

DIGITAL TOOLS FOR UNCERTAIN TIMES

USING “ACHIEVE” TO FOSTER MENTAL AND EMOTIONAL HEALTH AMONG COLLEGE STUDENTS

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A BRIEF HISTORY: MY SKEPTICAL JOURNEY

“INTRO TO AMERICAN HISTORY”

2011-Present

“Why didn’t anyone do their reading?”

Carrot and Stick Method (upsides...and downsides)

More engagement

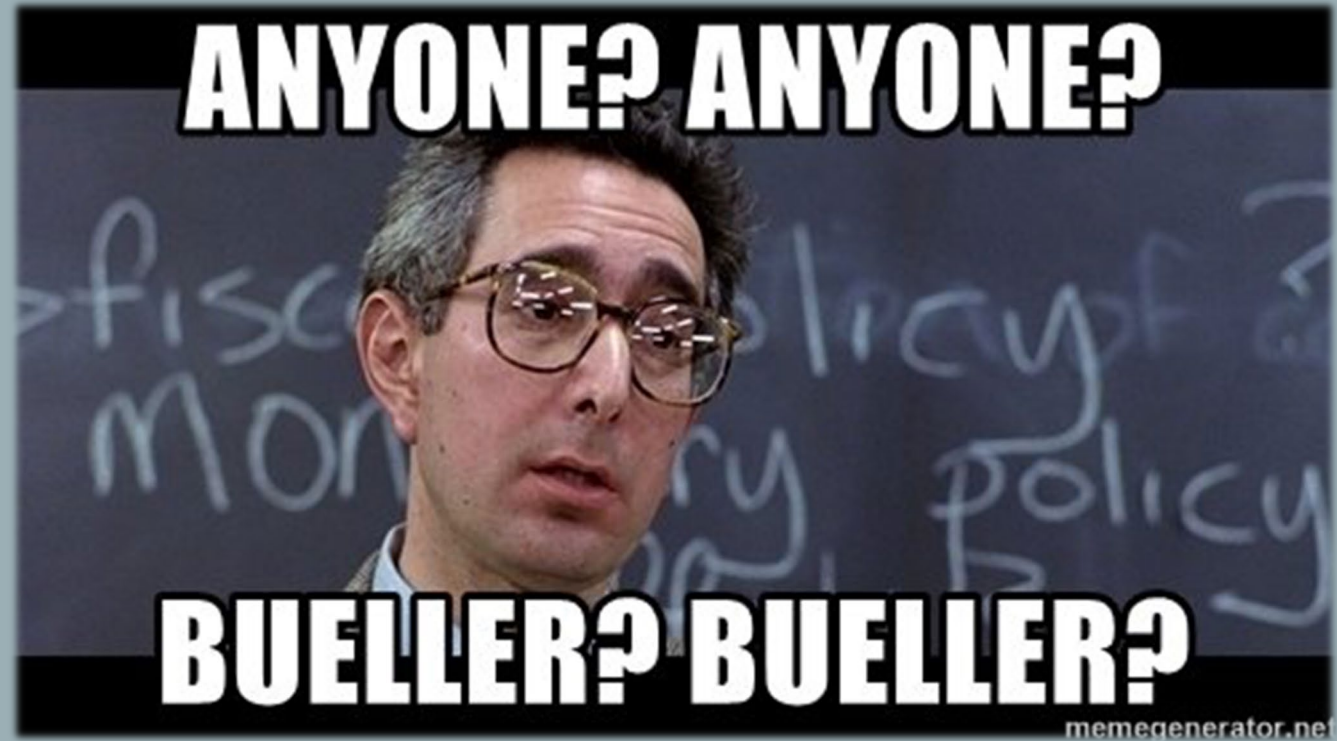
More stress

Danger of alienation

Fall 2013: Arrive at UCA

Same problems, plus some...

Cost, Cost, Cost





“WHAT IS THERE TO LOSE?!”
FROM ZERO ENGAGEMENT TO *ANYTHING* IS AN IMPROVEMENT

A NEW—AND EFFECTIVE—APPROACH

An Ideal Tool for the “New Reality”

Points and Positive Reinforcement

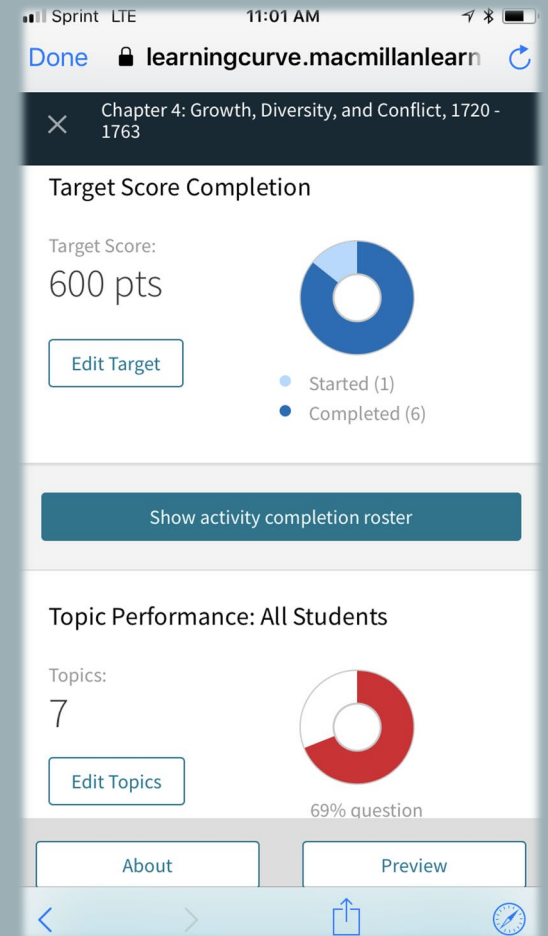
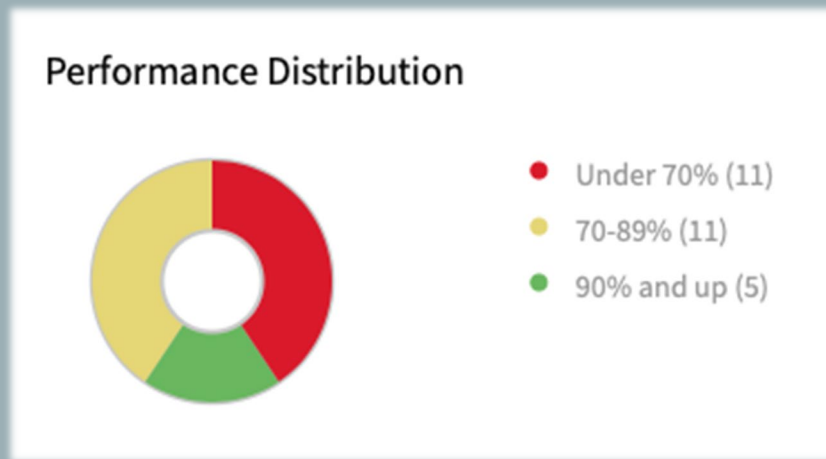
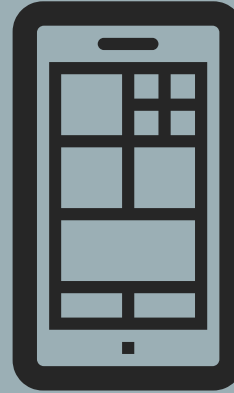
Meeting Students on Their (Digital) Terms

Low-Cost, Highly-Accessible

Adaptive

Low Stakes (i.e. non-stressful)

Tracking Progress



STUDENT REACTIONS

ALL IS WELL!

“I like to read exactly where the answer comes from while quizzing to help commit the material to memory.”

“Has helped reinforce concepts”

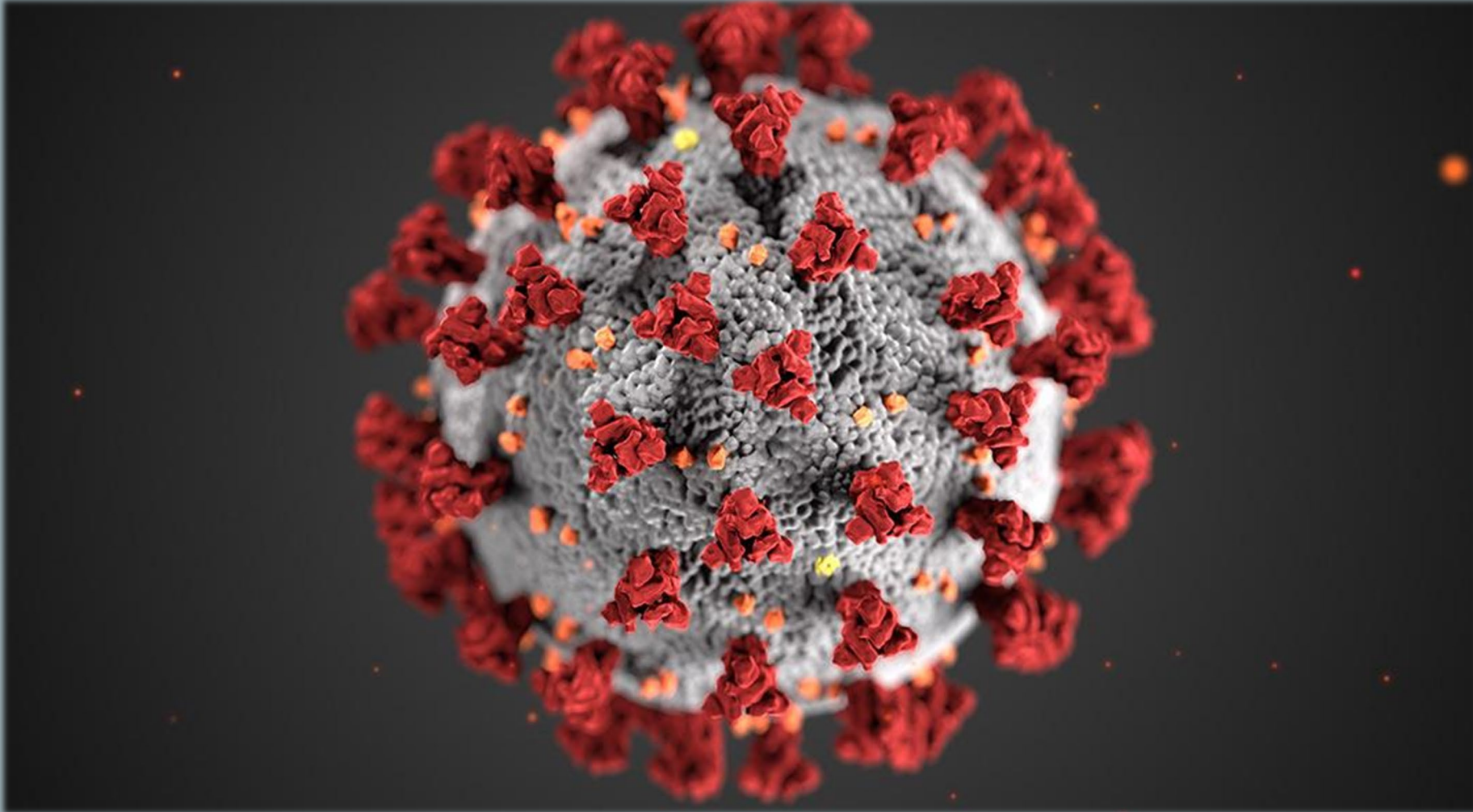
“Help us with comprehension which is great for essays and tests.”

“Very efficient.”

“Very closely mirrors lecture, so that extra exposure really helps.”

“Helps review the material in an immersive way outside of class.”

And Then...



COVID-19, all faculty must be prepared to quickly pivot to Blackboard

20%

of college students say
their mental health has
significantly worsened
under COVID-19

AN UNFORTUNATE
FLASHBACK:
MARCH 2020

74%

of students are
challenged in
maintaining a
routine due to
COVID-19



**“IT MADE ME FEEL LIKE HE
REALLY CARED ABOUT US”**

HOW DID I ADJUST?



MORE POINT OPPORTUNITIES



TOUCHING BASES

Doing so, more than ever, in a sense of productivity and positive reinforcement



FORGIVENESS and
EMPATHY

“You know the nicest version of me”



ALL CARROTS

no downside!!!

Looking Forward: Future Generations, Evolving Challenges

Press release

COVID:19 Scale of education loss 'nearly insurmountable', warns UNICEF

Media factsheet

23 January 2022

[Unicef.org](https://www.unicef.org)

- In the US, learning losses have been observed in many states including Texas, California, Colorado, Tennessee, North Carolina, Ohio, Virginia and Maryland. In Texas, for example, two thirds of children in grade 3 tested below their grade level in math in 2021, compared to half of children in 2019. [Unicef.org](https://www.unicef.org)



Academic Integrity
Academic Rigor
Academic Curiosity
Academic Development

Meeting Students Where They Are;
Helping Them Grow

Trends & Insights

Student Performance



- Under 70% (11)
- 70-89% (28)
- 90% and up (6)

Assignment Details

Target Score: **600 pts** [Edit Target](#)

Topics: **7** [Edit Topics](#)

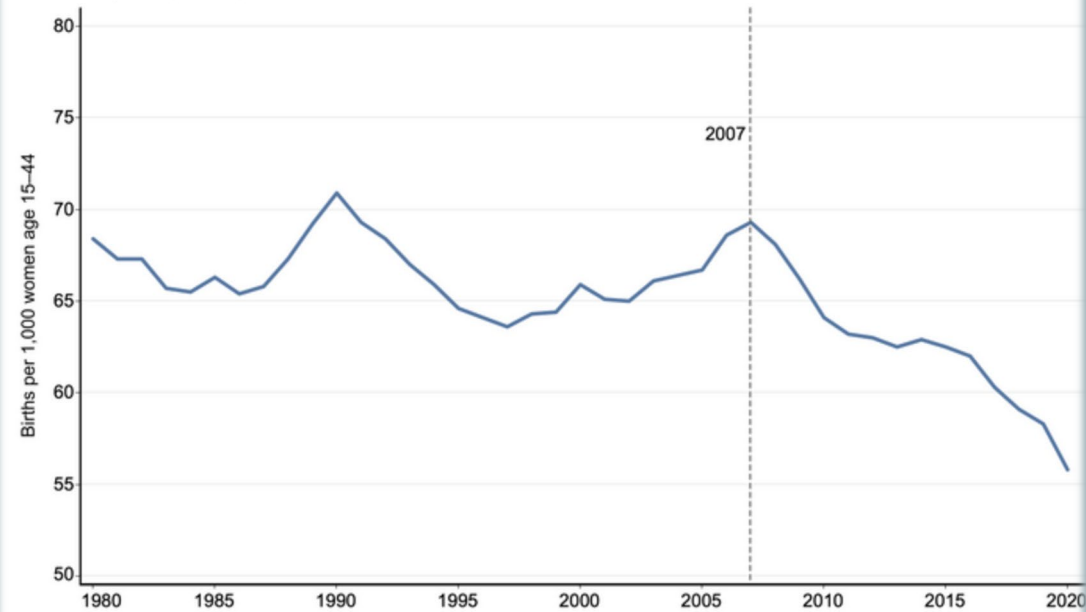
Est. Time to Complete: **39 min**

[How is this calculated?](#)

Uncertain Futures in Higher Education: Students

TREND IN US BIRTH RATES

YEARLY, 1980–2020



Source: Birth rates collected from CDC Vital Statistics Reports for 2015, 2019, and 2020.

EconoFact econofact.org



Finding Hope: Connection, Empathy, and Retention

- “**reassures** me and allows me to feel **confident** in what I read.”
- “I can **safely learn** content without fear of losing...user friendly and **doesn't stress** me out.”
- “**I'm not good at tests because of anxiety** and the bonus points [from R&P] **help a lot** in knowing that I'll still pass the class.”
- “It's very **stress free** ...helps establish my grade and **makes life better** .”
- “I enjoy that I can **learn the material at my own pace** , without stressing too much if I get one question wrong.”
- “helps **motivate me** to read my book and **enforces good study habits** .”
- “It **brings stress off me** knowing that as long as I complete it I get full credit, so I feel like **I can actually learn the material** .”
- “**helpful with my anxiety** because there will be points at the end.”
- “**I don't freak out** if I get a question wrong.”
- “History is not my subject, so these are **low stress assignments to improve my knowledge** in this class.”
- “**I actually enjoy doing R&P** because it secures everything I learned in class.”

Uncertain Futures in Higher Education: Faculty

CAREER FEATURE | 31 May 2022

Has the 'great resignation' hit academia?

A wave of departures, many of them by mid-career scientists, calls attention to widespread discontent in universities.

[Virginia Gewin](#)



Find a new job

OPINION

CAREER ADVICE

'Quiet Quitting' Isn't the Solution for Burnout

There has to be a better approach, one that doesn't involve leaving academe or staying yet simply slogging through each day with little to no enthusiasm, writes Rebecca Vidra.

By Rebecca Vidra • Published August 30, 2022

Finding Hope: Faculty Health and Wellness

