Kognito

Conversations that change lives.

UF | CWC
Counseling & Wellness Center

UF's Mental Health Initiatives

- At the **Counseling and Wellness Center (CWC)** we believe that the college years are a time for change, growth, inquiry, and development. We strive to help students learn the skills to cope with the stresses of change and growth so they are better able to learn and thrive after their time as a student is over.

- Our partnership with Kognito allows for a digital experiences that prepare people for conversations that matter most. Using modern principles behind neuroscience, social cognition, and game mechanics, Kognito creates simulated conversations with virtual humans where people practice and self-assess their ability to manage conversations that can lead to positive changes in social, emotional, and physical health.

Kognito's Behavior Change Model

Integrates several evidence-based models, tactics, game mechanics, and learning principles integral to structuring conversations that lead to measurable change

Key models and tactics

- Motivational interviewing
- Shared decision-making
- Mentalizing
- Emotional self-regulation
- Empathy / empathic accuracy
- Reappraisal strategy

Key learning principles

- Hands-on-practice
- Self-directed (DIY) approach
- Effective and ineffective navigational choices
- Contextual learning
- Personalized feedback
- Storytelling
- Case-based approach

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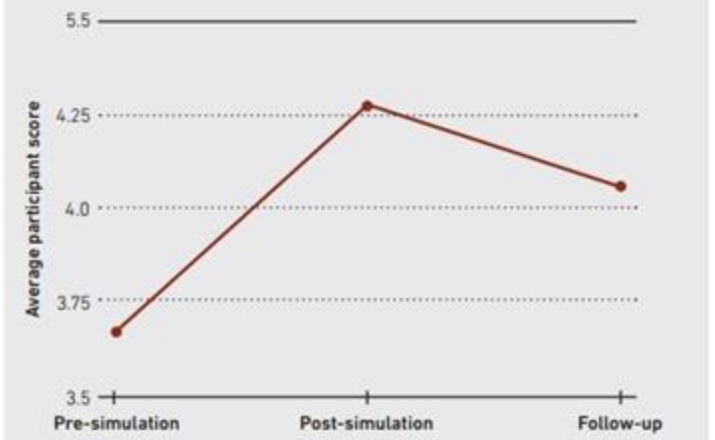
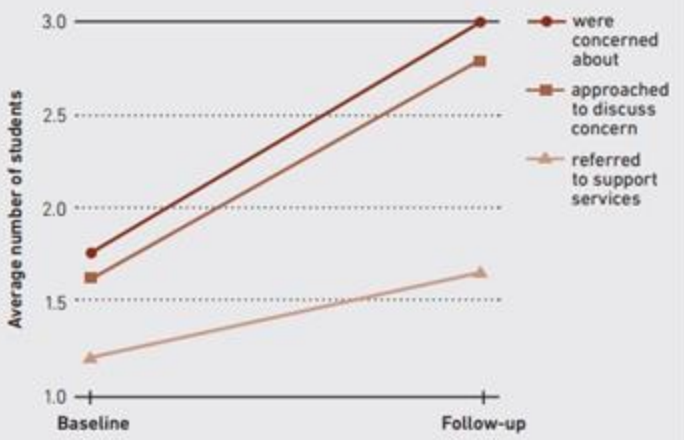
Evidence of Effectiveness: Pre-, Post-, Follow-Up Surveys

Fig. 3: TOTAL MENTAL HEALTH SKILLS



Changes in total mental health skills from pre- to post-simulation to 3-month follow-up point

Fig. 4: CHANGES IN APPROACH AND REFERRAL RATES*



Changes in the average number of students that participants were concerned about, approached, and referred in the prior two academic months

Table 1: CHANGES IN APPROACH AND REFERRAL RATES*

Average number of students that participants...	Baseline	Follow-up survey	Percent change
Were concerned about	1.77	2.99	69%
Approached to discuss concern	1.63	2.79	71%
Referred to support services	1.21	1.66	37%

*n=99 as we only included answers by participants who completed the pre- and follow-up surveys at least two months into the academic year.

Studies show:

1) Statistically significant increases in mental health skills that remain significant at a 3-month follow-up.
2) Statistically significant increases in the number of students that educators connect with, discuss concerns, and if necessary, refer to support.

High Praise from Tough Critics: Faculty/Staff

"it's online and each staff member can choose their day/time to work through it at their own pace. Also, the resource guide is helpful. I printed it and will keep it on hand."

"It goes over issues that are not often discussed and allows you to feel comfortable with the subject so that it is not such a shock if it ever comes about in real life."

I thought the option to "undo" decisions and to see consequences for different action was interesting and informative – sometimes on a bad day you might be more dismissive or say something the wrong way and it could have important consequences for the future.

At-Risk for University and College Faculty & Staff

at-risk

At-Risk for University and College Faculty & Staff

- 45 minutes
- Accepted for Review in National Registry of Evidence-Based Programs and Practices (NREPP)
- Listed in SPRC/AFSP Best Practices Registry
- Co-created with mental health experts and educators

Conversations Include:

- a student, Gwen, who has good grades but is overly worried about her performance and anxious about exams and presentations
- a student, Jared, whose behavior has become increasingly erratic over the semester
- a student, Alberto, whose grades and attendance are getting worse.

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Veterans on Campus for Faculty & Staff

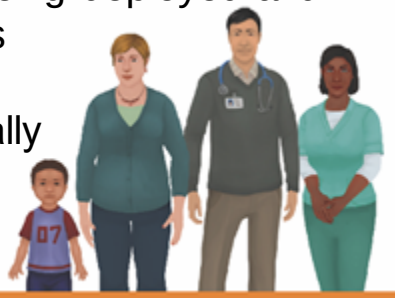
VETERANS ★ ON ★ CAMPUS

Veterans on Campus for Faculty & Staff

- 30 minutes
- Listed in SPRC/AFSP Best Practices Registry
- Developed in collaboration with Student Veterans of America

Conversations Include:

- A student member of the Army Reserves, Lena, who being deployed and has questions about her enrollment and GI Bill benefits
- A classroom discussion about military spending
- A student veteran, Chris, who's been behaving erratically in class and performing poorly on exams



Accessing the Simulations

HOMEPAGE • RESOURCES • ONLINE RESOURCES • KOGNITO ONLINE TRAINING

KOGNITO ONLINE TRAINING

Kognito is a free online training simulation course to learn effective referral techniques to help and refer. Kognito has three unique training modules, one for friends and family of students, one for faculty members, and one for helping student veterans.

As a friend, family member or UF faculty you may be the first one to notice signs of distress of a student. At UF, it is our shared responsibility to look out for one another and we are here to support you help distressed students. The UF Counseling and Wellness Center offers a free online resource, Kognito, to help you notice when students show signs of stress, learn how to talk about these signs, practice sharing your concerns, and learn how to motivate your them to seek help.

To take this course, follow these instructions:

- Go to kognitocampus.com
- Click on "Create a New Account"
  - *DO NOT USE THE SAME PASSWORD AS YOUR GATORLINK ACCOUNT*
- Fill out form using enrollment key: **ufl2323**
- Follow the on-screen instructions

Thank you for helping us live in a caring campus community!

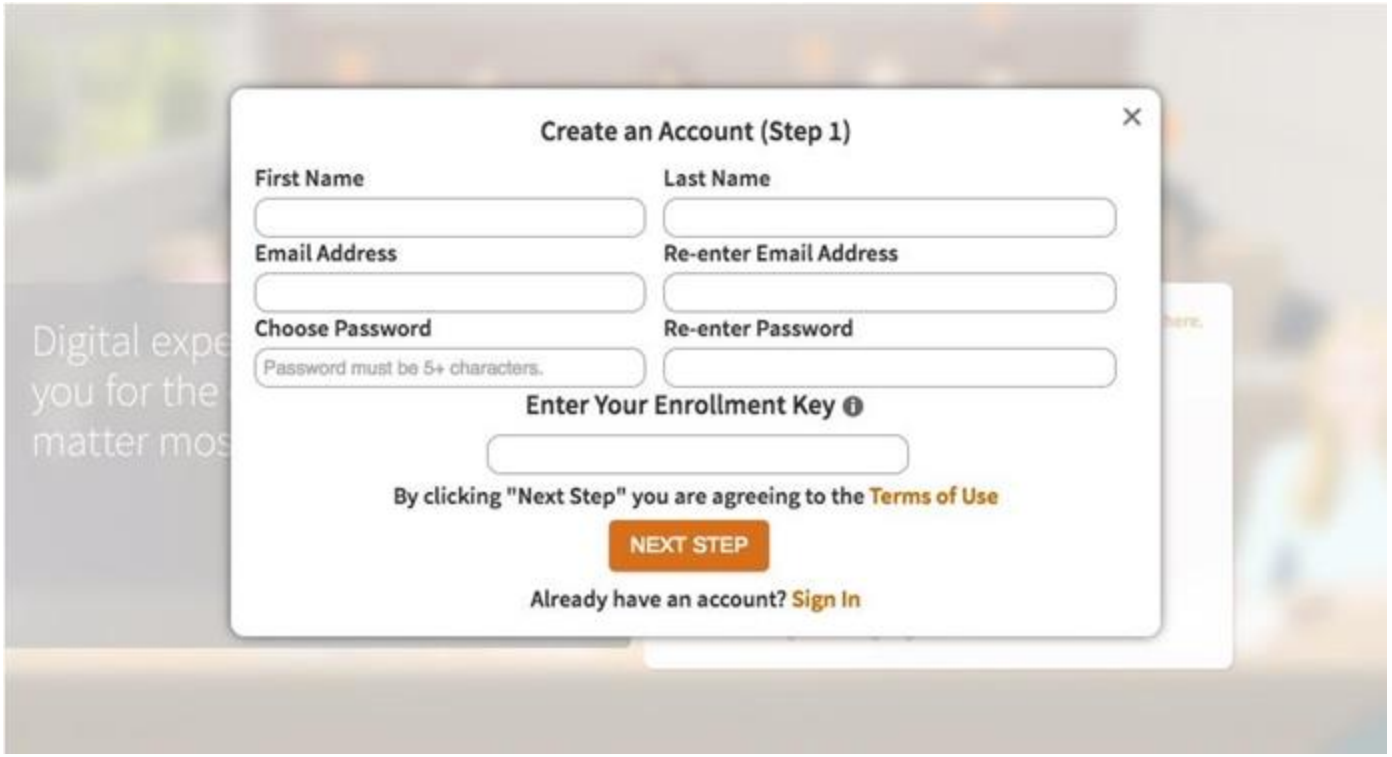
More resources can be found on our Faculty & Staff and Friends & Family pages.

URL:

ufl.to/kognito

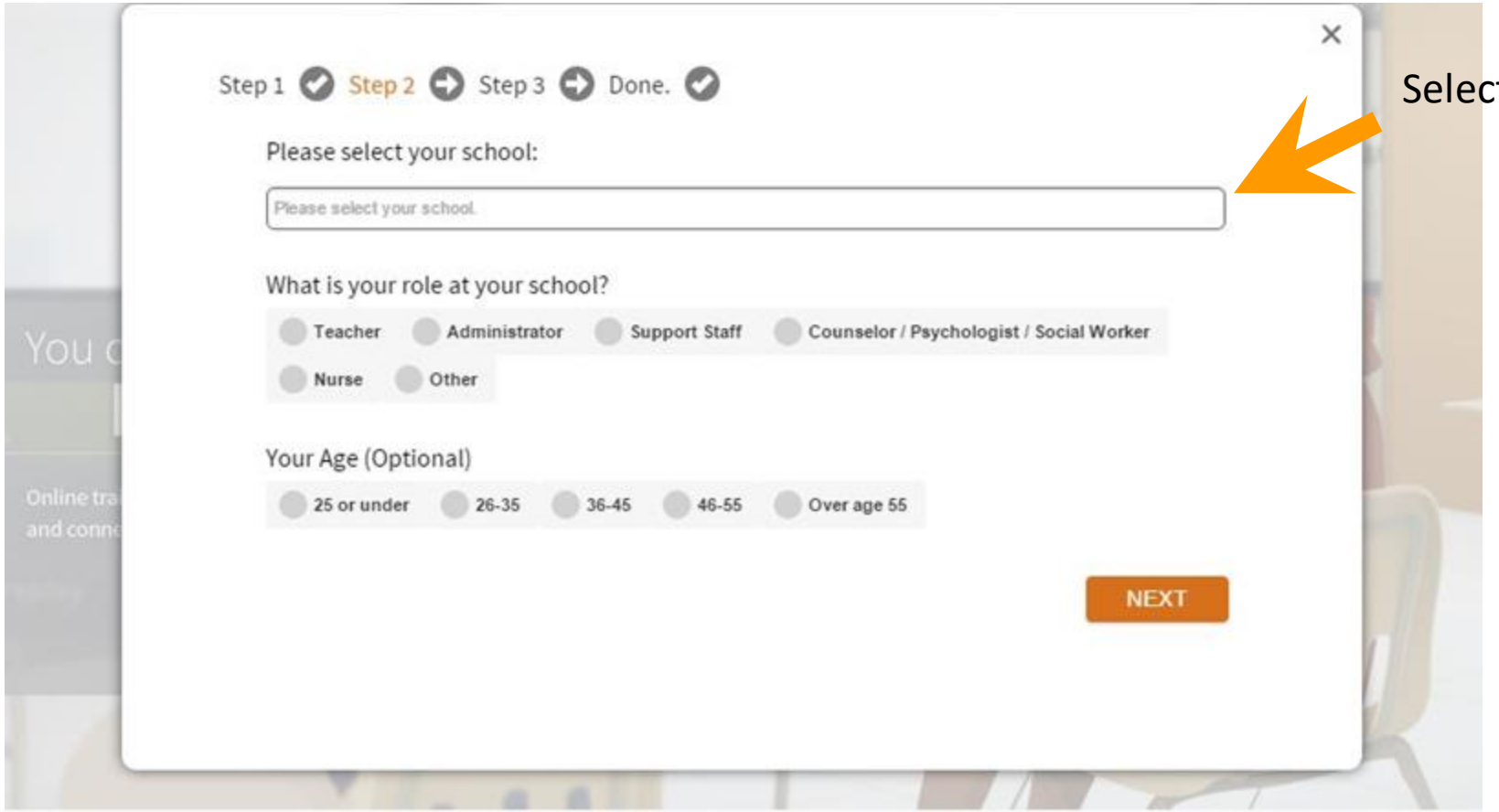
Follow the directions on your screen

Account Creation



- First / Last Name
- E-mail Address
- Password
- Enrollment Key: uf2323

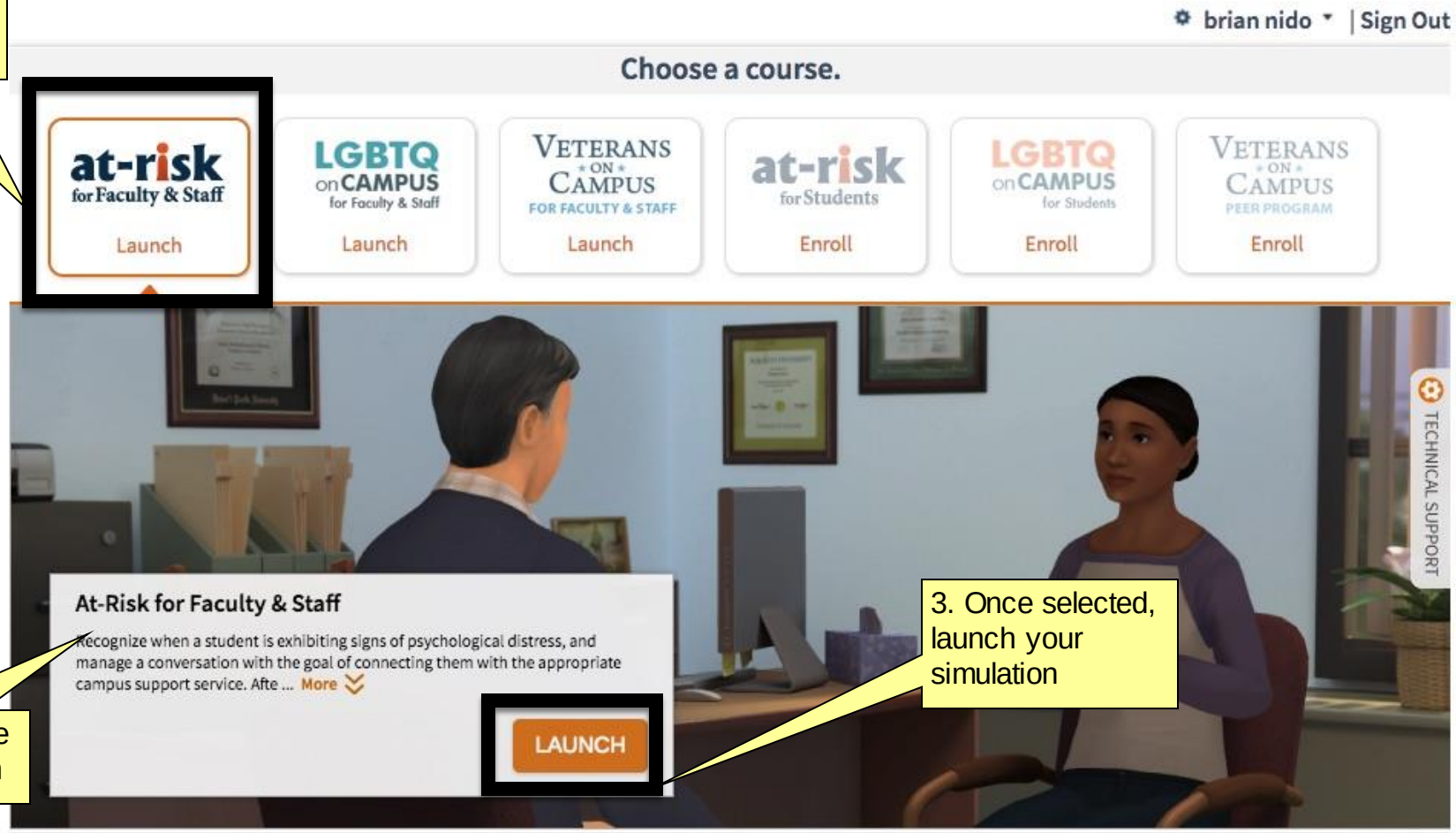
Demographic Questions



Select Your School

Select and Launch the Training

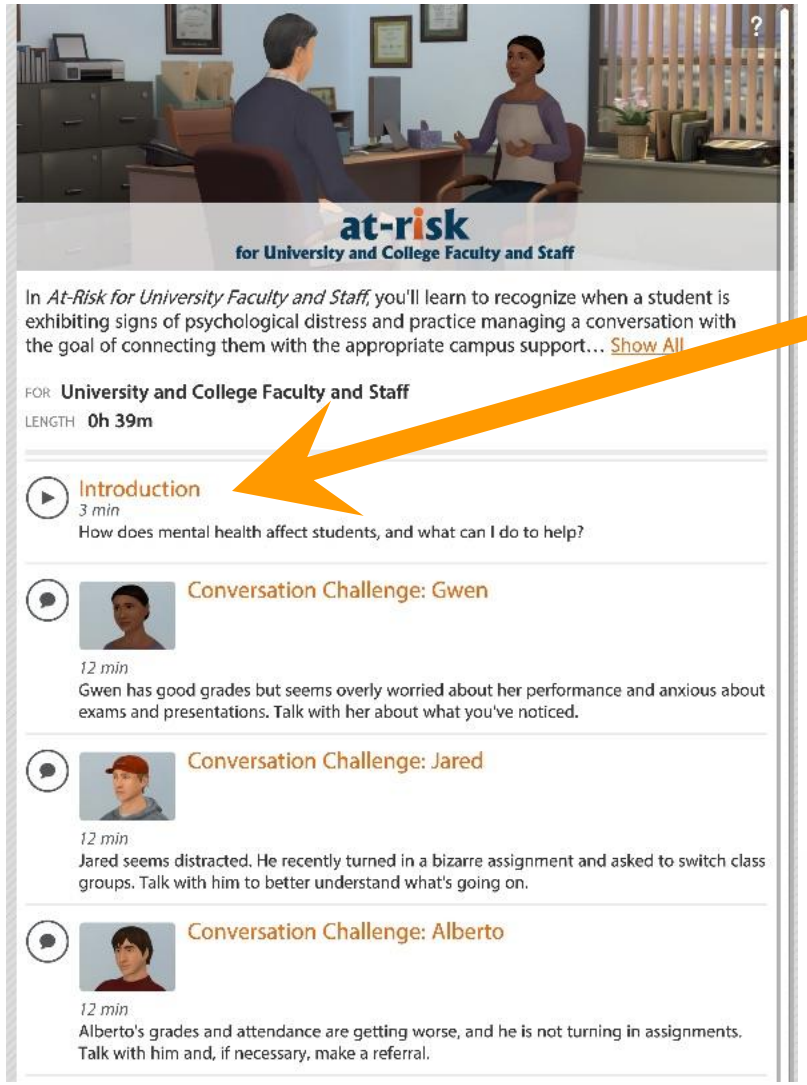
1. All simulations available to you are shown. Select the one you will take.



2. Details about the selected simulation

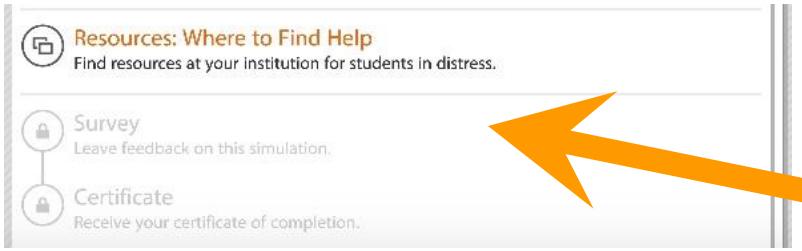
3. Once selected, launch your simulation

Simulation Menu



- Start with the introduction module
- Modules will unlock as you go
- **If you stop, don't worry! Your progress will be saved.**

Additional Resources



Scroll down in the menu to locate:

- National and local mental health resources
- Printable summary
- Survey
- Certificate of Completion

In-Simulation Tools

Tools in the bottom right-hand corner

- Back to Main Menu
- Help Desk
- Tech Requirements
- Captions

Support@Kognito.com
(646)923-8632

Why Kognito?

- Board of Governors recent decision to mandate Kognito as the campus mental health literacy

- Mandated all Public Florida Universities to have it.
  - But NOT mandated for faculty and Staff to complete it.

Contact Us

Questions or comments?

Email Alejandra Salemi at alejandras5@ufl.edu