



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Can't rely outdated Powerpoints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

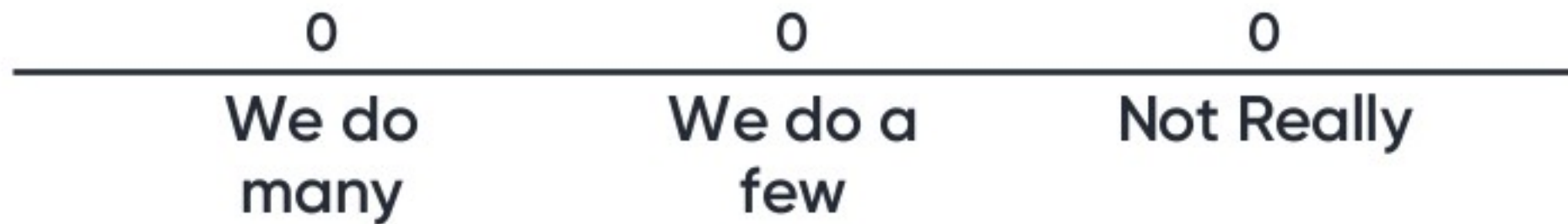


Applying this to your campus

- 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?



What Stresses You Out?

Studying

Time management

When my grade is not good.

Not having enough time to do everything I want and need to do

Family

Exams

Life

Labs

Procrastinating till the last minute and either cramming or rushing my homework.

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What Stresses You Out?

life

Physics

My useless team

Calculus

Bills losing

Chemistry

Chemistry

Chemistry

Tests, a lot of assignments,
traffic

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What Stresses You Out?

Tests

Not enough time

Math and assignments due

Chemistry

Chemistry

seminar

EAS 199

Other people's stress thrown at me, while I'm dealing with my own stress

Everything. Absolutely everything

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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 Boudaries

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!

