

Working with Students in Distress Workshop

Offered by University Counseling Services

Date: Wednesday, February 27th, 2019

Time: 3:00-4:30 p.m.

Location: 166 IMU (Iowa Theater)

Presented by: UCS Director Dr. Barry Schreier

The workshop is campus-centric, student-focused, and includes learning outcomes specific to situations encountered by faculty and staff.

Brief Description

WORKING WITH STUDENTS IN DISTRESS WORKSHOP

You are in your office, thinking about a recent interaction with a student that has left you troubled. Many things are running through your mind. Is this a big deal? Should I call someone about this? Can I help this student myself? Should I even get involved?

For many students, personal matters have a profound effect on academic performance, and for that alone, such interactions are significant and a reason to be involved. But these are complicated issues and getting involved can feel intimidating. All one has to do is pick up a newspaper to read about the emotional concerns students are having. Our students struggle with anxiety, depression, general emotional dysregulation, thoughts of self-harm, physical illnesses, family problems, financial crises, and others. Any of these can leave a student distressed and seeking your help.

The “Working with Students in Distress Workshop” is designed to help Staff and Faculty respond to students in distress. It is our experience that faculty and staff want to help students when they are in distress, but sometimes struggle with right words and best approaches. The “Working with Students in Distress Workshop” is designed to provide language and practical skills to help Staff and Faculty navigate challenging interactions. The “Working with Students in Distress Workshop” provides the signs of what distress looks like, ideas of what to do and what not to do, and simple language to assist with having the confidence to act when a student is struggling.

Your response may be a conversation with the student, a phone call to UCS, or a referral to one of the many offices and people who work with distressed students every day. Regardless, we want you to know that you are never alone. We are partners in the important work of helping a student in distress find understanding, support, and appropriate campus services.