



## **Responding to a Campus Loss**

### **Suggestions for FACULTY**

#### **What to DO. . .**

<b>Be sensitive to how a student may be impacted</b>	<i>Be aware that some students may want to stick to the syllabus while others want to have time to discuss the event. Decide what is best for your class and provide the opportunity for students to opt out.</i>
<b>Show that you care</b>	<i>It goes a long way to acknowledge tragic events, even if you feel that you are at a loss for words. Your presence at any related events or memorials will be noted and appreciated.</i>
<b>Keep yourself informed</b>	<i>What are the facts vs. rumors? Rely on published information only and try to minimize speculation.</i>
<b>Bring resources on grief, trauma, loss and campus resources</b>	<i>WM Counseling Center's website has self-help materials or you can contact them to have materials sent to you.</i>
<b>Encourage students to take care of themselves</b>	<i>Remind them to utilize social support, campus resources, and maintain a healthy eating, sleeping, and exercise routine.</i>
<b>Be mindful of upcoming assignments</b>	<i>Take a look at your upcoming topics and deadlines. Can you postpone or change upcoming assignments that may be hard for students to manage?</i>
<b>Return to a normal class schedule when it feels appropriate</b>	<i>After allowing some class time to address the issue, there can be comfort in returning to normalcy. Some students may want to return to a normal class schedule, others may not.</i>

#### **What to SAY. . .**

<b>You do not need to have all the answers</b>	<i>"I do not know what to say, but I know that you may be having feelings about what has happened."</i>
<b>If you chose to facilitate a class discussion, you can listen and validate their experiences</b>	<i>Do you have any reactions that would be helpful to talk about in class today? How are you doing?</i>
<b>Help normalize the varied feelings (anger, sadness, denial, anxiety, etc.) your students may have. Help to normalize that some students may want to continue discussing the event, others may not.</b>	<i>Any feelings you are having are understandable.</i>
<b>Offer to connect to support</b>	<i>What help do you need right now?</i>
<b>Let them know your hopes for their wellbeing</b>	<i>Please remember to take care of yourself by eating well, exercising, getting sleep, receiving support from family and friends.</i>
<b>Provide the Dean of Students Office as resource for helping students that are unable to complete assignments/meet deadlines</b>	<i>The Dean of Students Office (Campus Center 109) can help provide you with academic relief during this difficult time.</i>

**Recognize a student in need? Approach them privately and refer to them to the W&M Counseling Center. Want more ideas regarding how to have this conversation with your class? Need resources to bring to your class? CONTACT W&M COUNSELING CENTER: 757-221-3620**