

MAINTAINING BOUNDARIES

It's important for faculty and staff to take steps to ensure a distressed student receives assistance. Even so, it's equally important to have a set of boundaries. Appropriate boundaries can prevent faculty and staff from getting "in too deep" or feeling burned-out. You may need to be extra mindful of your boundaries.

Here are some common signs that a student may need additional help:

- The student is contacting you more than that of a typical student.
- You find yourself speaking with the student on the weekends or over holidays more than that of a typical student.
- You are the student's sole source of support.
- The student's difficulties have gone past your level of expertise.
- You are beginning to lose interest in helping the student or you're declining or avoiding meeting with the student.
- Helping the student is beginning to have a negative impact on your job or social life.
- You or others in your office frequently ask yourselves what to do.

No matter how much support you offer, the student ultimately has to make the decision themselves to seek help. If you have concerns, Cougar Counseling & Psychological Services can provide assistance on how to approach a student, most effectively communicate with a student, or directly intervene with a student. Call the counseling center for more information at 620-792-9295.

