Living with Loss: Resources Available to UD Students Grieving the Death of a Loved One

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Abstract
We looked at one particularly prevalent overlooked stressor in college; the death of a family member or close friend of a student. Research has shown that 22-30% of college students have experienced the loss of a close friend or family member within the past year. Additional research has shown that living with loss can negatively influence a students’ GPA, social life, and sleep. After thorough research, in person interviews and reviewing survey results, we concluded that this is an issue that UD students face.

Problem
A loss can impact a student by a multitude of factors including physical, interpersonal, behavioral, cognitive, emotional and spiritual factors. The most prevalent factor we found was the cognitive factor, which results in a decrease in GPA or difficulty concentrating and remembering.

Method
We conducted a survey to gather results from UD students asking what year they were, did they experience a loss, and if any UD department had reached out to them if they experienced a loss. Along with surveying students, we interviewed Kathleen Rossman, head of the Living with Loss support group. After assessing the options available at Dayton, we researched the resources available at other Universities.

Results: Other Universities
Many schools across the country have student led support groups to help grieving students. This has proven to be a great option for students who are uncomfortable talking to adults. Additionally, counseling centers are available at many universities. Finally, some universities have online resource pages that serve as a great alternative to students who do not want directly talk to someone. For example, Cornell had a page on their website outlining the stages of grief. Georgetown also had a webpage with helpful links about grief and anxiety.

Available Resources at the UD
• Counseling Center--talk about emotions and feelings
• Campus Ministry--Living with Loss--support group--brochure
• The most prevalent information we learned from Kathleen Rossman
  • Living with Loss support group relies solely on student disclosure.
  • Offers safe environment for students to talk and cope with death
• Online resources
  • Living with Loss online description
  • Resources on grief and loss describing symptoms and reactions
  • How to cope with loss or help others cope with loss
• Created brochure to increase student visibility

Our New Brochure

Contact Information:
Kathleen Rossman
krossman@udayton.edu
937-229-4907
Counseling Center
937-229-2445
Counseling Center is located in Ginger Hall

What is living with loss?
It is when there is a death of a family member or close friend

College Statistic
Approximately 22-30% of college students are experiencing loss in their life

University of Dayton
Living with Loss

UD Resources:
Living with Loss Support Group
www.udayton.edu/research/socsciences/StudentLife/SupportGroups/LivingWithLossSupportGroup
Campus Ministry
The Office of Campus Ministry seeks to offer students a faith community in which to find comfort and solace as they navigate the task of loss and grief.
Counseling Center
The Counseling Center offers students the option of selecting a counselor to discuss their feelings and emotions they are experiencing.

Quick tips on how to cope with loss:
• Talk to somebody about how you are feeling
• Develop a support system
• Accept and express your feelings regardless of what they are
• Take care of your health by exercising, eating well, and getting enough rest
• Reach out to individuals and others who are dealing with loss or difficult situations.

Negative Effects:
• Poor Academic Performance
Students dealing with loss are more likely to have a significant decrease in cumulative GPA in college.

• Social Withdrawal
Students also are affected by becoming withdrawn and socially isolated from others around them.

• Insomnia
Students also may struggle with insomnia and be more prone to certain parts of our life

References
• Student Resources. (2019, February 27). Retrieved from https://udayton.edu/student/health_wellness/counselingcenter/online-resources/students.php