



IFCCTL

Institute for Cross-Cultural Teaching and Learning

Webinar #2, Spring Semester 2017:

Through the Lens of Emotional Resilience in Study Abroad: Strategies for Creating Emotionally Healthy Learning Environments Integrated into Programming

Dr. Janice Abarbanel

Thursday March 9, 2017, 3-4 pm Eastern

For more than 25 years, Dr. Janice Abarbanel has worked as a clinical psychologist, serving children, families, and college students. Since serving as a US Peace Corps Volunteer, she has focused on the life stage of Emerging Adulthood and its interface with studying abroad. She coined the idea of an Emotional Passport, using the language of resilience to support Emerging Adults in their winding path into adulthood with strategies for shifting cultures with resilience. Faculty and staff engaged with study abroad students can find themselves perplexed or even discouraged by the varied emotional responses that students present during the complex transitions involved with living and learning in places different from home. This webinar will contribute to filling this gap, sharing both broadly and specifically how an intentionally focused healthy learning environment can contribute to students feeling more comfortable asking for help and to faculty and staff gaining confidence with strategies for moving with resilience between and within varied cultures and communities.



Learning Outcomes: Participants in this webinar will be able to:

- Identify some of the research behind the theory of Emerging Adulthood that guides us toward best practices for supporting the emotional health of student, staff, and faculty communities at home and abroad.
- Identify key details regarding the neuroscience of the Emerging Adult brain and the opportunities for programs to help balance students' optimism and anxiety.
- Recognize several strategies for using a language of resilience to inform programming, with a focus on all students, not just those who might have ongoing or pre-existing mental health diagnoses.
- Describe the concept of an "Emotional Passport" as an overarching and collaborative mind set and skill set in which the framework of non-clinical language encourages students to ask for help.
- Recognize strategies for inquiring about resilience during the admissions process for study abroad and during pre-departure.

About the Presenter

Janice Abarbanel, Ph.D. served for 3-½ years as NYU Berlin's on-site psychologist and health educator. Her interest lies in the interface between studying abroad, the life stage

of Emerging Adulthood, and emotional health — an outcome of her work as a U.S. Peace Corps Volunteer and through her clinical practice in Washington DC. A graduate of Harvard and trained as a clinical psychologist, she now writes and speaks about the “Emotional Passport” and conducts trainings on how emotional skill-building and resilience support academic success and personal development. Dr. Abarbanel recently served as a shipboard psychologist with the Spring 2016 academic voyage around the world with Semester at Sea.