



Event Details

Printed on 3 May 2024
by

Event:	LD161715 - Dealing with Distressed Students
Subject:	
Event Overview:	The workshop is designed to be an interactive and enjoyable learning experience, to build on the knowledge and experience already held and to support personal and professional growth to enable staff to deal with stressed and emotionally distressed students.
Event Objectives:	To train staff to feel equipped and confident to deal with students who are highly stressed or in emotional distress.
Event Content:	Recognizing stress in others typical stressful situations for students How to use and apply the UCD Mental Health Policy Active Listening skills Staying present with difficult emotions in the room Responding with empathy Assessing student needs Tips for dealing effectively with a stressful situation Supporting, without playing counsellor (boundaries) Whats right or wrong to say Role Play UCD Student Mental Health Policy Discussion, Q&A, Feedback.
Notes:	
UCD Instructor:	
Instructor (External):	Niamh Hannan
Building:	Ardmore House
Room:	Boardroom 1
When:	09.30 on 28-Feb-17 for 3.5 hours