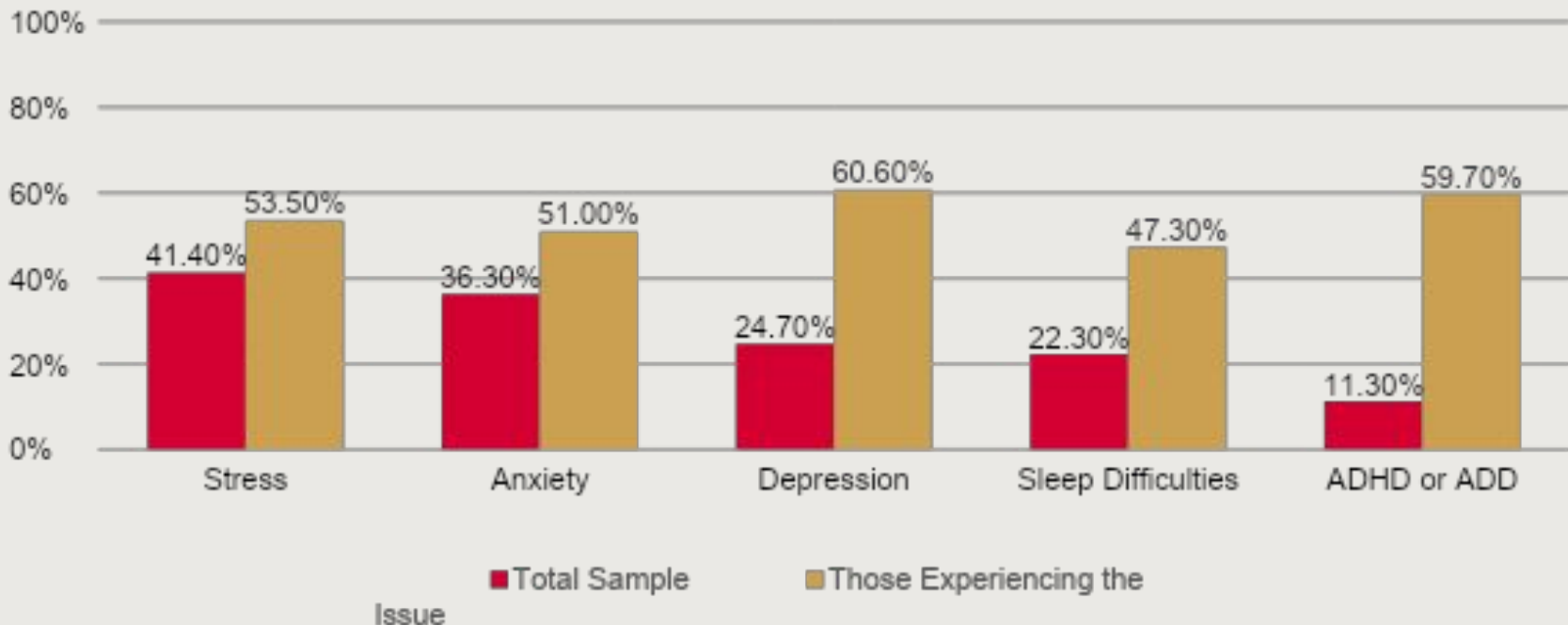
Depression and Anxiety



Academic Performance and Psychological Concerns

For all students in the sample, the following issues negatively impacted their academic success at Ramapo College:

Psychological Distress and Academic Performance



Counseling Services

- Short-Term Individual Therapy
- Daily Drop-In Hours: No Appointment Necessary
- Psychiatric Services (Assessment; Medication-Based Symptom Stabilization; Referral)
- Emergency Services: During Daytime Hours and After-Hours/Overnight and Weekends
- Consultation with Students, Faculty and Staff
- Educational Programming
- ENHANCE Program for Students on the Autism Spectrum
- Substance Use Disorder Assessment and Treatment
- Roadrunner Collegiate Recovery Program (RCRP)

<https://www.ramapo.edu/counseling/>



Health Promotion

- Promote, coordinate, implement, and evaluate health education programs including, but not limited to, mental health promotion, wellness, suicide prevention, and stress management
- Oversee and supervise the Wellness Is Now (WIN) Peer Educators, a student leadership program surrounding peer to peer education on wellness topics
- Partner with other offices on campus for mental health and well-being initiatives



Supporting Wellness



Students receive

FREE IMMEDIATE ACCESS TO TELETHERAPY

Immediate connection with a therapist based on
your preferences at a time that fits your schedule

Private. Secure. Confidential.



Scan the QR code to get started using your school email



Need a safe place to talk?

Did you know that you have **FREE** access to a safe and confidential peer community to get support when you are feeling low?



Community

We offer an anonymous community to share how you're feeling, listen and be heard.

Courses

Find courses specific to your concerns and learn techniques to manage your mental health.

Resources

Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

NEW: Wellness Room E-216

Amenities

- Massage Chair
- Light Therapy
- Yoga
- Weighted Blanket
- Stress Balls
- Bracelet Making
- Coloring
- Reflection Card Sort







Roadrunner Collegiate Recovery Program (RCRP)



- Admission requires a commitment to harm reduction or complete abstinence from alcohol and other drugs
- The RCRP enables students to have an authentic college experience while maintaining their recovery.
- Provides a supportive peer group for students in recovery - Private meeting space
- Recovery Housing
- A core component of the RCRP is the Ally/Mentor Program. Through outreach presentations, Allies and Mentors will work together to address and fight the stigma society has linked to substance use and mental health disorders.

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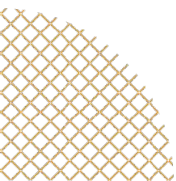
2023-2024 School Counselor Event

Student Success Support Services and Resources

Joseph Connell, Assistant Vice President of Student Success

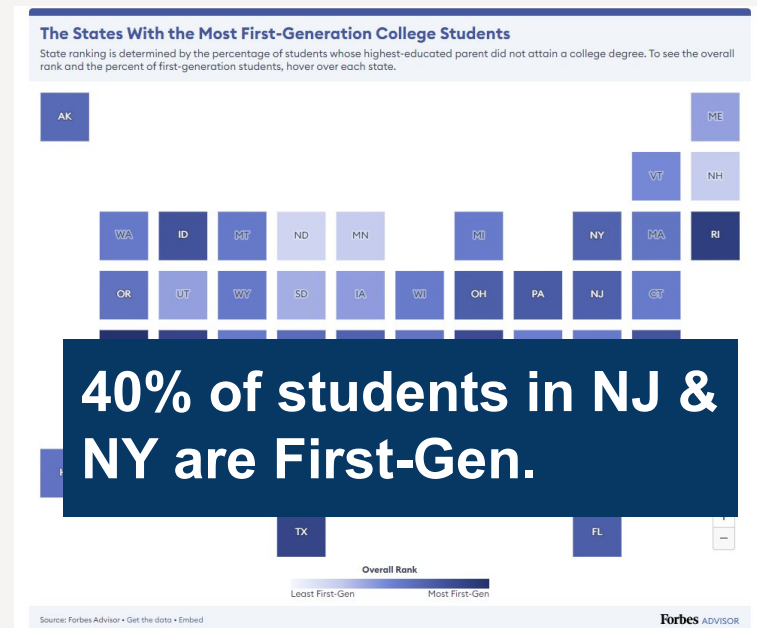
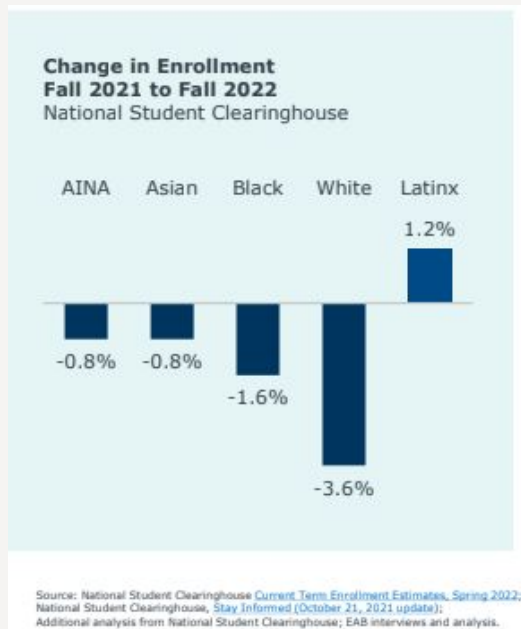
Gaby Contla, Social Science major - Class of 2025

Mya Schmidhauser, Biology major - Class of 2025



National Trends

1. Student Mental Health
2. Pandemic Ripples on Learning
3. Increase in Students Learning from Multiple Colleges
4. Changing Student Demographics



Academic Support

Tutoring = Academic Support

- Supplemental Instruction
- Multiple Centers
- Special Populations
- Learning Centers



Academic Advisement

- **School Counseling / Guidance = Academic Advisement**
 - Professional Advisors
 - Faculty Advisors
 - Special Program Advisors
 - Peer Advisors
- **Placement Testing**



Transition (Bridge) Programs



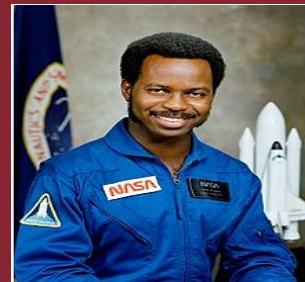
First-Generation Students

“When I first committed here, I was extremely nervous. With being a first-generation college student, I didn’t have anyone in my family to give me advice or aid me in any way. But then when I saw an email about the Legacies in the Making program, I felt so relieved.”



EOF Scholars Program

Educational Opportunity Fund (EOF) provides meaningful access to higher education for qualified New Jersey students impacted by historical poverty. This includes a 5-week summer program for pre-first year students.



McNair Scholars Program

The McNair Scholars program supports academically talented low-income students, first generation and underrepresented minority STEM students in pursuit of a **doctoral degree**.



Orientation

Orientation ensures all new students receive the information they need to start their first semester at Ramapo and build a foundation for success.

Academic Opportunities

Faculty-Student Research Projects

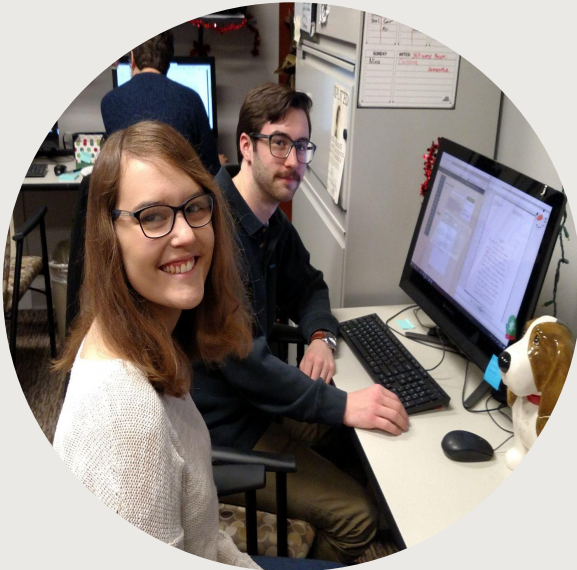
Ramapo Munsee Lenape Nation Mapping Project; Jane Addams Papers Project; American History Textbook Project; Women in Monuments Project; and more

Mentoring

Faculty Mentoring
Professional Mentoring

Honors Programs

Honors Projects
Dedicated Spaces




ANY's award-winning curriculum is offered in two formats to improve college and career outcomes.

The Fellows Program
offers one-on-one mentorship, monthly in-person career development workshops and events, student grants, and internship and transfer support.

FirstGenU
offers self-paced E-learning modules and includes invitations to networking and professional development events and access to internship and job opportunities.

"America Needs You has been a fabulous partner and [the staff] are always willing to participate in our events, share information, and answer questions for our team and for prospective applicants. This is a fabulous opportunity for first-generation college students, and several of our alumni volunteer as ANY mentors. I highly encourage any first-generation students who are seeking career guidance/preparation to apply."

- Dr. Michele J. Shostack, Associate Dean/VCR Director
School of Arts and Sciences, Rutgers, The State University of New Jersey

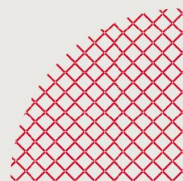
LEARN HOW YOUR STUDENTS CAN ENROLL

americanedyou.org
info@americanedyou.org
[@americanedyou](https://www.instagram.com/americanedyou)



Publications

Trillium - the College's literary magazine
Readings at Ramapo Series - workshops with authors



Career Services

- **Pathways Program:** All students complete guided modules in
 - Career Exploration
 - Resumes, Personal Statements, Cover Letters, LinkedIn Profiles
 - Interview and Job Search Practice



Internships/Co-Ops:

- Amnesty International
- E&Y, KPMG and more accounting firms
- JP Morgan Chase
- NJ Transit and NJPAC
- NJ Legislators' Offices
- Publishers: John Wiley and Sons, Pearson Education
- US Supreme Court
- UBS, UPS, Volvo and more

100s of additional companies and placements for other majors!

How Ramapo Students Experience our Services and Resources



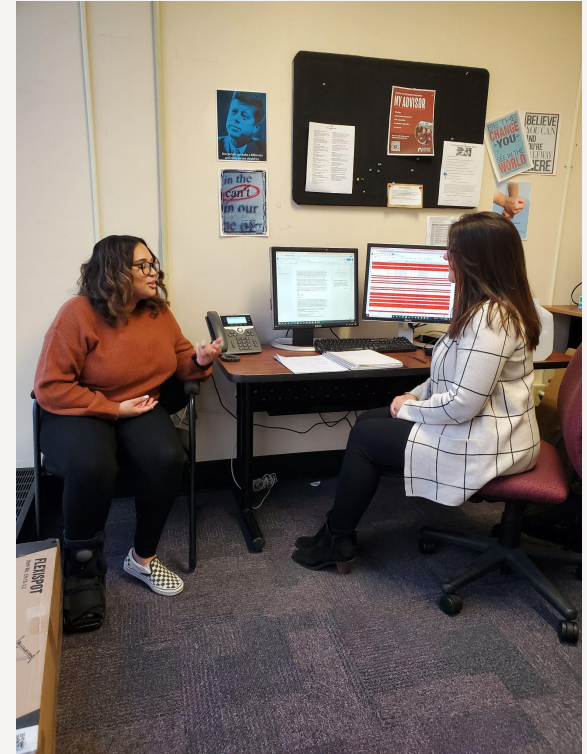
Gaby Contla



Mya Schmidhauser

Student Success - Advising

- The advisement team guides students by providing services, resources, mentoring, and community building experiences.
- Students are taught how to use the different tools and online resources provided to them.
- There are also student advisors part of the center of student success.



Student Success- New Student Experience - Orientation

- Orientation allows students to become familiar with Ramapo College.
- It allows students to register for classes, meet with their academic advisors and meet new incoming students.
- Students are assigned to a group where they are guided by orientation leaders.



Student Success - New Student Experience - Peer Facilitation

Peer Facilitators:

- Foster a sense of community among first-year students
- Serve as role models and mentors
- Address important topics: societal pressures and choices, time/stress management, balance between commitments, etc.
- Motivate students to use campus resources and get involved on campus



Educational Opportunity Fund (EOF)

- The Educational Opportunity Fund allows access to higher education to qualified New Jersey students impacted by historical poverty.
- Each student is assigned an advisor where they develop plans that are compatible with the students goals.
- Advisors help students adjust to the academic and social environment they will encounter while attending college.



EOF Eligibility

1. Demonstrate financial background that reflects historical poverty
2. Limited academic resources and support.
3. Be a New Jersey resident for 12 consecutive months.
4. Must file a Free Application for Federal Student Aid (FAFSA) or the NJ Alternative Financial Aid Application.
5. Meet RCNJ EOF Admissions criteria.

Note: NJ Gear Up/College Bound Program & NJ TRiO (Upward Bound) students qualify for EOF regardless of financial background. Can participate in EOF Summer Program and receive support funding during the academic year.



First-Generation Student Center

- A first-generation student is a student where neither parent(s) nor legal guardian(s) have obtained a bachelor's degree in the U.S
- The First-Generation Center provides a support system and engaging services to create equitable learning opportunities for all first-gen students.



**Legacies in the Making
Summer Bridge Program**

Cahill Career Center

- The Cahill Career center helps students create an individualized action plan, based on a career assessment, to explore possible career paths.
- Every student has the opportunity to meet with a career advisor who is available for one on one appointments.
- Cahill also hosts career and internship fairs which allows students to meet with representatives from various companies and industries.



STEM Center

- Created to help students who are taking courses in the areas of science, technology, engineering, and math.
- There are group sessions available as well as one on one sessions students can sign up for.
- There is also a walk in tutoring schedule with two designated rooms on campus where students can meet up with student tutors.



Connecting with Faculty

Ramapo's values include:

- Teaching, learning, and mentoring - we are actively engaged in and out of the classroom
- Developing the whole person - we are scholars, we are creators, we are local and global citizens, and we are individuals



Peter Mercer Learning Commons

- Newest building at Ramapo which provides study rooms, the Critical Reading and Writing Center, IT services, and more!
- A great way to study with a group or on your own.
- It serves Starbucks!



What's it all mean?

National Context	National Rates	Ramapo Rates
→ Retention Rate	● 74%	★ 87%
→ Graduation Rate	● 60%	★ 74%
→ Employment / Graduate School	● 86%	★ 95%
→ Ability to repay debt (default rate)	● 9.6%	★ 3%

Q and A - Contact us!

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Partnership Testing Opportunities

CLEP®:
College-Level
Examination
Program



GLOBAL SEAL OF BILITERACY



CLEP Testing

Getting ahead in credits helps to not only graduate earlier at your future college or university but it also can give students access to earlier registration times and earlier housing slots at these institutions.

The College Level Examination Program (CLEP) test is available in a variety of subjects and languages including Spanish, History, Psychology, Science, Math, and Business.

The CLEP test is a lower cost option for earning college credit and is offered weekly at Ramapo. The CLEP examination fee is only \$89 plus a \$40 Proctor fee. That's only \$129 for a test that can yield up to 12 credits!

CLEP Testing

CLEP Exams

COMPOSITION AND LITERATURE

American Literature
Analyzing and Interpreting
Literature
College Composition
College Composition Modular
English Literature
Humanities

SCIENCE AND MATHEMATICS

Biology
Calculus
Chemistry
College Algebra
College Mathematics
Natural Sciences
Precalculus

BUSINESS

Financial Accounting
Information Systems
Introductory Business Law
Principles of Management
Principles of Marketing

HISTORY AND SOCIAL SCIENCES

American Government
History of the United States I:
Early Colonization to 1877
History of the United States II:
1865 to the Present
Human Growth and Development
Introduction to Educational
Psychology
Introductory Psychology
Introductory Sociology
Principles of Macroeconomics
Principles of Microeconomics
Social Sciences and History
Western Civilization I:
Ancient Near East to 1648
Western Civilization II:
1648 to the Present

WORLD LANGUAGES

French Language
German Language
Spanish Language

STAMP Testing

Students who score above a 5 on all 4 sections of the STAMP 4S test can now qualify for the Global Seal of Biliteracy.

This is a great resume item for both high school and college students!

Languages available:

French, German, Italian, Spanish, Chinese, Japanese, Hindi, Russian, Portuguese, Polish, and Hebrew

Microsoft Office Exam

Microsoft Office Certification Exam available in main Microsoft programs including Excel, PowerPoint, Word, and 365.

Registration includes one free re-test.

