

# TIPS FOR HELPING A STRESSED STUDENT

| Common Warning Signs   |  |  |
|--|--|--|
| Academic Problems  | Interpersonal Problems   | Observations   |
| <ul style="list-style-type: none"> <li>Excessive procrastination</li> <li>Uncharacteristically poor academic preparation or performance</li> <li>Repeated requests for extensions or special considerations</li> <li>Disruptive classroom behavior</li> <li>Excessive career or course choice indecision</li> <li>A pattern of absence or tardiness</li> <li>Avoiding or dominating discussions</li> <li>Verbal, written, or artworks references to suicide or homicide</li> <li>Frequently falling asleep in class</li> </ul>   | <ul style="list-style-type: none"> <li>Asking advisor/instructor for help with personal problems</li> <li>Dependency on faculty or advisor</li> <li>Negative social media involvement</li> <li>Avoidance of an advisor/instructor</li> <li>Relationship conflicts or problems</li> <li>Loss of loved ones, housing, funds</li> <li>Verbal aggression or nonverbal threats; conduct charges</li> <li>Inability to get along with others</li> <li>Withdrawal from friends</li> <li>Complaints from other students</li> </ul> | <ul style="list-style-type: none"> <li>Change in personal hygiene</li> <li>Dramatic weight gain or loss</li> <li>Irritability; fatigue</li> <li>Alcohol/drug use</li> <li>Impaired speech</li> <li>Disjointed thoughts; bizarre ideas</li> <li>Regular tearfulness</li> <li>Intense emotions; panic attacks</li> <li>Inappropriate remarks/responses</li> <li>Verbal references, other actions related to suicide or homicide</li> <li>Engaging in self-injury</li> <li>Sudden mood or behavior changes</li> </ul> |
| Suggestions for Intervening  |  |  |
| <ul style="list-style-type: none"> <li>Talk to the student privately to help minimize embarrassment and defensiveness. Tell the student that you are concerned and wish to help.</li> <li>Listen carefully to the student and respond to both the content and emotion in the conversation. <b>CONTACT X6390 - CAMPUS ADVOCACY for sexual assault.</b></li> <li>Discuss your observations of specific signs honestly and calmly.</li> <li>Ask if the student is having any thoughts of harming self or others recently.</li> <li>Acknowledge inappropriate or strange behavior without being judgmental.</li> <li>Try to respect the student's value system even if you don't agree with it.</li> <li>Clarify the limits on your ability to help. Instead, offer to connect the student with experts trained to assist struggling students.</li> <li>Avoid making promises of confidentiality. Instead, offer to only share the information others "need to know" to do their jobs.</li> <li>If information shared involves harm to self or others, but is not imminent, contact the Counseling Center staff for consultation: 914.251.6390.</li> </ul> |  | <p><b>If a student appears to be at imminent risk of causing harm to self, others, or property –</b></p> <p><b>call x6911 immediately for University Police</b></p>  |
| How to Make a Referral to the Counseling Center  |  |  |
| Emergency Referrals  | Non-Emergency Referrals  |  |
| <ul style="list-style-type: none"> <li>If a student appears to be an imminent risk of causing harm to self or others, call x6911 immediately for University Police assistance. You may excuse the student from class, or excuse the class – depending on the situation. UPD will locate any student for follow up. Safety first!</li> <li><b>If the student does not appear to be an imminent risk but needs urgent help between Monday – Friday 9:00am to 5:00pm, call the Counseling Center at 914.251.6390.</b> Please be prepared to provide a description of the situation and someone will work with you to determine appropriate actions to most effectively help the student. Walk the student to the CC for immediate help.</li> <li>If the emergency occurs outside of the Counseling Center's business hours, call University Police at (914)251-6911. UPD will contact the Counselor on Call for assistance and provide Campus Advocacy Services for victims.</li> </ul>   | <ul style="list-style-type: none"> <li>Encourage the student to contact <b>the Counseling Center directly at 914.251.6390</b> to schedule an appointment.</li> <li>Offer to let the student call from your office if you believe extra support and encouragement are needed.</li> <li>It might be helpful to share with the student that the Counseling Center is staffed by licensed professionals and all services are confidential.</li> </ul>  |  |