

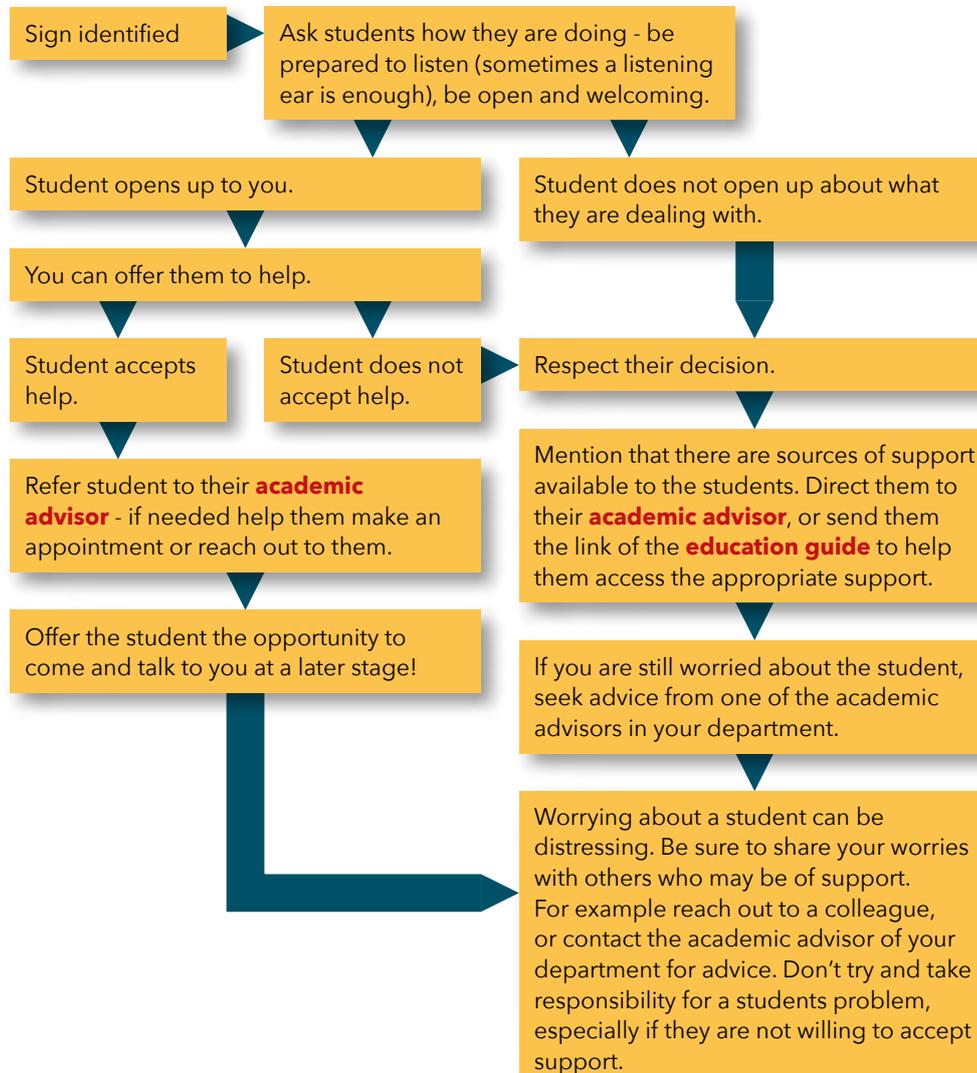
# How can you support a student's wellbeing?

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!



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