

# WHAT IS KOGNITO

- ▣ Kognito is an award-winning developer of role-playing training simulations and games in the areas of health and behavioral health. In our online and mobile simulations, users learn effective communication tactics for managing challenging conversations by practicing speaking with intelligent, fully animated, and emotionally responsive avatars that act and respond like real humans. The main goal of our simulations is to promote behavioral change, early intervention, prevention, and treatment adherence.



# at-risk Gatekeeper Training Simulations



# Student Mental Health

Statically speaking, it is highly likely that each of your faculty members will teach a student who is at-risk for psychological distress.

More than **1,350** suicides per year for college students<sub>1</sub>

Suicide is the **2<sup>nd</sup> leading cause** of death for college students<sub>1</sub>

Almost **7%** seriously considered suicide in the past 12 months<sub>2</sub>

**1.1%** say they actually attempted suicide<sub>2</sub>

Almost **80%** of today's students that commit suicide aren't seen by a counselor<sub>1</sub>

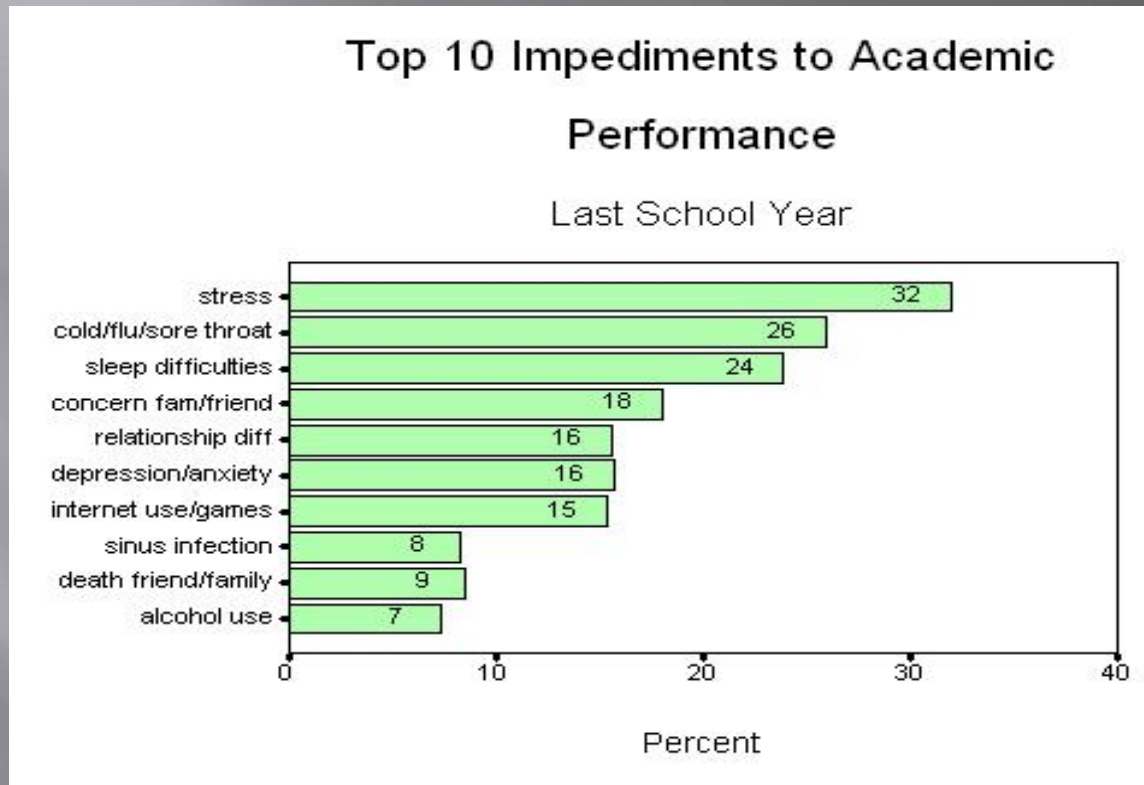
Psychological distress can also compromise students' academic achievements affecting their ability to stay in school.

This means that **700** students in our school have seriously considered suicide in the past year

*More information can be found at*

1. [\*Turning Violence Inward: Understanding and Preventing Campus Suicide \(Silverman 2008\)\*](#)
2. [\*http://www.achancha.org/docs/ACHA-NCHA-II\\_ReferenceGroup\\_ExecutiveSummary\\_Spring2011.pdf\*](http://www.achancha.org/docs/ACHA-NCHA-II_ReferenceGroup_ExecutiveSummary_Spring2011.pdf)

# Impediments to Academic Performance



7 of top 10 are emotional/social issues

More data found at: <http://www.acha-ncha.org>

# What is Gatekeeper Training?

## Research-based approach

- Teaches techniques for identifying and approaching distressed students in order to take appropriate action, such as making a referral to the school counselor
- A “gatekeeper” is someone who has significant contact with students and, therefore, is ideally situated to notice warning signs of emotional distress
- **Potential Gatekeepers:** Faculty, Adjuncts, TAs, Staff, Campus Safety

## Benefits:

- Reduce stigma associated with emotional distress
- Increase academic performance and student retention
- Increase faculty comfort with approaching students about concerns



# Learning Objectives

Learning objectives derived from best practices allowing faculty and staff to:

1. Learn to recognize the common signs of emotional distress
2. Approach students with greater skill and confidence
3. Effectively refer students to the campus counseling center
4. Learn about own college specific counseling center and referral process

# Learning Experience



1. Assume the role of a faculty member who is concerned about five of his students, three of whom need to be referred to the counseling center.
2. Analyze profiles of the five virtual students.
3. Engage in simulated conversations with the ones you suspect are at-risk and, if necessary, refer them to the campus counseling center.
4. Learn about our school's counseling center

Course is completed once user refers the 3 at-risk students

# Accessing the Course: Step 1

Step 1: go to <http://www.kognitocampus.com/faculty> and click “Access Training”



The screenshot shows the website interface for 'at-risk for University Faculty'. At the top, there is a navigation bar with links for 'ENROLL YOUR SCHOOL', 'SPREAD THE WORD', 'ABOUT', and 'ADMIN LOGIN'. On the left side, the 'at-risk for University Faculty' logo is displayed. Below the logo, the text reads 'Online Interactive Training' and 'Learn to recognize signs of psychological distress and connect students to appropriate support services'. On the right side, there is a video player showing a man in a blue shirt and glasses standing in front of a whiteboard. The video player includes a play button, a progress bar, a timestamp of '00:59', and the 'vimeo' logo. Below the video player is a large orange button with a play icon and the text 'Access Training'.



# Accessing the Course: Step 2

## Step 2: Choose your status

**Is this your first time accessing this course?**

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**No, I have an account already**      **Yes, create my account**



# Accessing the Course: Step 3

## Log in as Existing User

### Existing User

E-Mail Address

Password

**Access Course**

*Forgot your password?*  
[Click here to reset your password](#)

*Need to register?*  
[Click here to create an account](#)

[Minimum Technical Requirements](#)  
[Click here to contact Support](#)  
[Frequently Asked Questions](#)

The At-Risk training simulations are developed by Kognito Interactive.  
Learn more at <http://www.kognito.com/products/>

## Create New Account

### New User

Enrollment Key

[Need help finding key?](#)

First Name  Last Name

E-Mail Address  Re-Enter E-Mail Address

Choose a Password  Re-Enter Password

**Continue...**

*Already registered?*  
[Click here to sign in](#)

*Trouble signing in?*  
[Click here to contact Support](#)

Enrollment key: **XXXXXXXXXX**

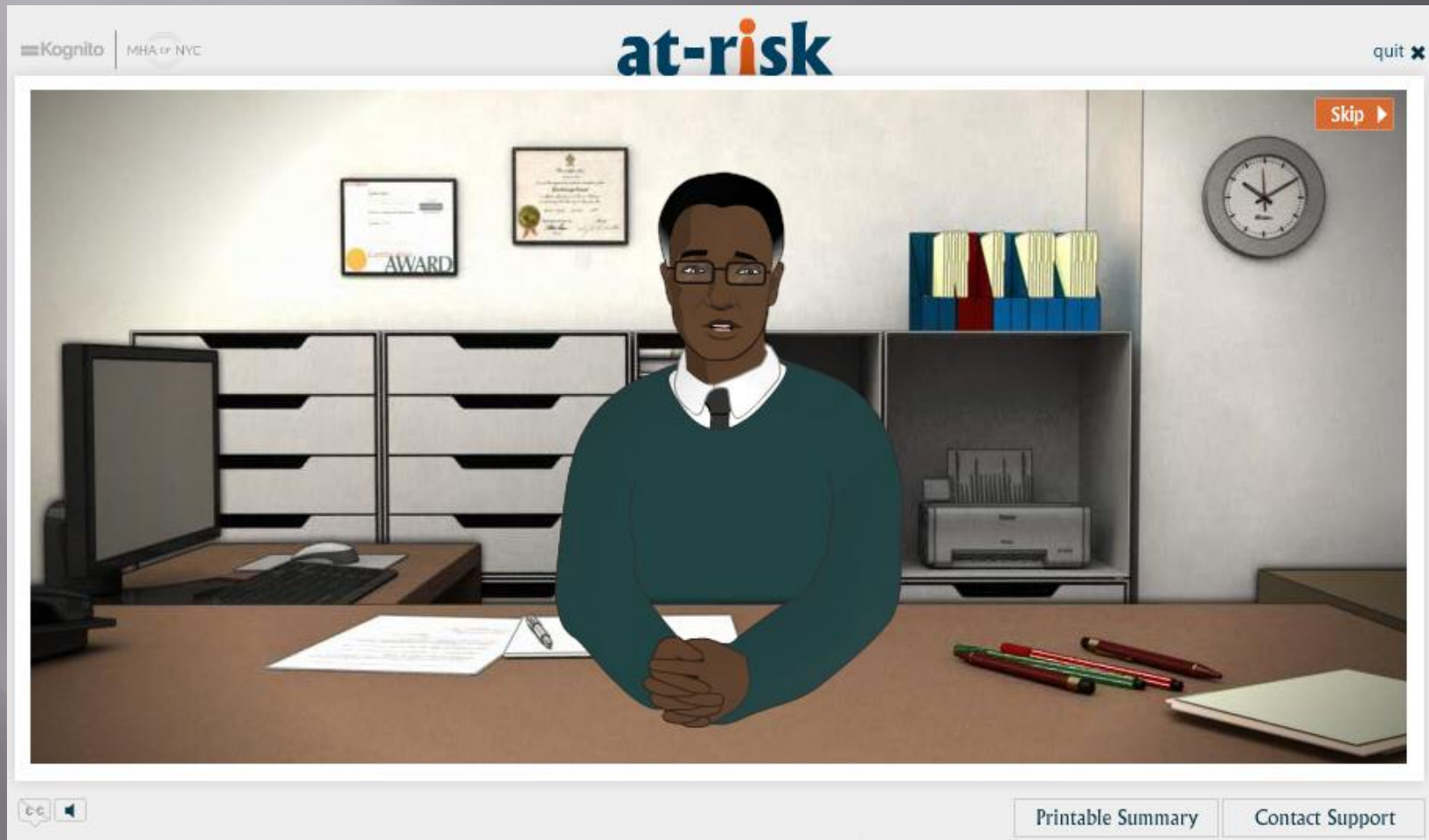
# Kognito Password

- ▣ <https://www.kognitocampus.com/login>
- ▣ Password for Faculty and Staff: fhsu785

# Accessing the Course: Step 4

## Take Course

45-minute, saves user's progress, follow-up survey



The screenshot displays the 'at-risk' course interface. At the top left, the 'Kognito' logo and 'MHA of NYC' are visible. The 'at-risk' logo is centered at the top. In the top right corner, there is a 'quit' button with a close icon. The main content area features a 3D-rendered character of a man with glasses, wearing a white shirt, tie, and a teal sweater, sitting at a desk. The desk has a computer monitor, keyboard, mouse, papers, and a pen. Behind the character is a desk organizer with several drawers, a printer on a shelf, and a clock on the wall. To the right of the character, there is a 'Skip' button with a right arrow. At the bottom left, there are icons for a speech bubble and a speaker. At the bottom right, there are two buttons: 'Printable Summary' and 'Contact Support'.

# Certificate

This is to certify that

Leo Herrman

has successfully completed

**at-risk**  
**for University and College Faculty and Staff**

Completed: March 3, 2014



# Questions?



# Faculty Efficacy Results

## At-Risk for Faculty Study Included:

**68** universities and colleges

**420** faculty and staff members

1. After taking the course, participants were asked to respond to a post-training survey. They were contacted again 3-4 months later and asked to fill out a follow-up survey.
2. Demographics consistent between groups
3. Download research summary report at [www.kognito.com/atrisk/research.html](http://www.kognito.com/atrisk/research.html)