DISRUPTIVE OR DISTRESSED

How to help students
Lisa Adams, PhD LPC
What are the most pressing issues for you?
WHAT IS THE THING ABOUT STRESS?

https://youtu.be/RCGYVTAOxeU
Causes of stress...

- **Academic Pressure**: Competitive employment market, hovering parental pressure to make high grades.
- **Financial Burden**: Increasing debt, increasing tuition, perception of debt.
- **Accessibility**: Higher education is now for the masses, racial and socio-economic diversity.
- **Male to Female Ratio**: 1971 male graduates 68%, 1991 male graduates 51%.
- **Technology**: Mental health concerns linked to technology, social isolation, gambling, etc.
- **Life Style**: Poor diet, alcohol, inactivity, sexual abuse.
Stress
stress - great worry caused by a difficult situation

Distressed
distress - extreme worry, sadness, pain

Disruptive
disruptive - clearly and imminently reckless, disorderly, dangerous or threatening, including self harming behaviors.
How may faculty best help students?
Disruption: forcible separation or division into parts

Disruptive behavior, separates you from teaching and/or from your students.
Disruptive Students

Be direct and gentle. Communicate clearly. If at any time you feel you are in danger call UPD 9-6000.

Remove student from class OR dismiss class

Calm, compassionate, competent

Ascertain problem in brief

Walk student to counseling or H.S.

Call UPD for an escort

Report to Dean and Chair
UWG CONDUCT PROCESS

Melissa De Grandis, Student Conduct Specialist
DISTRESSED STUDENT
Change in previous observed behavior

A STUDENT WITH PERSISTENT BEHAVIOR

Unduly Anxious
Sad
Irritable
Withdrawn
Confused
Lack motivation or concentration
Expresses suicidal thoughts
How to help distressed students

- Request private meeting with student
- Calm, compassionate, competent
- Ascertain problem in brief
  - Call counseling with student
  - Call HS with student
  - Make a UWG Cares Report

Be calm and very clear about your motives and intentions. Don’t try to be “nice”, be concise. Focus on behaviors.
How to Help Stressed Students

- Talk to the student in private
- Remain calm & non-judgmental
- Be direct
- Listen with sensitivity
- Refer
- Follow up

Helping can be stressful, take care of yourself, too.
UWG Cares
Helping the Campus Community Respond to Stress and Distress

REPORT AN INCIDENT OR CONCERN
CLICK HERE
When is student distress and disruption a problem?
How to get help

UPD 678-839-6000

Counseling 678-839-6428

Patient Advocates: 678-839-6452

UWGCares - www.westga.edu/uwgcares

Use any one of these methods, we will get the student to the right place.

