

Comeniusproject: Students Who Care

dr. Leonore de Wit

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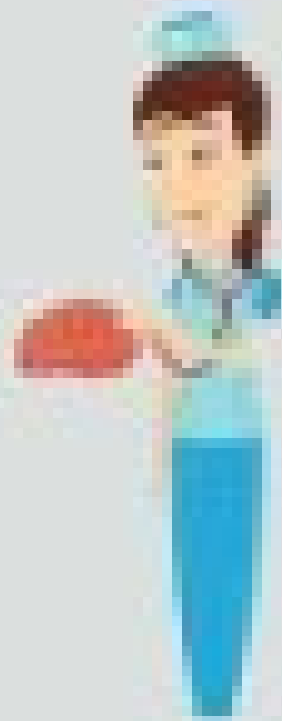
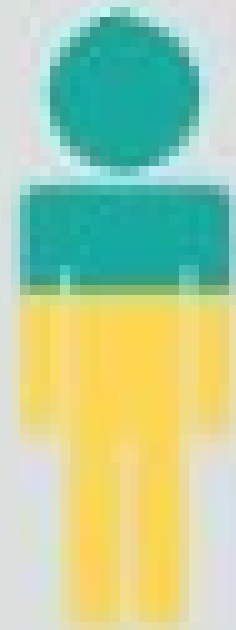
(Tim Lampe)



l o w i n t e n s i t y
t r e a t m e n t
p r a c t i t i o n e r

Programme

- Two video's
- Project details
- Interactive
- Take-aways



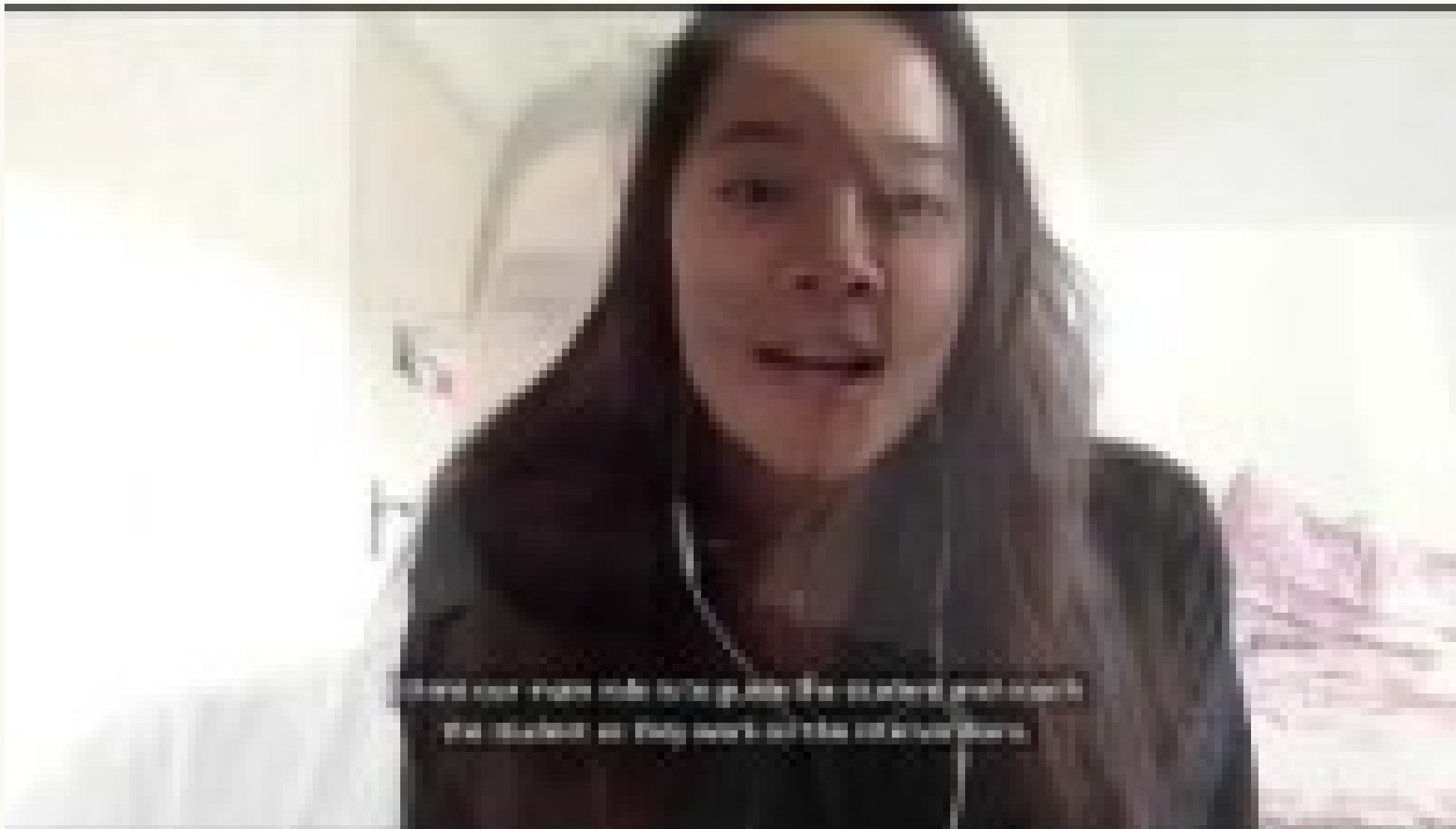
How do we close the
treatment gap?



low intensity
treatment
practitioner



VRJJE
UNIVERSITEIT
AMSTERDAM




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Structure of project

- NRO Comenius-programme
- Caring Universities
- Our project
- Check www.lowint.nl
 - *Funding*
 - *Background*
 - *Facts & Figures*



Funding NRO

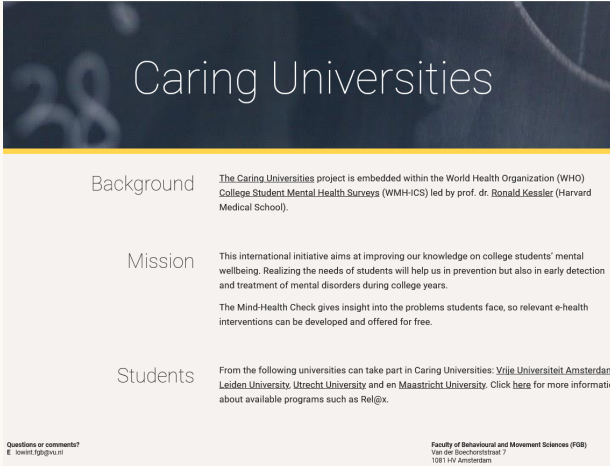
Funding This project has been funded by 'Senior Fellow' Grant of the NRO Comenius Programme.

NRO The Netherlands Initiative for Education Research (NRO) contributes to innovation and improvements in education by coordinating and funding educational research and by facilitating the connections between educational practice and research. Visit [their site](#) for more information.

Comenius The aim of the Comenius Programme is to help teaching staff put their ideas to innovate education into practice. The programme offers grants to Teaching Fellows, Senior Fellows and Leadership Fellows. The Fellows are distinguished on the basis of their experience and the extent of their impact on education. Visit [NRO](#) for more information on the programme.

Questions or comments?
E: lowint.fgb@vuu.nl

Faculty of Behavioural and Movement Sciences (FGB)
Van der Boerhorststraat 7
1081 HV Amsterdam



Caring Universities

Background The *Caring Universities* project is embedded within the World Health Organization (WHO) *College Student Mental Health Surveys (WMH-CSS)* led by prof. dr. Ronald Kessler (Harvard Medical School).

Mission This international initiative aims at improving our knowledge on college students' mental wellbeing. Realizing the needs of students will help us in prevention but also in early detection and treatment of mental disorders during college years.

The Mind-Health Check gives insight into the problems students face, so relevant e-health interventions can be developed and offered for free.

Students From the following universities can take part in Caring Universities: *Vrije Universiteit Amsterdam*, *Leiden University*, *Utrecht University* and en *Maastricht University*. Click [here](#) for more information about available programs such as Rel@x.

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Interactive

- ABC-questions (put your answer in the chat 'A', 'B' or 'C')
- Brief discussion
- Concluding remarks

1: Which symptoms indicate stress or anxiety

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A

Poor personal hygiene

1: Which symptoms indicate stress or anxiety

A

Poor personal hygiene

B

Tense

Sad

Tired

1: Which symptoms indicate stress or anxiety

A

Poor personal hygiene

B

Tense

Sad

Tired

C

Drop in attendance

Being late



1: Which symptoms indicate stress or anxiety

A

Poor personal hygiene

B

Tense

Sad

Tired

C

Drop in attendance

Being late

1: Which symptoms indicate stress or anxiety

- Anything a-typical
(for that person)

2: If you see it, what do you do?

2: If you see it, what do you do?

A

Nothing

2: If you see it, what do you do?

A

Nothing

B

I communicate my
worries
to other people and
/ or
professionals



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2: If you see it, what do you do?

A

Nothing

B

I communicate my
worries
to other people and
/ or
professionals

C

I will ask directly
if
something is
troubling



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2: If you see it, what do you do?

A

Nothing

B

I communicate my
worries
to other people and
/ or
professionals

C

I will ask directly
if
something is
troubling



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2: If you see it, what do you do?

- Personal story

What to do

Do's

- Ask permission to talk about it
- Listen carefully
- Check if you understand correctly
- Let them speak freely
- Refer if you feel it's needed

Don'ts

- Give unwanted advice
- Be distracted
- Make assumptions
- Interrupt
- Judge

3: How do you feel as a student when someone asks you?



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3: How do you feel as a student when someone asks you?

A

3: How do you feel as a student when someone asks you?

A

B

3: How do you feel as a student when someone asks you?

A

B

C

3: How do you feel as a student when someone asks you?

A

B

C

3: How do you feel as a student when someone asks you?

- You never know what effect it has, even if you don't see anything at this time.

4: Where does your responsibility as a teacher end?

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A

At the door of the
classroom



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4: Where does your responsibility as a teacher end?

A

At the door of the
classroom

B

I alert other people
and
move on



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4: Where does your responsibility as a teacher end?

A

At the door of the
classroom

B

I alert other people
and
move on

C

I will do as much as
I can
for as long as it
takes



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4: Where does your responsibility as a teacher end?

A

At the door of the
classroom

B

I alert other people
and
move on

C

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I can
for as long as it
takes



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4: Where does your responsibility as a teacher end?

- Protect yourself as well
- You know best
- Action > inaction

Psychological problems

A short guide by  Caring Universities

How to spot

- Consistent atypical behaviour
- Being unusually quiet
- Being late and missing deadlines
- Drop in attendance
- Drop in the quality of work
- Tense, sad or tired appearance
- Poor personal hygiene
- Inappropriate or bizarre responses
- Inability to concentrate
- Fear of failure
- Excessive complaining
- Crying
- No desire to socialize

What to do

Do's
Ask permission to talk about it
Listen carefully
Check if you understand correctly
Let them speak freely
Refer if you feel it's needed

Don'ts
Give unwanted advice
Be distracted
Make assumptions
Interrupt
Judge

Where to refer

G.P. of the student
For referral for mental healthcare

Study advisor
For (practical) help with study-related issues

Student psychologist
For advice and treatment of problems in an academic context
studentenpsychologen@vu.nl

Student dean
For guidance and advice with personal problems



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Take-aways

- What do you take away from today?

Take-aways

- E-mail lowint.fgb@vu.nl
 - *Handouts*
 - *Useful links*
 - *Other information*
- www.lowint.nl
 - *Questions*
 - *Suggestions*
 - *Collaboration*

Psychological problems

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