

Wildcat Welcome Information Session for Families of Students of Color

Multicultural Student Affairs (MSA)
and
Counseling and Psychological
Services (CAPS)

Northwestern

Fall 2020

Introductions

Multicultural Student Affairs (MSA)

www.northwestern.edu/msa

- Alyscia Raines, Assistant Director
- Alejandro Magaña, Associate Director
- Linda Luk, Administrative Assistant

Counseling and Psychological Services (CAPS)

www.northwestern.edu/counseling

- Kanika Wadhwa, LCPC
- Dr. Kenneth Washington

Why we are here

We care about the social/emotional/psychological wellness of your student

Transitioning to Northwestern can be stressful enough for Black, Indigenous, Students of color under normal circumstances. This years' incoming class will be dealing with unprecedented challenges as they begin their collegiate career.

By participating in this session you will be able to...

- Understand the unique challenges faced by SOC
- Understand how MSA and CAPS work to support students' social/emotional/psychological wellness
- Name campus resources available to students
- Utilize strategies to support your student from home
- Put into action strategies to support yourself as you support your student

MSA

- **MISSION:**
Multicultural Student Affairs (MSA) enriches the cultural experience of Northwestern through leadership and education programming; providing opportunities for community engagement and identity expression; and assisting students in navigating the University.
- **SPACES: (Currently Closed):**
The Multicultural Center, the Temporary Black House and the Gender and Sexuality Resource Center

PROGRAMS	RESOURCES
<ul style="list-style-type: none">• Heritage Celebration• Community Nights• Cultural and holiday celebrations• Book Club• Monthly discussion groups• Podcast• Congratulatory	<ul style="list-style-type: none">• 1-1 support and advising• Free printing• Grants for student organizations• Weekly newsletter for current students

CAPS

Confidential Clinical Support:

- Individual & group counseling
- Medication management
- Outreach and Education

Brief Treatment Model

Personalized referrals for open-ended or specialized care

We can be reached 24/7 for crisis support at 847 491 2151 (students and parents)

Online scheduling on our website (non-urgent needs)

Current Stressors that May be Impacting Your Student

- Global health pandemic
- Financial crisis
- Protests/ Riots/ Uprisings
- Remote learning

Things to Keep in Mind

- NU's Demographics
 - Environmental context
 - Differences and similarities to high school
- Identity Development
 - Questioning/changing/evolving identities
 - Intersecting identities
 - Coming home for breaks

Things to Keep in Mind

- Interpersonal Relationships
 - Friendships
 - Dating and romantic relationships
- Support for Social Justice, Diversity, and Inclusion
 - Evolving needs
 - Responding to microaggressions, bias, hate
 - Racial battle fatigue, minority stress

Supporting Your Student

- Validate and affirm their experiences
- Display genuine curiosity
- Recognize systems of oppression
- Practice patience
- Ask them what they need from you
- Know the resources on campus

Supporting Yourself

- Remember your strengths
- Be aware of your own needs
- Find support networks
- Connect to resources
- Model self care
- Hope as essential

Additional Resources on Campus

- **Northwestern Health Services (NUHS)**
www.northwestern.edu/healthservice-evanston
- **Religious and Spiritual Life**
www.northwestern.edu/religious-life
- **Center for Awareness, Response, and Education (CARE)**
www.northwestern.edu/care
- **Bias Incident Response Team (BIRT)**
www.northwestern.edu/respectnu
- **The Women's Center**
www.northwestern.edu/womenscenter

Contact Information

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Thank you!