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 & Eating Disorder 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, especially sudden/significant changes, is often indicative of personal, emotional, &/or psychological problems
  - Usually the “first sign” that something is going on

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 challenges to maintain 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/csdcc
- Consultation Services
- Campus Life Building 200