

Recognizing Students in Distress

Academic Indicators

- Missed assignments
- Deterioration in quality of work
- A drop in grades
- Repeated absences/tardiness
- A negative change in classroom performance
- Inappropriate or aggressive communications
- Disorganized, erratic, or bizarre performance/behavior
- Continual seeking of special accommodations (late papers, extensions, postponed exams, etc.)
- Written work that indicates extremes of hopelessness, social isolation, rage, or depression/despair

Personal/Interpersonal Indicators

- Tearfulness
- Unprovoked anger or hostility
- Excessive dependency
- Expressions of hopelessness, helplessness, or worthlessness
- Exaggerated personality changes (e.g., more withdrawn or animated than normal)
- Reports of recent traumatic life events

Physical Indicators

- Deterioration of grooming/hygiene
- Visible changes in weight (loss or gain)
- Excessive fatigue
- Coming to class bleary-eyed, hungover, or smelling of alcohol
- Appearing sick or ill
- Bruises, scars, bandages, or other indicators of harm



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