

IDENTIFYING STUDENTS IN DISTRESS

ON THE UNDERGRADUATE DIETETICS PROGRAMME

A student may be in distress if they exhibit these types of signs. If any of these - or related - signs are exhibited repeatedly or acutely, contact the College for support.

See www.dietitian.ie for guidance on having a conversation on wellbeing with a student.

Academic

- Suddenly or persistently performing placement duties suboptimally
- Unable to meet reasonable deadlines
- Overworking
- Ineffective or detrimental "perfectionist" behaviour

Physical

- Significant weight change
- Suboptimal personal hygiene
- Exhaustion

Behavioural

- Cannot maintain appropriate boundaries
- Withdrawn
- Uncharacteristic suboptimal or unusual behaviour

Emotional

- Overwhelmed in the face of routine activities
- Sudden change in mood
- Frequently tearful or inclined toward catastrophic thinking

Life events

- Physical or emotional trauma committed against the student
- Break-up of a personal relationship
- Death or illness in family
- Unplanned pregnancy



The University of Dublin

WWW.DIETITIAN.IE

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