

# INTRODUCTION

As Butte College faculty and staff, you are constantly interacting with students. At times, you may encounter a student undergoing an overwhelming amount of stress. Many of these students may be experiencing serious and painful crises in their lives that may lead to poor academic performance and inappropriate, disruptive behavior.

Some students have ongoing circumstances that affect their lives on regular basis. Other students will be experiencing serious and painful crises in their lives or situational frustrations, pressures, or conflicts. All students react differently to stress. Some have better coping mechanisms than others. The learning process can be dramatically affected by how a student manages stress.

Many students experience increased levels of stress and anxiety around midterms and finals. Freshman and reentry students may also encounter transitional difficulties that impact their emotional state. Students who experience learning differences and/or neurodiversity are at greater risk for frustration and may be unaware of the academic success support on campus.

All these circumstances may interfere with students' learning processes and alter their behavior. Sometimes it is difficult to distinguish why someone acts differently and what they are trying to achieve or express through their behavior.

This resource is designed to provide some techniques to support students experiencing distress and/or students who need extra attention in their academic careers.