

14th World Congress on
PSYCHIATRIC & MENTAL HEALTH NURSING
&
5th World Congress on
MENTAL HEALTH AND WELLBEING
July 25-26, 2018 | Vancouver, Canada

How mental health affects learning in college students

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This speech will address issues of learning as related to mental health in college students. Research has demonstrated that college students with poor mental health have issues with academic persistence, self-regulatory skills, and grades. In my speech, I will address the literature on college students with mental illness alongside learner characteristics that connect to issues facing said students, providing insights into how best to serve this unique population. Some of the topics covered will be maladaptive perfectionism in females and their likely learning orientations, the benefits of self-regulatory and metacognitive skills, and shifting epistemologies to benefit college students with mental illness. There will be some transfer to childhood learning as well because these learner characteristics are also present in children. The significance of the connection between mental health and learning will be addressed to give attendees a clear picture of what practical applications they can use to help increase learning in students with mental health concerns. Data about the current state of mental illness on college and university campuses will also be shared.

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