

Helping Students Cope

Your students may be experiencing:

fatigue, difficulty concentrating, irritability, anxiety, avoidance behavior, mood changes, GI upset, sleep disturbance, intrusive recollections and other physical, cognitive and emotional reactions common to a traumatic event.

What to do:

A-Acknowledge the student's distress by allowing him or her to share thoughts, feeling and reactions.

C-Communicate care and concern, and offer the coping tips found on the opposite side of this card.

T-Transition the student by helping to plan next steps, including contact with the Cook Counseling Center.

If a student is concerned about the nature or severity of his or her physical reactions, seek medical help. For more assistance, students can call (540) 231-6557 or visit www.ucc.vt.edu

