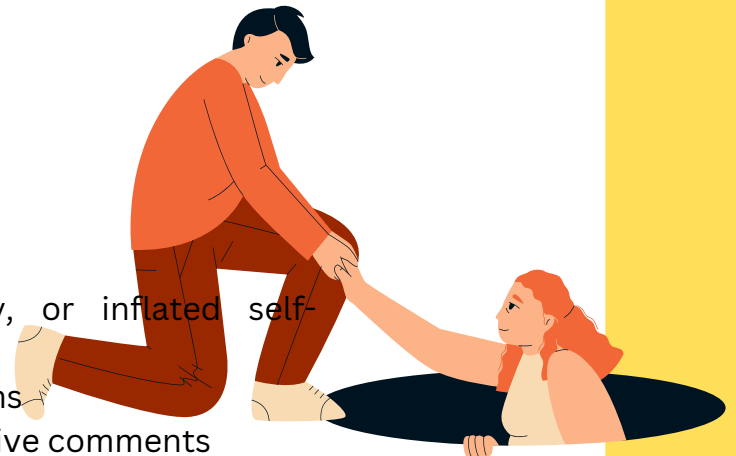


# IDENTIFYING A STUDENT IN DISTRESS

**A STUDENT SHOULD BE REFERRED TO COUNSELING SERVICES WHENEVER YOU BELIEVE THEIR DIFFICULTY HAS GONE BEYOND HIS OR HER CAPACITY TO MANAGE THE SITUATION, AND BEYOND YOUR OWN EXPERIENCE, EXPERTISE, OR COMFORT TO HELP. SUCH A REFERRAL MAY LIKELY BE BROUGHT ON BY A CHANGE IN A STUDENT'S BEHAVIOR AND/OR DECLINING ACADEMIC PERFORMANCE. SIGNS MAY INCLUDE:**

## Concerning Behaviors

- Change in personal hygiene
- Dramatic changes in weight
- Falling asleep in class
- Loss of interest in activities
- Emotional outbursts or crying
- Increased anxiety, hyperactivity, or inflated self-esteem
- Withdrawal from social interactions
- Agitation, restlessness, or aggressive comments
- Misuse of alcohol or drugs



## Academic Concerns

- Worsening test performance
- Excessive absences or tardiness
- Decreased quality of work
- Reduced class participation
- Repeated requests for favors or extensions on homework
- Failing to meet deadlines/due dates
- Frequent requests for appointments that go beyond that of a typical student
- Excessive demands or dependency on faculty and staff

## Stressful Life Events

- Relationship difficulties/conflicts
- Traumatic loss of a friend or family member
- Being a victim of assault or abuse
- Conflicts with roommates or residential living staff

## References to Suicide or Homicide

- Verbal or written references to suicide
- Referencing feelings of hopelessness
- Noting they feel like a burden, not belonging, or trapped
- Homicidal threats