Kognito's At-Risk for Faculty and Staff Mental Health Awareness Training
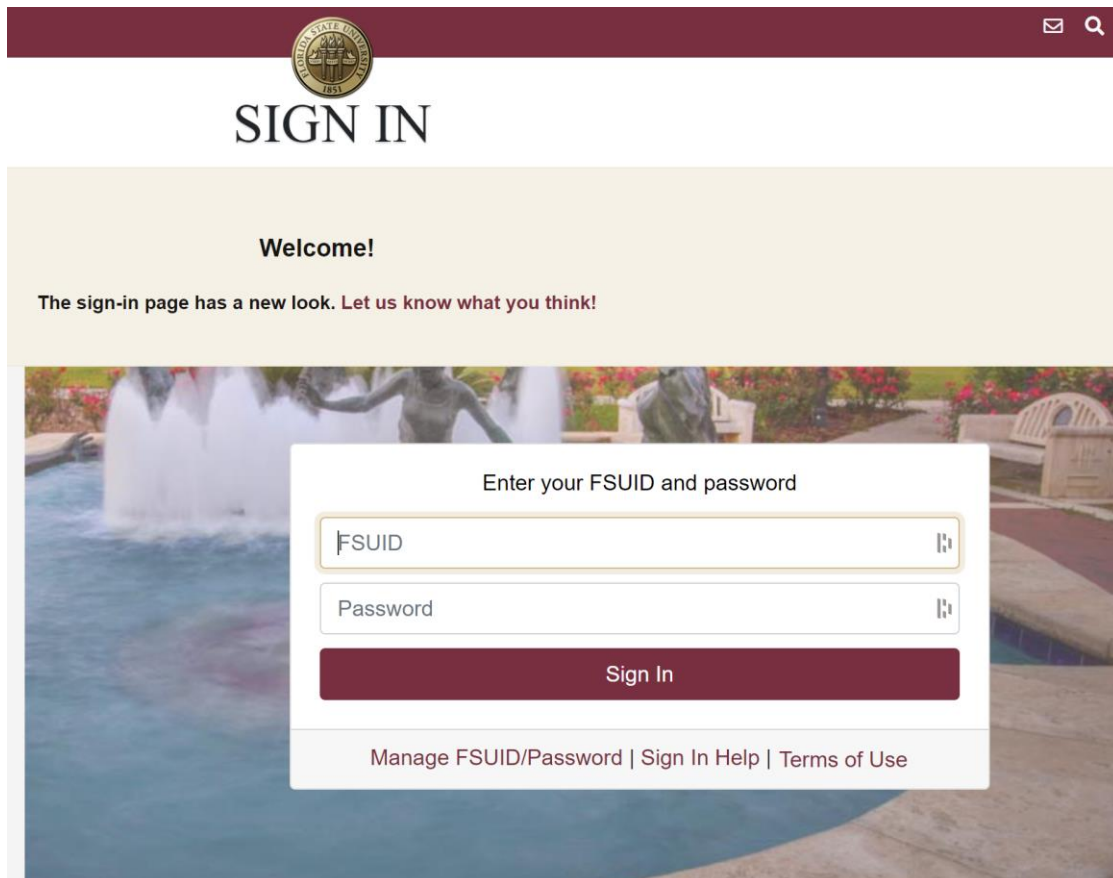
OVERVIEW

This simulation-based training provides a better understanding of identifying students who need additional support and directing them to help. As an FSU employee, you may be the first to notice signs of distress in a student. It is important that you are prepared to respond to such concerns. The Kognito training simulation will take approximately 45 minutes to complete, depending on your level of engagement. ***You must be in active employment status at the university to log in and access the simulation training.*

HOW DO I ACCESS AND COMPLETE THE TRAINING?

1

KOGNITO LOGIN

- Visit the Kognito training website at **fsu.kognito.com.**

- Login using your FSU **employee** credentials (e.g., FSUID and password).

2

EMPLOYEE REGISTRATION

- Select **"Employee"** as User Type.

- [!] Do not select "Student." NOTE: You cannot proceed to the course if you choose "student" for the user type. Please contact support@kognito.com to have your user type reset.

- Select the **"Role"** that best describes you, and then "Submit" to complete account registration.

User Type*

| Student | Employee |

⬅

Employee ID

Role*

| Adjunct Faculty Member | Administrator or Staff Member | Full Time Faculty Member | Graduate Student | Other |

Submit

3

LAUNCH & BEGIN

- Select **"Launch"** to start the training.

- Select your preferred learning style (interactive is recommended for all users and immersive ensures compatibility with assistive technologies).

AT-RISK
MENTAL HEALTH
FOR FACULTY & STAFF

At-Risk Mental Health for Faculty & Staff

In this course you'll learn to recognize signs that students may be in distress, and then you'll practice talking with students and connecting them with appropriate campus support.

🕐 50m | Last accessed on 07/26/2023

● Incomplete

LAUNCH

RESOURCES

Preferences   ✕

Choose your preferred learning style: *

Immersive Experience (Recommended) – This version offers an immersive simulation for an experiential learni... ▲

Immersive Experience (Recommended) – This version offers an immersive simulation for an experiential learning style

Interactive Experience – This version ensures compatibility with assistive technologies for an experiential learning style

4 Now, you should have access to the Kognito navigational menu.

- Complete the At-Risk Mental Health for Faculty & Staff **Pre-Survey.**

- Select **"Course"** (second menu option) and complete the training.

At-Risk Mental Health for Faculty & Staff - Pre Survey ⟵ Select to complete the **Pre-Survey**

At-Risk Mental Health for Faculty & Staff - Course ⟵ Select to access the **Course**

At-Risk Mental Health for Faculty & Staff - Post Survey ⟵ Select to access the **Post Survey**

At-Risk Mental Health for Faculty & Staff - Local Resources ⟵ Select to access **Local Resources**

COMPLETE THE PRE-SURVEY

Home / At-Risk Mental Health for Faculty & Staff - Pre Survey

1. Support services include the counseling center, health services, wellness center, community resources, residential life, etc.

Please indicate your preparedness to:

	Very Low	Low	Medium	High	Very High
Recognize when a student is experiencing signs of psychological distress (for example - being anxious, depressed, or disengaged)	○	○	○	○	○
Talk with a student in psychological distress to motivate them to connect with support services	○	○	○	○	○

COMPLETE THE SIMULATION/COURSE

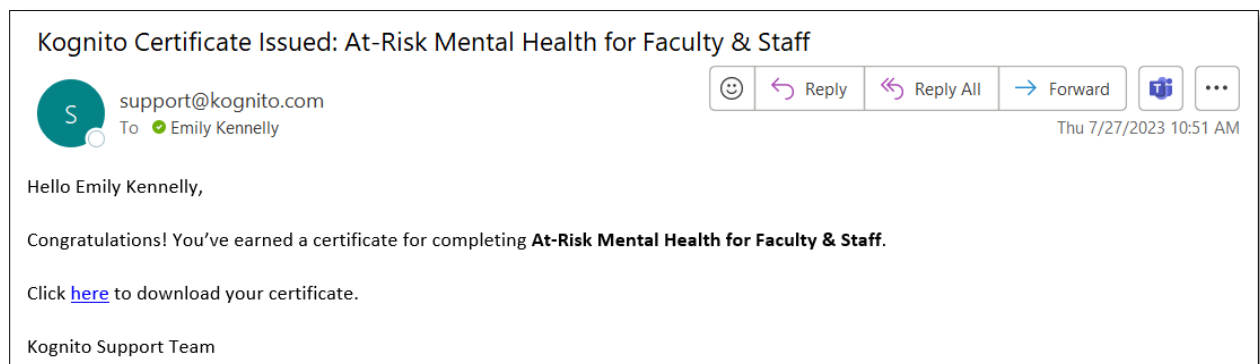Participate in the simulation. Follow the prompts and instructions on the screen to continue.
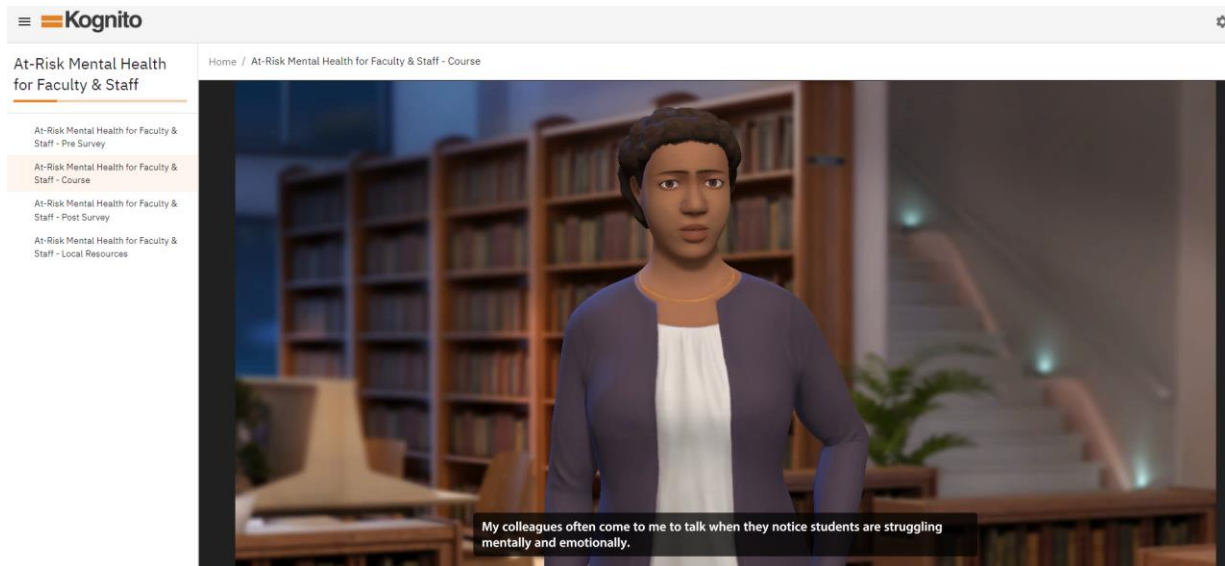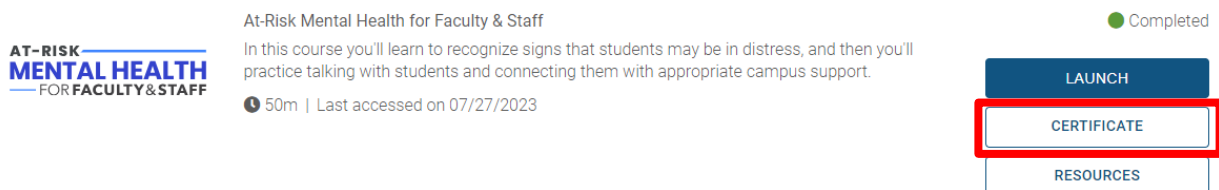

DOWNLOAD YOUR CERTIFICATE OF COMPLETION

Upon completion, you will receive an email confirmation with a link to download your certificate. Click the link to download the certificate.

You can also access it by returning to fsu.kognito.com and selecting "CERTIFICATE"

Frequently Asked Questions (FAQ'S) & Training Support

Why is it important to use Kognito?
- As an FSU faculty or staff member, you may be the first to notice signs of distress in a student. At FSU, it is our shared responsibility to look out for one another, and we are here to support you as you help distressed students.

Is the Kognito At-Risk Mental Health for Faculty & Staff training mandatory?
- The training simulation is a requirement of New Employee Orientation, and the Florida Board of Governors requires all state university employees to complete this training.

When can I access and complete this training?
- On or after your official start date at the university. For example, if your start date at the FSU is August 3, you can access the training portal on or any time after August 3.

How long will it take to complete the training simulation?
- The training simulation will take approximately 45 minutes to complete, depending on your level of engagement.

How do I sign into Kognito to access and complete the training simulation?
- Visit the Kognito training website at fsu.kognito.com.
- Login using your FSU **employee** credentials (e.g., FSUID and password).
- Please see the step-by-step instructions provided in the guide above.

How do I access my certificate of completion?
Upon completion, you will receive an email confirmation with a link to download your certificate. Click the link to download the certificate. After training completion, you can access it by visiting www.fsu.kognito.com and selecting "CERTIFICATE."

Whom do I contact in the case of an emergency?
- If the student you are concerned about is at risk of harming themselves or others, please call **911** or FSU Police at **850-644-1234** immediately. If there are no immediate safety concerns, but you are worried about a student, FSU Counseling & Psychological Services staff would be happy to provide support to you. For a confidential consultation, please call **850-644-TALK (8255)**.

Florida State University
Kognito Troubleshooting Guide
fsu.kognito.com

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I can log into the
Kognito simulation.
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Yes

No

Proceed to complete the training and obtain your Certificate of Completion. If you encounter any issues inside the system, please contact Kognito User support at support@kognito.com.

**Note, if "Student" was selected as User Type during account registration, you must contact Kognito Support to reset your account.

Confirm you are using your employee email/username (confirm at my.fsu.edu)

Confirm you are accessing Kognito **on or after your first day of employment** at FSU.

If you are having browser issues, contact FSU ITS.

850-644-HELP (4357)

Revised August 2023