

# Emotional and Psychological Well-being of Students

DIIPCS  
Awareness  
Card

How teachers can support student wellbeing?

For most people, mental health issues emerge when they are young, half of all mental disorders emerge by the time people are 14 years old and three quarters by 25 years old - the same period when most people are in education.

## How untreated emotional disturbance can impact students learning

- Difficulty controlling attention during learning tasks.
- Trouble persevering during challenging academic tasks
- Trouble recalling academic information
- Slowed problem solving
- Trouble completing homework
- Reductions in standardized achievement test scores
- Lower end-of-course grades

1. Foster collaborative and cooperative learning that helps students feel connected to peers.
2. Be friendly and approachable.
3. Demonstrate interest in students' questions and ideas.
4. Understand students' perspectives, concerns and experiences.