

## What sorts of behaviors are indicative of a student in distress?

### Academic Problems

- Excessive procrastination
- Change in performance
- Repeated requests for special consideration or accommodations
- Excessive absence or tardiness
- Excessively anxious when called upon in class
- Unusual or change interaction patterns
- Inability to stay awake in class
- Disruptive or threatening behavior
- Written work with reference to self-harm or content that appears strange

### Behavioral Problems

- Change in appearance and hygiene
- Dramatic weight gain or loss
- Swollen or red eyes
- Change in mood
- Impaired speech
- Inappropriate or exaggerated emotional reactions
- Smell of alcohol/marijuana or evidence of excessive alcohol/drug use
- Difficulty concentrating
- Disrupted sleep or appetite

### Contacts

Student staff should contact their supervisor who will refer to the appropriate person below. Please always document all the factual information you have regarding any incident (who, what, when, where, etc.). Do not add subjective information to the report please. Always call 911 in an emergency situation!

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