# A CARING CAMPUS

## supporting students through hardship

There is no certain way to tell if someone is distressed. However, these indicators may often be seen among students in distress.

### **NOTICE**

- Reports depressed mood or anxiety impacting academic progress.
- Disproportionate reactions to reasonable conversations or discussions.
- · Lack of interest in activities.
- Sudden lack of attendance or coursework submissions.
- Reports they are struggling to manage their feelings about stress or loss.

### STEPS TO HELP YOU RESPOND WITH CARE AND CONCERN.

## 1 IDENTIFY

- Signs of distress (unkempt, uncharacteristic behaviors, negative or poor tone, disruptive in the classroom, sudden lack of attendance, etc.).
- · Alcohol or drug use.
- · Anxiety or depression.

## 2 UNDERSTAND

- It's okay to ask students how they're doing. Students often feel comforted when faculty and staff notice that something is wrong.
- Build a rapport with the student if you're able and it's appropriate.
- Be genuine and gently show your concern.
- Try not to make judgmental statements.
- Try not to "fix" their problem.

### 3 REFER

- Refer the student to helpful resources based on the issues they disclose.
- If the student is reluctant to share information, feel free to mention some resources you feel might be helpful.
- Have resource information handy to give to students.
- It's sometimes helpful for students to have someone walk them to Counseling Services or other offices if they're nervous or reluctant.

## **4** FOLLOW UP

- Be sure to follow up with the student after your referral.
- Students appreciate knowing that faculty and staff are invested.
- Try to encourage, but refrain from "pushing" or "requiring" a student to use resources.
- Schedule a follow up with the student, but try not to contact them unless needed. Students are often dealing with quite a bit of stress.

### **QUESTIONS/CONCERNS:**

#### **Dean of Students**

Room 240, Schofield Hall 715-836-5626 | deanofstudents@uwec.edu

uwec.edu/DOS



# **Students of Concern Resources**FOR UW-EAU CLAIRE FACULTY + STAFF

### STUDENT ALERT LEVELS

### DANGEROUS STUDENT



- Verbal or overtly physical threats to harm self or others.
- Violent or overly dangerous behavior.
- · Safety is an immediate concern.



**CALL 911** 

## DISRUPTIVE STUDENT



- · Disruptive classroom behavior.
- Concerning content in assignments or email.
- Fellow students express fear or concern.



Department Chair; Assistant/Associate Dean of the College

Dean of Students Office 715-836-5626 or SOC Form

Counseling Services 715-836-5521

After Hours Crisis Call Center 800-362-8255

## DISTRESSED STUDENT



- · Nervous or sad.
- Hungover in class.
- · Dramatic weight change.
- Sudden changes in typical behavior.
- Marked changes in academic performance and attendance.



ACADEMIC CONCERN Professor or Dept. Chair; or Assistant/Associate Dean of the College

CONSULTATION or REFERRAL Counseling Services 715-836-5521

Dean of Students Office 715-836-5626 or SOC Form

### **REPORTS + POLICIES**

### **Bias**

Knowing how, where and when to respond to an incident or act of hate or violence is crucial, as is having the proper protocol in place to address the issue. At UW-Eau Claire, we have a system in place and we need the help of everyone on campus to promptly and effectively identify and handle any incident that poses a threat to our community, our students or staff. Any action of a discriminatory nature, verbal, physical or otherwise, that is targeted at a person's race, ethnicity, religion, disability, sexual orientation or ancestry is considered a bias/hate incident.

SUBMIT A BIAS/HATE INCIDENT REPORT:

uwec.ly/BIRT

## Academic Misconduct

To help students achieve their full potential and protect the integrity of the whole student body, the behavior of UW-Eau Claire students is governed by UW System codes. A complete copy of the Student Academic Misconduct Disciplinary Procedures code may be found on the Dean of Students website.

ACADEMIC MISCONDUCT RESOURCES:

uwec.ly/ch14

NON-ACADEMIC MISCONDUCT RESOURCES: **uwec.ly/ch17** 

### **FERPA**

Protecting the privacy of UW-Eau Claire students and their records is all of our responsibility. Our institution is held to the policies of the Family Educational Rights and Privacy Act (FERPA).

FERPA is a federal law that governs the privacy of student educational records, access to those records, and disclosure of information from them.

READ MORE ABOUT FERPA: **uwec.ly/FERPA** 

University of Wisconsin Eau Claire