

# The Reflect Organization

## Campus Programming

Reflect's programs bring college students together to engage in open and authentic conversation, reflection, and mutual support.

### STATE OF STUDENT MENTAL WELLNESS

It can be incredibly challenging to be a college student. Since COVID-19, 1-in-4 young people ages 18-24 report having had serious thoughts of suicide. Peer connection is vital. Students with low-quality social support are 6x more likely to experience depressive symptoms. Reflect programming aims to drive student connection.

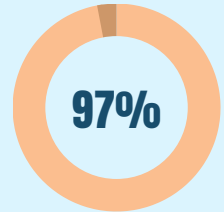


Reflect is a national non-profit organization that works with students and college partners to create protective campus cultures. Reflect trains Student Peer Facilitators to be supportive, caring members of their campus communities. Students develop conversational strategies rooted in positive psychology and mindfulness, as well as skills like basic recognize and refer.

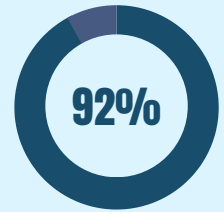
### PEER-TO-PEER PROGRAMMING

We offer flexible program models designed to create and forge networks of mutual support among students. In each model, trained Student Peer Facilitators guide student groups through topics using active listening, supportive intervention, and mindful introductions

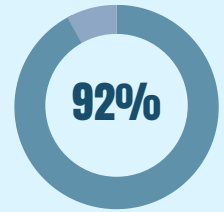
### KEY PROGRAM OUTCOMES



of students felt **more connected** to peers



of students were more willing to **ask for help** the next time they needed it



of students felt a greater sense of **pride** for who they are at their core

#### How has Reflect impacted your student experience?

"I feel more loved and just knowing that everyone's on the same page as me makes me feel motivated to stay on track." [Professional Student]

#### What do you like most about Reflect?

"I love the warm and welcoming space [Reflect] cultivates. It feels incredibly meaningful to [...] have discussions on things that are happening in our lives. It makes me feel less alone." [Undergraduate Student]

#### Reflect Roundtable SM



Larger-scale events with students meeting in a supportive space on campus



Students break out into small groups for hour-long, topic-driven conversation



Topics are generated by the coordinators before the event



#### Reflect & Connect SM



Smaller-scale, in-person or virtual meetings of 5-15 students



Groups meet at regular frequencies throughout the school year



Topics are generated by the group at each session



#### Reflect Roundtable SM Case Study

- Student who commutes to school is feeling lonely and wants to meet more of their classmates
- Student attends a Reflect Roundtable event that the college has advertised
- Student sits at the table with the topic of "Commuting"
- Student meets others who commute and is able to make genuine connections with other students outside of the classroom

#### Reflect & Connect SM Case Study

- Student starts their first year at a graduate program and is feeling lonely and anxious
- Student attends their first Reflect & Connect event that is part of their first-year curriculum
- Student bonds with their group, whose topic was "Homesickness"
- Student and their group meet biweekly for support and community

