

12 Ways to Support Students in Uncertain Times



1. Reassure students of their safety and that things will get better over time, even if you are not sure. Remain calm.
2. Take care of your own needs so that you can be calm, rather than overwhelmed, when you are with students.
3. Acknowledge and normalize students' feelings. But don't lead with negative questions such as "What have you been worrying about?"
4. Allow students to talk about what's happening. Allow students to ask questions but don't belabor discussions of current stressors
5. Answer students' questions but make sure you understand the extent of what they are asking, which is often based on their age, and can appropriately filter your responses.
6. Highlight ways to cope positively and problem-solve, as well as students' capacity for these skills and resilience.
7. Provide students with structure and routine, and as much scheduling information as you can upfront so that they know what to expect.
8. Create new rituals (e.g., virtual morning meetings, check-ins) to provide connection, stability, and predictability.
9. Limit media exposure about distressing events both for yourself (on a day-to-day basis) and for your students in your virtual classroom.
10. Encourage and support students' physical health and well being by providing time for breaks from the screen during the virtual school day, and advising they spend time in nature.
11. Find the positives and help students to take action to give back to your community (do something for others) and to plan for the future. Altruistic activities, knowledge and preparation helps reduce worry and increase security.
12. Seek help and support when you see the signs of distress in students, especially if they are long-lasting. Many professionals are offering telehealth options so that students can still access psychological and other support services.

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Re-imagining Migration