

SUPPORTING STUDENTS



Tips and referral info for supporting students returning to University

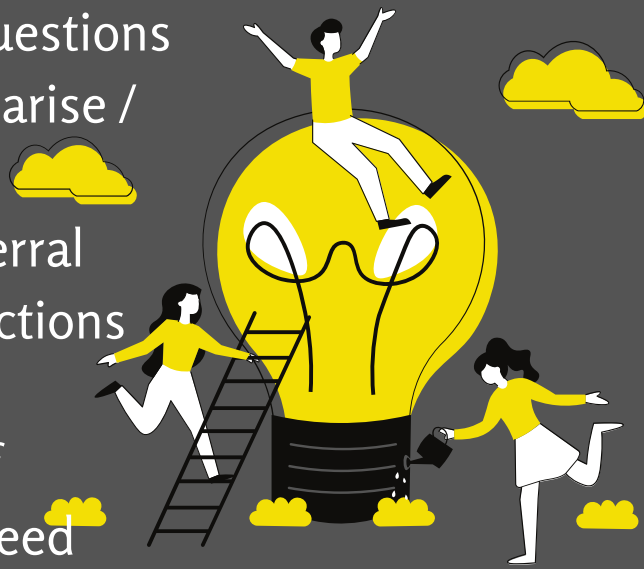
COMMON STUDENT EXPERIENCES AND WORRIES :

- Wish for clear and prompt information and communication
- Feelings of uncertainty
- Anger / Frustration
- Feeling of agitation
- Anxiety and Stress
- Sleep disturbance
- Appetite disturbance
- Isolation
- Low mood
- Lack of motivation



WHAT TO DO?

- Listen - empathy / active listening skills
- Be curious - open questions
- Listen again - summarise / reflect
- Problem solve - referral options / agree on actions
- De-brief / Consult
- Follow up - when / if appropriate and agreed



SOURCES OF SUPPORT

College Health Centre:

Ph: 8961556/8961591
<https://www.tcd.ie/collegehealth/>

Students' Union: www.tcdsu.org

Graduate Students' Union
www.tcdgsu.ie

STUDENT COUNSELLING SERVICE:

www.tcd.ie/student-counselling
student-counselling@tcd.ie

Schedule needs assessments

- Daily Emergency appointments
- Staff consultation and training
- Groups & Workshops

Senior Tutor:
Email: stosec@tcd.ie
For more info:

<https://www.tcd.ie/seniortutor/>

Accommodation:
accommodation@tcdsu.org

Education:
education@tcdsu.org

<http://student-learning.tcd.ie>
student.learning@tcd.ie

1:1 consultations
Workshops
Writing Groups
Online Resources

Self-help packs:
<http://cci.health.wa.gov.au>

