Assisting Students with Emotional and/or Behavioral Concerns

Counseling & Student Development Center
Division of Student Affairs & Enrollment Management
Tim Paquette, Ph.D., Assistant Director

CSDC Services
• Walk-In Appointments
  – Monday - Friday, 11:00 - 3:30
• Individual & Group Counseling
• Substance Use Assessments
• Anger Intervention
• Crisis Intervention

CSDC Services (cont’d)
• Presentations & Programs
• Consultation
  • With Faculty & Staff
  • With Teaching Assistants
  • With Parents, Family Members, & Friends

Behavioral Concerns
• Student behavior can be indicative of personal, emotional, &/or psychological problems
  – Often the “first sign” that a problem exists
• Assistance from CSDC available through consultation, assessment, & counseling services

Students with Behavioral Concerns
• Can make it more challenging for you to be effective in your classroom
• Can disrupt learning environment for others

Students with Emotional Concerns
• May also disrupt your classroom, sometimes in more subtle ways (sometimes not)
• May cause you to feel concerned about their well-being & safety
  – Can lead to confusion about professional and personal boundaries, areas of expertise
### Tips for Interacting with Disruptive Students

- Maintain physical distance  
  - Non-threatening body language
- Keep your emotions in check
- Clear verbal and nonverbal communication

### Barriers to Seeking Consultation

- I “should” be able to handle the situation & control my classroom
- I don’t want to escalate the situation or I don’t want to pry
- Academic freedom
- Confidentiality/FERPA

### Consult Early!

- Consultation always available
  - We will help you assess the situation
  - We will make recommendations & offer our expertise about how we (or others) can help
- Crisis intervention available 24 hours
  - During the day, call the CSDC at 753-1206
  - After hours or weekends, call University Police at 753-1212 to reach on-call counselor
  - In emergency situations, always call 911 first!

### Counseling & Student Development Center

815-753-1206  
www.niu.edu/csd

Consultation Services  
Campus Life Building 200