Promoting Graduate Student Health and Wellness – An International Focus
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The Graduate School and International Education

18% INTERNATIONAL STUDENTS

4,025 GRADUATE STUDENTS ENROLLED

130 GRADUATE PROGRAMS

50:50 RATIO OF MALE TO FEMALE GRADUATE STUDENTS ENROLLED

FASTEST GROWING
public doctoral institution in the country
Chronicle of Higher Education -2017

115 COUNTRIES REPRESENTED

1,491 GRADUATE DEGREES AWARDED IN 2017

1,569 GRADUATE ASSISTANTSHIPS AWARDED

265 INTERNATIONAL SCHOLARS

51 FULBRIGHT SCHOLARS ENROLLED
Student Success Strategy at the U of A

- Physical and Psychological Well-Being
- Academic
- Belonging
- Financial
Maslow’s Hierarchy of Needs

Entire campus community

Self-actualization
desire to become the most that one can be

Esteem
respect, self-esteem, status, recognition, strength, freedom

Love and Belonging
friendship, intimacy, family, sense of connection

Safety needs
personal security, employment, resources, health, property

Physiological needs
air, water, food, shelter, sleep, clothing, reproduction
Setting The Right Tone

International graduate applications and first-time enrollment at U.S. institutions declined for the first time in more than a decade* 

Concentrated efforts to welcome international students

• You Are Welcome Here – aimed at international students and scholars

• https://www.youtube.com/watch?v=-GZq0MdFac4

*CGS International Graduate Admissions Survey, January 30, 2018
Continuous Support Throughout the International Student Experience

1. Pre-Arrival
2. On Boarding
3. During the Academic Program
4. Celebration & Appreciation
Pre-Arrival

• Student Management Tool
  • Delivers logistics and information and allows students to submit requested documents

• Two Blackboard courses for international graduate students
  • Academic Integrity
  • Online orientation (working in small groups, adjusting to teaching styles, life in Fayetteville)

• Live webinars for visiting & exchange students
  • Opportunities to connect virtually with staff and fellow new students
  • Multiple sessions to accommodate students in different time zones

• Free shuttle service from the local airport to campus
Pre-Arrival

Social Media
- Blogs
- Facebook
- Instagram
- Twitter
- YouTube

#razorgrads
#intlhogs
On Boarding

• Immigration Basics Sessions
  • Mandatory for all international students in F or J status
  • Offered twice a day for the first few weeks of arrival period

• Addressing Logistical Concerns
  • Special rate for temporary housing at a nearby long-stay hotel
  • Shopping trips with volunteers

• Graduate International Orientation
  • Small group sessions led by American and international graduate cross cultural mentors
  • Mix of important information and community building from faculty, staff and students
On Boarding (cont.)

Razorgrad Institute for Success & Engagement (RISE)

• Helps new graduate students from underrepresented groups build a strong community network

• Provides resources, mentoring and tools for a successful transition into graduate school

• 2018 Inaugural Class
  • 14 total participants with 2 student mentors
  • 2 international & 2 Puerto Rican students
  • Topics include:
    • Stress and Anxiety Toolbox
    • Managing Personal Finances
    • Seven Habits of Highly Effective People
    • “Southern American Culture”
During the Academic Program

FREE coffee FRIDAYS
8 A.M. - 5 P.M.
EVERY FRIDAY THIS FALL
GRADUATE STUDENT LOUNGE (GEAR 206)
Enjoy a cup of coffee and a donut, and learn about Career Tips for Graduate Students.
Starting every 30 minutes from 9-11 a.m.
THURSDAY, AUG. 30
GRADUATE STUDENT LOUNGE
(GEARHART HALL 206)
Sponsored by the Career Development Center and the Graduate School's International Education.

GRADUATE STUDENT CAREER ADVISING
EVERY MONDAY
12:30-2:30 P.M.
GRADUATE STUDENT LOUNGE (GEAR 206)
Resume/CV Reviews • Cover Letter Help • Interview Tips
Weekly walk-ins welcome, appointments scheduled in advance.
Sponsored by the Career Development Center and the Graduate School's International Education.

Let's Talk!
Stressed? Feeling down? Academic issues?
Why not sit with a mental health counselor?
Let's Talk offers brief, informal, confidential mental health consultations for students.
Consultations are free, no appointment needed & first-come, first-serve. Learn more: health.uark.edu
Tuesday's | 2-4 PM
Bell Engineering Center
Upchurch Room 3162
Friday's | 2-3:45 PM
Arkansas Union
Conference Room 301
a caps outreach program
Celebration & Community Building

Friendship Family

Campus Cousins
Celebration & Community Building (cont.)

International Culture Team
Recognition Events
We are committed to the health and well-being of our international students!

“I’m thankful for the University of Arkansas because I feel like it’s a student-friendly university. It does a lot for the students.”

Left: Sumana Venkat
Graduate Student, Biology

Right: Shilpi Agrawal
PhD student, Biochemistry

Agrawal explained, “this is the first university I’ve ever come to in the United States, and I have many friends at other universities. When I talk to them I feel like this university does a lot of things for the students which others do not. It takes care of us. I’ve been here for 2.5 years now, and I never felt like I’m not at home.”