How can you support a student’s wellbeing?

As teaching staff you play a large role in creating an environment that supports student’s wellbeing. Through your daily interaction with students, you may be able to notice signs that they may be dealing with personal issues. If this is the case, let students know you care about them and that you are here to help them find support. You can be an important tool to help students find the support they need at an early stage. This document is here to help you in navigating the TU/e support landscape and help you understand how to identify if a student is dealing with personal issues.

Signs a student may be dealing with personal issues
• They tell you directly
• They are regularly absent from class
• They are less engaged in the classroom than before
• They show worrisome signs of fatigue
• Their study performance has changed dramatically
• Their (study) behavior has changed
• They display a change in mood (sad, miserable, hyperactive)
• Their appearance has changed radically (weight, personal hygiene)
• Fellow students or colleagues have expressed their concerns

If you notice one or more of the above, here is what you can do to help!

Sign identified

- Ask students how they are doing - be prepared to listen (sometimes a listening ear is enough), be open and welcoming.
- Student opens up to you.
- You can offer them to help.
- Student accepts help.
- Refer student to their academic advisor - if needed help them make an appointment or reach out to them.
- Offer the student the opportunity to come and talk to you at a later stage!
- Student does not open up about what they are dealing with.
- Student does not accept help.
- Respect their decision.
- Mention that there are sources of support available to the students. Direct them to their academic advisor, or send them the link of the education guide to help them access the appropriate support.
- If you are still worried about the student, seek advice from one of the academic advisors in your department.
- Worrying about a student can be distressing. Be sure to share your worries with others who may be of support. For example reach out to a colleague, or contact the academic advisor of your department for advice. Don’t try and take responsibility for a student’s problem, especially if they are not willing to accept support.