Stressed Students: How You Can Help

Our college community is becoming increasingly aware of the amount of stress students are experiencing and its negative impact on their health and academic performance.

To address this concern, we have adopted an online training simulation that will assist you to better identify and refer these students to support services on campus. Palomar College highly recommends that you take this 45 minute course, which is already in use at hundreds of colleges and universities.

Professional development credit is available for this course. Please use PD code #16 or visit the PD website. There is a Certificate of Completion available once the training has been completed.

View a short video of *At-Risk for Faculty & Staff*: http://vimeo.com/35019671

Access simulations 24/7 at:

http://kognito.com/ccc

To take the course, follow the instructions below:

- Go to: http://www.kognito.com/ccc
- Create a New Account
- Follow the on-screen instructions:
    - Choose a Training (Point of View - Faculty, Staff, Administrator)
    - Click Next
    - Choose your School and Role
    - Type your Department

Additional resources and trainings are available on this website including: *LGBTQ on Campus for Faculty and Staff* as well as *Veterans on Campus for Faculty and Staff*.

If you experience any technical difficulties, please email support@kognito.com