**Tips for Assisting Stressed Students**

**Recognizing a Stressed Student**

*Academic Problems*
Excessive procrastination, poor academic preparation and/or performance, a pattern of absence or tardiness

*Interpersonal Problems*
Disruptive behavior, withdrawal from friends and/or classmates, complaints from other students

*Behavioral Problems*
Emotional, has difficulty concentrating, easily frustrated

**Responding to Warning Signs**

- Talk to the student privately
- Listen attentively to the student
- Clarify limits on your ability to help
- Offer to connect students with campus resources that can help

**Time Management and Study Skills**

Good time management and study skills are an effective way to reduce stress. Suggest that students:

- Use a planner to block out study time and keep track of due dates and exams
- Form study groups
- Seek other sources of information: if the lecture material doesn’t make sense, try the textbook or an informative website

**Academic Assistance**

- Remind students of due dates
- Clearly explain course expectations
- In class, stop to ask if students have questions, time permitting
- Encourage student use of TAs, office hours, and the Student Academic Success Center (SASC)
- Give critical but encouraging feedback on assignments

**Directing Students to Resources**

- Explain to the student that there are resources on campus that can help
- Campus resources may be able to assist the student better than you can
- Provide contact information for resources (Resource List)

**Interacting with Students**

- Show that you want students to succeed
- Have one-on-one conversations with students when possible
- Be accessible outside of the classroom
- Encourage class participation
- Create a positive atmosphere in class