

BIT IN PRACTICE

Jin: I'm just not good enough...

INSTRUCTIONS

Step 1: Listen to the recording of the case study as you read along with the text below.

Step 2: Discuss the included questions as a team.

Step 3: Watch the video of NaBITA advisory board members talking through how they would handle the case.

THE CASE STUDY

Jin is an international student from China in his first year at the institution. He is studying engineering and is hoping to go on to graduate school at a prestigious institution in the United States. His father is a high-ranking official in the Chinese Army and his mother is a successful doctor. His parents are paying 100 percent out of pocket for him to attend school. Jin currently has a mix of A's and B's in his classes and is doing well by most standards. His professors report that he is a hard worker and is performing above average in classes.

Midterm exams just finished up last week and Jin started getting his grades back on his tests. In two classes he earned a B-, a strong grade for most freshmen in engineering. This grade was incredibly upsetting for Jin, however, as he expected to earn all A's in his courses. Since receiving the grades, Jin has emailed all his professors to request meetings to talk about how he is doing in the course. One of the professors submitted the email as a referral to the BIT as he was concerned for Jin. In the email, Jin says he is "freaking out" about his midterm grade and that he hasn't been able to sleep since he received the grade, as he has been staying up all night worrying and trying to study more. Jin mentions in the email that he has never received a B in his life and he isn't sure how to move past this.

The BIT also received a referral from a tutor in the engineering lab after her session with Jin. The tutor explains that Jin has been coming to the tutoring lab every day for the past two weeks. She notes that this is extremely rare and most people just come in a few times a semester. At first, Jin seemed like he just needed help after his midterms, but recently he has been more scattered and isn't sure exactly what he needs help with but continues to say he just has to do better in classes. The tutor describes Jin as "fidgety" and "nervous" and states that he demands a lot of tutor time when he is in the lab.

During their most recent appointment, Jin talked about needing to get his grades up before his family finds out how badly he is doing. Jin appeared nervous as he talked about not wanting to let his parents down and the pressure he feels to do well in school. The tutor notes that Jin seemed "really worked up" and on the verge of tears. The tutor explained that throughout the appointment, Jin became increasingly upset to the point that he was sweating and hyperventilating. As he became increasingly worse, the tutor offered to walk him next door to the health clinic to be seen by a doctor. Jin responded, "Yeah, I don't know what's happening to me, but I can't breathe, and the world is closing in on me."

DISCUSSION

- What behaviors or statements should the team be concerned about?
- How would you rate Jin on the NaBITA risk rubric?
- What interventions are most appropriate for this case?
- What approach might the team take to get Jin in for a meeting with someone and connected with resources?