

**Suggestions for increased academic support of student wellbeing**

*Members of our academic community have seen, firsthand, the toll student mental health issues take on their academic success. As we work to embrace a culture of wellness and well-being at Wentworth, we provide some suggestions for faculty to consider:*

* Have a syllabus statement noting what topics on which you can support students and information on the Center for Wellness if they need emotional support. This includes 24/7 support by phone through the BeWell@WIT program 617-989-4390 and choosing option 2.
* Have campus resources on hand to provide students who you feel need counseling, tutoring, advising, or accessibility services.
* Consider offering one excused absence for a mental health day during the semester. Let students know they can use this if they feel they need a break from a class but will need to make up the work missed.
* Make projects or papers due by midnight vs early morning. Students need adequate sleep and will often forgo sleep to complete academic work.
* Set clear boundaries on when you are available for students and model good self-care by sticking to the hours you provide for academic questions and support.
* Consider bringing mindfulness into the classroom. Three deep breaths before exams or presentations can calm people down or have students become present for the class.
* Consider offering class sections at varying times of day vs all 8am classes. Many of our students are adolescents and young adults, whose circadian rhythm is different than adults. They often fall asleep later, have a harder time waking up and focusing early, and need more than 8 hours of sleep a night to be optimal in physical and mental health.
* Encourage student self-care by encouraging breaks in academic work for students to eat, socialize, be physically active, sleep, pursue non-academic passions.
* For classes/studio lasting longer than 2 hours, build in short breaks for students to stretch, walk around, get some air.
* Discourage student multi-tasking in class/studio. Studies have shown targeted focus on one thing at a time is optimal. Watching movies, checking social media, texting, while in class disrupts the academic and creative process and contributes to poor time management.
* Consider attending programs run by the Center for Wellness such as: Mental Health First Aid, QPR: Suicide Prevention, and OneWIT to increase your knowledge of student mental health.
* Consult with the Center for Wellness staff or your Faculty Wellness Ambassador for guidance supporting a student who seems to be struggling emotionally.