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• Exaggerated personality changes (e.g., more withdrawn or animated than normal)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