

Staying mindful of mental health challenges in studies

- Don't assume - ask if you're not sure. The student can tell you about their situation.
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It can be nice for the student to talk about more than just their wellbeing.

- The student may not always be able to keep in touch. You can talk to the student if you don't hear from them for a while.
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Encourage your student to set small goals and stress that not everything can be achieved immediately. Small goals create a sense of achievement more easily.

Completing a course will leave the student with a good feeling. Remember to give good feedback on passing courses.

- Focus with the student on what they have achieved.
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- + Flexible deadlines
- + Possibility to notify of absences

If a student drops out of a course, try to be kind and understanding.