

TIPS FOR HELPING A STRESSED STUDENT

CSU Counseling Center – (706) 507-8740 – Schuster Center 301 – counseling.columbusstate.edu

Common Warning Signs		
Academic Problems	Interpersonal Problems	Behavioral Problems
<ul style="list-style-type: none"> Excessive procrastination Uncharacteristically poor academic preparation or performance Repeated requests for extensions or special considerations Disruptive classroom behavior Excessive career or course choice indecision A pattern of absence or tardiness Avoiding or dominating discussions Verbal or written references to suicide or homicide Frequently falling asleep in class 	<ul style="list-style-type: none"> Asking advisor/instructor for help with personal problems Dependency on an advisor/instructor Hanging around the office Avoidance of an advisor/instructor Disruptive behavior Inability to get along with others Withdrawal from friends Complaints from other students 	<ul style="list-style-type: none"> Change in personal hygiene Dramatic weight gains or losses Irritability Alcohol/drug use Impaired speech Disjointed thoughts Tearfulness Intense emotion Inappropriate responses Difficulty concentrating Engaging in self-injury Sudden mood or behavior changes
Suggestions for Intervening		
<ul style="list-style-type: none"> Talk to the student privately to help minimize embarrassment and defensiveness. Listen carefully to the student and respond to both the content and emotion in the conversation. Discuss your observations and perceptions of the situation frankly and honestly with the student. Ask if the student is having any thoughts of harming self or others. Acknowledge inappropriate or strange behavior without being judgmental. Try to respect the student's value system even if you don't agree with it. Clarify the limits on your ability to help. Instead, offer to connect the student with experts trained to assist struggling students. Avoid making promises of complete confidentiality. (It is difficult to get others to help if you can't tell them what is happening.) Instead, you might promise to only share the information others might "need to know" to do their jobs. 		<p>If a student appears to be an imminent risk of causing harm to self or others, call 911 immediately.</p>
How to Make a Referral		
Emergency Referrals	Non-Emergency Referrals	
<ul style="list-style-type: none"> If a student appears to be an imminent risk of causing harm to self or others, call (706) 507-8911 (on campus) or 911 (off campus) immediately. If the student does not appear to be an imminent risk and the emergency occurs between Monday – Tuesday 8:00am to 8:00pm or Wednesday – Friday 8:00am to 5:00pm call the CSU Counseling Center at (706) 507-8740. 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. If the emergency occurs outside of the Counseling Center's business hours, call Campus Police at (706) 507-8911. You may also fill out the referral sheet on the Counseling Center website. 	<ul style="list-style-type: none"> Encourage the student to contact the CSU Counseling Center directly at (706) 507-8740 to get prepared to see a counselor. Offer to let the student call from your office if you believe extra support and encouragement are needed. It might be helpful to share with the student that the CSU Counseling Center is staffed by licensed counselors and services are confidential. 	

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