



ECU

COLLEGE OF HEALTH & HUMAN PERFORMANCE

RESILIENT PIRATE NATION

JANUARY 2022

TRAUMA INFORMED TEACHING - WHAT CAN FACULTY AND STAFF DO?

Trauma-informed pedagogy is pedagogical practice that keeps trauma, its prevalence, and how it affects an individual, in mind.

In the most recent version of the National Health Assessment (NCHA) administered by the American College Health Association (ACHA), college students reported the following in the past 12 months:

- More than 70% felt sad, which nearly half (45.1%) feeling so depressed that it was difficult to function.
- Nearly 2 out of 3 (65.7%) students felt overwhelming anxiety.
- 65% felt very lonely and 85% felt exhausted (not from physical activity).
- Students have experienced problems with finances (44%), family (41%), roommates (24%), and the health of someone close to them (43%).
- 13% of students have an ongoing chronic illness.

And this was before the pandemic....

In a report conducted by ACHA, Impact of COVID-19 on College Student Well-being (2020) reported the following as a result of the pandemic:

- 2 out of 3 students experienced an increase in financial stress.
- 36% of students reported moving to a new living situation.
- More students reported that anxiety and depression impaired academic.

More students than ever are seeking help from campus counseling centers or other local clinics. An increase number of students are tapping in to services to assist with housing, food, and legal issues. Across the board, counseling centers are seeing a record number of clients, overwhelmed, and understaffed. Individuals whose basic needs (i.e., food, housing, security) are not being met, might find comfort in therapy, but they cannot truly learn (in or out of the classroom) until those basic needs are met. And on any given day, most instructors do not know all the problems that are occurring with the students in their classes.

If you are a staff or faculty member who has read something in here that has inspired you to seek additional support, the

ECU Faculty and Staff Assistance Program

is a free program for ECU employees external to ECU that can include therapy or other resources to help you and your immediate family.

TRAUMA INFORMED CAMPUSES - BUILDING RESILIENCE

There are many ways a college campus can be more trauma-informed in their approaches, and this includes all work spaces (i.e. classrooms, offices, labs).

1. Become more culturally sensitive.
2. Create opportunities for social connection or interactions.
3. Do not assume that excelling in the classroom means students are thriving.
4. Use diverse cultural examples in instruction.
5. Identify academic support structures and include the information on the syllabus.
6. Consider being flexible with assignments (i.e. offer flex passes, drop the lowest grade, give choices of assignments, allow multiple submissions).
7. Practice good communication. Regularly remind students of your office hours and that you want to talk to them. Reach out to students who are struggling or need encouragement.
8. Be transparent by providing detailed grading rubrics and sticking to them. Send reminders about due dates. Constantly changing course schedules and assignments can increase anxiety among students.



TO LEARN MORE...

[10 Course Policies to Rethink in Your Syllabus](#)

[Trauma Informed Teaching & Learning Principles](#)

UPCOMING EVENTS



HHP Film Festival

Feb. 3-4 2022

Hendrix Theater - ECU Main Campus

Resilience Trainings

Community Resilience Model (CRM)

- Brief Intro - Feb 16th 2-3pm
- Deeper Dive - Apr 12th 1-4pm

Resources for Resilience Reconnect

- Brief Intro - Feb 8th 2-3:30pm
- Full 2-day Training - March 24 & 25th