



Susan Barber &lt;sbarber@cnu.edu&gt;

---

## Free Training: Helping Students in Distress

1 message

---

### Announcement-Do Not Reply

Thu, Nov 7, 2013 at 1:23 PM

<announcement@cnu.edu>

To: faculty <faculty@cnu.edu>, employees <employees@cnu.edu>

Interested in a free online training to help you identify and provide help/resources for students who appear to have emotional or behavioral concerns? The training takes 30-45 minutes and should be completed in one sitting. Access is available in limited supply on a first-come, first-serve basis. See information and access link below.

#### At-Risk for Faculty & Staff

Go here: <http://www.kognitocampus.com/faculty> and enter Enrollment Key: cspcva

#### Learning Objectives:

- Identify warning signs of mental distress, including verbal, behavioral and situational clues
- Manage conversations with students to determine the need for referral
- Develop awareness of negative stereotypes and misconceptions about mental distress and illness
- Understand resources/services available

Bonus: Many of us are interested in the unique issues faced by students with military backgrounds on a college campus. A free online training is also available for those interested in better serving these students:

#### Veterans on Campus

Go here: <http://www.kognitocampus.com/vet> and enter Enrollment Key: cspcva

#### Learning Objectives:

- Obstacles veterans may face in their pursuit of a college degree
- Effective techniques for managing classroom discussions around topics that may be sensitive to veterans
- Best practices for connecting student veterans exhibiting signs of psychological distress or difficulties adjusting to college life

Free access to these trainings made possible by The Campus Suicide Prevention Center of Virginia, and managed by Dr. Michelle Clark, Psychology Department. For any questions/comments contact [michelle.clark@cnu.edu](mailto:michelle.clark@cnu.edu).