Findings from
Mind Matters Town Halls

Fall 2017
Highlights

- 10 Town Hall sessions
- 40 participating faculty members, 90 sections of Intro to Higher Education
- 179 Teams
- 1,700 student participants
- 44 Trained student facilitators (28 of whom completed a 10-week Small Group Facilitation Certification program)
- 444 Hours of Student Facilitation (148 student facilitation slots)
Issues of Concern for Students
(based on Mind Matters Town Hall action plans)

Of 179 Student Action Plans:

- 45 addressed Time Management
- 34 addressed Student Involvement
- 22 addressed Wellness
- 20 addressed Stress
- 16 addressed Academic Success
- 13 addressed Student Finances
- 10 addressed Facilities
- 10 addressed Transportation
- 6 addressed Campus Resources
- 3 addressed Social Life
Student Reflections on Mind Matters Town Halls

- “[Mind Matters Town Hall helped] students feel like we are part of a bigger community and that the school cares what we have to say.”

- “My reactions of Mind Matter Town Hall were that this event shouldn’t be just for freshmen and first year students. It should be for everyone attending this university.”
“Not only did the event end with numerous great ideas that increase the mental wellbeing of students, the event allowed a lot of people to bond and know each other.”

“I am more of a quiet person who follows to make things easier but it was an eye opening experience being able to speak up about my ideas for once.”
“The most valuable things I took away from the Mind Matters Town Hall is how to work together in a group and compromise to get the best possible outcome. Everyone in my group added something to our solution.”

“I overcame my fear of speaking with strangers.”
“One of the most valuable things I took from this experience was that if you don't voice your thoughts, if you don't take initiative to make something happen, then nothing ever will.”

“This Town Hall Meeting is one of the best events that CSULA did. It gives us the opportunity to be heard and to change things.”
“It was not what I was expecting because I honestly felt it would be boring and a waste of time, but it turned out to be extremely fun and exciting to go to and be a part of. I learned that the role of problem-solving in civic engagement is a needed task and also a team oriented task.”
“...I gained the asset of problem solving. It’s important that not only as a student on campus but in the real world there will always be room for problem solving to make things better and easier.”
Student Reflections on Mind Matters Town Halls 6

- “I left the event feeling very happy. The event was very well coordinated, organized, and it had a great sense of community.”

- “The Town Hall helped me realize that a lot of people on our campus have ideas to try and make our campus a better place.”
“Without a sense of Compassion there is no sense of community.”
Training Student Facilitators

Small Group Facilitation Certification program
  ○ 10 weekly training sessions
  ○ 28 student participants

Table Facilitator Training
  ○ 2- hour training session
  ○ 16 student participants
Student Facilitator Reflections

- “I have learned so much about myself, others and have made great connections that will last a lifetime.”

- “[I’m learning] that I have the ability to do it. I used to think being a leader or in charge was a position I couldn't fulfill.”

- “These valuable skills that I am learning, such as: being patient, learning how to communicate with outgoing and reserved individuals, how to plan accordingly and if needed how to be adaptable, these are skills [that] will aid me not just in my jobs, but in my personal life, as well.”
● “I have the ability to create a safe space for students.”
● “I am learning that as a leader, you must be open to change, must be adaptable and must (will) learn everyday.”
● [The training program] allowed me to come out of my shell and become more outspoken.”
● “I am learning to be patient and to listen.”
Mind Matters Changemakers

Student Retreat
Tuesday, January 16, 2018
Mind Matters Changemakers

- 120+ students expressed interest in getting involved to improve student wellbeing at Cal State LA
Mind Matters Changemakers 1

- Campus engagement
- Making an impact
51 students participated in pre-semester retreats to begin getting to know each other and envisioning ways they can take action.

Participating students were students in all phases of their education at Cal State LA, including freshmen, recent transfer students, graduating seniors, and graduate students.
Student Reflections from the Retreats

- “I was incredibly nervous participating in the event, but I felt at ease because the environment felt like a safe space that was very welcoming. I had a great time, and look forward to being a part of this.”

- “[I appreciated] the opportunity to speak freely without fear of saying something wrong.”

- “I realized that everyone has their own struggles and it makes me feel like I am not alone.”
“I had not experienced a setting like this in any school program before and I believe it is a much needed safe space.”

“The most meaningful thing about today’s retreat was feeling comfortable, connected and understood.”

“I had not experienced a setting like this in any school program before and I believe it is a much needed safe space.”

“I really enjoyed it and felt part of a community.”