

The Reflect Organization

Campus Programming

Reflect's programs bring college students together to engage in open and authentic conversation, reflection, and mutual support.

STATE OF STUDENT MENTAL WELLNESS

It can be incredibly challenging to be a college student. Since COVID-19, 1-in-4 young people ages 18-24 report having had serious thoughts of suicide. Peer connection is vital. Students with low-quality social support are 6x more likely to experience depressive symptoms. Reflect programming aims to drive student connection.



Reflect is a national non-profit organization that works with students and college partners to create protective campus cultures. Reflect trains Student Peer Facilitators to be supportive, caring members of their campus communities. Students develop conversational strategies rooted in positive psychology and mindfulness, as well as skills like basic recognize and refer.

PEER-TO-PEER PROGRAMMING

We offer flexible program models designed to create and forge networks of mutual support among students. In each model, trained Student Peer Facilitators guide student groups through topics using active listening, supportive intervention, and mindful introductions.

Reflect RoundtableSM



Larger-scale events with students meeting in a supportive space on campus



Students break out into small groups for hour-long, topic-driven conversation



Topics are generated by the coordinators before the event



Reflect & ConnectSM



Smaller-scale, in-person or virtual meetings of 5-15 students



Groups meet at regular frequencies throughout the school year



Topics are generated by the group at each session



Reflect RoundtableSM Case Study

- Student who commutes to school is feeling lonely and wants to meet more of their classmates
- Student attends a Reflect Roundtable event that the college has advertised
- Student sits at the table with the topic of "Commuting"
- Student meets others who commute and is able to make genuine connections with other students outside of the classroom



Reflect & ConnectSM Case Study

- Student starts their first year at a graduate program and is feeling lonely and anxious
- Student attends their first Reflect & Connect event that is part of their first-year curriculum
- Student bonds with their group, whose topic was "Homesickness"
- Student and their group meet biweekly for support and community

KEY PROGRAM OUTCOMES

After one semester of Reflect and Connect, we saw statistically significant shifts in student:

- CONNECTION
- ADVOCACY
- BELONGING

When asked about the impact Reflect and Connect had on their student experience, participants shared:

"I enjoyed the community building aspect of this experience. It made me feel comfortable with a set of people in my class I may not have had the opportunity to without this session."

"I wish we had reflect & connect all 4 years. It's a designated safe space for us to be vulnerable, which is difficult to have in school!"

We asked our undergraduate students how Reflect has enhanced their sense of belonging and connectedness. One participant shared:

"I feel as though being on the same level with my peers creates a healthy and inspiring environment for me to be able to comfortably share my problems and have people help in times of need."