



STRESS, MENTAL HEALTH AND WELL-BEING

OF INTERNATIONAL STUDENTS AT MIZZOU

Friday, April 20, 3 - 5 pm
Wrench Auditorium, S107 Memorial Union

Introduction

Craig Rooney, PhD and Director

Behavioral Health at the MU Student Health Center

Panelists

Lisa Flores, PhD

Department of Education, School and Counseling Psychology

Shraddha Niphadkar, PhD

MU Counseling Center

CJ Park, MA and doctoral student

Department of Education, School and Counseling Psychology
Practicum student, MU Student Health Center

Phoebe Wan, PsyD

MU Student Health Center

Discussion and closing remarks

James K. Scott, PhD and Interim Vice Provost

International Programs and Director of the MU International Center

Reception immediately following, second floor lobby

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Message from

The Wind Institute (TWI)

The Breathing Product on “Developing Mental and Emotional Well-Being” began in 2016 as the TWI Fall Event with 21 scholars. Like then, TWI is both pleased and honored to provide financial support for this program. The Breathing Product will continue its activities at MU through artistic events, academic research, conferences and information sharing. TWI aims to serve future generations with guidance for choosing the right answers and actions.

Kyungja Lee, CEO and Founder of TWI

Greetings Message

Welcome to this special event supported by The Wind Institute. From the onset, most new international students confront a new culture and expectations. Each has worked hard for the opportunity to earn their degree at Mizzou and have a meaningful career. Soon, the environment shifts to the reality of thinking in a new language, experiencing different foods and climate, and loneliness while being away from friends, parents and other support groups.

Expectations for academic growth and research productivity are high for students living on low pay and susceptible to anxiety or depression. Most adjust, but it takes time, energy, self-confidence and support from peers and the major advisor, who helps set the learning and research environment.

Some students feel mental health is spiritual and not treatable by counseling or pharmaceutical intervention. Regardless, peers need to recognize symptoms of anxiety, depression or other mental conditions, which may be subtle and even hidden. This is where the institution can help. I hope Mizzou can be a model in dealing with this very serious issue.

C. Jerry Nelson, Board Chair of TWI