Meeting Them Where They’re At: Using Cell Phone Based Audience Response Systems In Outreach

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First things first

- Take out your phones
- Go to menti.com
- Enter code (at top of screen)
How are you feeling today?
Our Plan for Today

- Talk about how ARS fits with the purpose of outreach
- Share our experiences with ARS using Mentimeter
- Talk about pros/cons and things we learned
- Discuss how you might apply this technology
- Questions, concerns, ideas are welcome
What is the purpose of outreach on college campuses?
Some purposes of outreach

• mental health education + prevention
• teach skills to promote resiliency
• build community and partnerships
• serve marginalized communities
• social justice
• determine and respond to community needs
• empowerment
We have to connect with students to achieve this

Our students are changing
Mental Health needs are changing
Our resources are changing
Our Outreach efforts should be changing too
Mentimeter/similar tech is

Engaging with technology is one of the ways we can meet them where they are at
   More fun and interactive
   More applicable to students
   Talking with students rather than at students
      We learn more about students
      Can't rely outdated Powerpoints
   Ultimately, in line with the purpose of outreach
Statement of no conflict of interest

While we talk specifically about Mentimeter, we are not representing or promoting any particular product.
Applying this to your campus

- We’ll share our specific experiences with stress-management/self-care presentations
- We encourage you to think about application on your campuses
Are Stress Management (or self-care) presentations part of your Outreach Programming?
We have used Mentimeter for Stress Management Presentations to Students

- First year Engineering Students: 50-150 students
- Engineering Transfer Students: ~50 students
- Upper division transfer students – Various majors
Trained other staff members in its use

Met with other staff members to provide training
Got feedback from staff members as they implemented mentimeter
What sorts of questions could you ask students in a stress-management (or similar) presentation?
Sample Questions

- What stresses you out?
- How do you manage stress?
- What affects your mental health?
- What self-care activity will you do in the next week?
<table>
<thead>
<tr>
<th>Stressor</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studying</td>
<td>Not having enough time to do everything I want and need to do</td>
</tr>
<tr>
<td>Time management</td>
<td>Labs</td>
</tr>
<tr>
<td>When my grade is not good.</td>
<td>Procrastinating till the last minute and either cramming or rushing my homework.</td>
</tr>
</tbody>
</table>
What Stresses You Out?

- life
- Physics
- My useless team
- Calculus
- Bills losing
- Chemistry
- Chemistry
- Tests, a lot of assignments, traffic
<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>What Stresses You Out?</strong></td>
<td>Tests</td>
<td>Not enough time</td>
<td>Math and assignments due</td>
</tr>
<tr>
<td><strong>Chemistry</strong></td>
<td>Chemistry</td>
<td>seminar</td>
<td></td>
</tr>
<tr>
<td><strong>EAS 199</strong></td>
<td>Other people’s stress thrown at me, while I’m dealing with my own stress</td>
<td>Everything. Absolutely everything</td>
<td></td>
</tr>
</tbody>
</table>
Taylor's Experience

- fosters honesty
- fosters "common humanity" - normalizes student experiences
- fosters open conversation about mental health topics
- fosters buy-in - makes topic applicable/relatable
John's Experience

- Surprised by vulnerability of responses
- Students were often impacted by other student's answers
- Students would often discuss on-screen answers with nearby peers
- I learned about student needs
PROS

- Using technology engages students
- More students respond due to anonymity
- More honest/vulnerable responses
- Students normalize each others’ experiences
- Better post-survey discussions
PROS

• Fun/exciting
• Talking with students rather than at students
• We learn more about students
• More interactive than Powerpoint
Other potential benefits?
CONS

- Students may not take seriously
- Time consuming
- Learning new tech can be uncomfortable
- Inappropriate answers
- Software compatibility issues
- Not ideal for complex presentations
Other potentials cons?
Implementation Attempt 1: The Friendliest (least boundaried) approach

Introduced it as a novelty and something that would be fun. This was great most of the time but it caused problems sometimes.
Attempt 2: Slightly Stronger Boundaries

Telling students to take it a little more seriously.
Better, but still got some unwanted responses
Implementation Attempt 3 (Current Approach)

Asked Students to take the exercises seriously, explained the anonymity and noted that we would have to switch to alternate approaches if students didn’t take it seriously.

This worked pretty well.
Staff has used for a variety of presentations

- In staff meetings
- Stress management with other students
- Similar psychoeducation skill-building workshops
Alternative Audience Response System Programs

• Poll Everywhere
• Kahoot
• Google Classroom
• Socrative
• And More
Stuff you might need to know

• Be flexible... the discussions are often organic
• Think about context when designing
• What's the culture of the group
• what is the size of the group
• Have a back up plan if it doesn't work
Stuff you might need to know

• prepare for inappropriate responses
• Be ready for sad/shocking things
• How are you going to manage disclosures
• Potential ethical concerns
What do you want to know?
Discussion Q's

• How do you see Mentimeter/similar tech fitting into college mental health?
• How might Mentimeter/similar tech fit into outreach programming at your school?
• What do you think are the biggest barriers to using mentimeter/similar tech at your University?
Thank you!