

# U GOOD EVENT GUIDE

Visit [www.kent.edu/mhsu/ugood](http://www.kent.edu/mhsu/ugood) to learn about awareness events

## START HERE.

U Good events raise awareness of mental health and substance misuse among college students. The objective of U Goods is to engage, educate, and encourage students to adopt healthful skills and behaviors that improve mental wellness. This event programming was created and implemented by Kent State University, Center for Public Policy and Health.

This Microsoft Word document details the U Good event titled:

### ***“Resilience and High Achievement Expectations Webinar”.***

Other names used synonymously for this event include:

### ***“Facing Finals Like Pro Virtual Workshop” and “Mind Power for Midterms Virtual Workshop”***

## EVENT DESCRIPTION.

The focus of the event is (1) to increase ability in fostering resilience to thrive through adversity; and (2) to manage goal-related stress and pressures and maintain good mental health.

The evidence backing reasons for hosting the event:

- According to the American Psychological Association (2022), “Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands” (p. 1). Resilience is a key factor that can improve student wellbeing, engagement, and persistence.
- Mental health status has been found to be significantly associated with resilience. A person’s mental health status appears to influence their resilience, while their resilience further affects their mental health status; though the temporal effects of this relationship have yet to fully be examined. Many studies have found resilience to be negatively correlated with indicators of mental ill-being (such as depression, anxiety, and negative emotions) and positively correlated with positive indicators of mental health (such as life satisfaction, subjective well-being, and positive emotions). According to Wu et al. (2020), “Students should receive timely mental health education or preventive intervention to enhance their level of resilience, coping capacity with adversity, and adaptability to the environment” (p. 1).

The anticipated event attendees were Kent State University students.

Those who attended the event followed along with a remotely-hosted PowerPoint presentation through the university subscription to a virtual meeting platform. After the webinar’s conclusion, event attendees could then enter a raffle to win one of two \$25 Amazon gift cards; as a means of incentive to watch the presentation from start to finish.

The event entailed students logging onto the webinar with an anonymous link, listening to the presenters speak, and participating in discussions and poll questions. This was a free virtual event accessed through the university subscription to a virtual meeting platform. It took an attendee approximately ~30-45 minutes to participate. Two volunteers were needed to present the event. PowerPoint presentations are not included in the guide for reasons related to copyright.

This was a free event located in an event space at the University’s campus that is accessible, convenient, comfortable, and easy to navigate for on-campus students. It took an attendee approximately ~5-10 minutes to participate. At least one volunteer was needed to table the event.

## EVENT BUDGET.

There were costs associated with hosting this event. See event itemized budget below.

Event title:	Resilience and High Achievement Expectations Webinar				
Expected number of event attendees:	~35				
Items on-hand that did <u>not</u> need to be purchased:	Access to laptop and internet service				
Event Itemized Budget					
Item	Quantity	Price per unit	Total	Store	Web Link
\$25 Amazon gift cards	2	\$25.00	\$50.00	Amazon prime	<a href="#">Click here to view link</a>
TOTAL	2	-	\$50.00	-	-

\*Please note that links to items are subject to change. Some items may no longer be available or have fluctuated in price. In those cases, our recommendation is to browse for items to serve as substitutes for items listed above.

## EVENT SCHEDULING.

Event was hosted during evening hours when most undergraduate students were finished with work or class. Various sessions of this event were hosted prior to weeks of midterm or final exams. The event occurred on December 4, 2020.

## EVENT ADVERTISING.

Event was promoted on Center's social media and through student organization email listservs. Posting was also made on the university event calendar.

See examples of social media post graphics below. 2020 social media posts \*Not to scale

**MIDTERMS ARE RIGHT AROUND THE CORNER...**

**ARE YOU READY?**

**FREE 100% ONLINE WEBINAR**

Manage academic stress and anxiety

Meet high achievement expectations in school

**MARCH 16TH, 2020 FROM 7-7:25PM**

TO REGISTER OR JOIN ANONYMOUSLY, GO TO:

**[www.kent.edu/MHAT](http://www.kent.edu/MHAT)**

**MORE AWARE**  
An initiative of the Division of Mental Health and Substance Use

\*See the description for more details

**Are you mentally prepared for finals week?**

Learn how to build your academic resilience & be better prepared for finals week

**Wednesday, Dec. 4th from 7-7:25 pm**

**FREE LIVE 100% ONLINE WEBINAR**  
Login anonymously. No registration required.

**Use this link to join: <http://www.shorturl.at/xMW45>**



## EVENT PREPARATION.

Materials and supplies were built out and organized for the event. Presenters logged into the event session at least 15 minutes prior to the event start time to ensure session settings were functioning appropriately (i.e., checked microphone, audio, anonymous link for attendees, powerpoint upload).

## References

American Psychological Association. (2022, May). *Resilience*. Apa.org

<https://www.apa.org/topics/resilience>

Wu, Y., Sang, Z. Q., Zhang, X. C., & Margraf, J. (2020). The Relationship Between Resilience and Mental Health in Chinese College Students: A Longitudinal Cross-Lagged Analysis. *Frontiers in psychology*, 11, 108. <https://doi.org/10.3389/fpsyg.2020.00108>