
WORKING WITH STUDENTS YOURSELF

In some cases, students who seek your help or arouse your concern may work more effectively with you on improving academic work (e.g., level of performance, behavior in class) without focusing on underlying psychological issues affecting behavior and or performance.

It is of utmost importance, however, to determine as soon as possible whether the student requires a sympathetic ear, academic advice, or psycho-therapeutic intervention.



AFTER THE REFERRAL IS MADE

Once the student calls or goes to Psychological Services, an appointment is made for an initial interview. In an emergency, as defined either by you or by the student, arrangements will be made to see the student that same day, usually within an hour or so. If ongoing counseling or testing services are appropriate, regular appointments will begin. Given that services are confidential, the staff at Psychological Services will be unable to confirm or deny the student has been seen, therefore we recommend that you follow up with the student.



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PSYCHOLOGICAL SERVICES

FACULTY/STAFF REFERRAL GUIDE

The Role of Faculty and Staff in Assisting Students:

How You Can Help



PSYCHOLOGICAL SERVICES

Counseling services are designed to help students with personal problems that interfere with individual development and academic progress. While we are able to assist those with serious problems, many of our efforts focus on enhancing personal growth and effectiveness through prevention activities.

Psychological Services is staffed by licensed psychologists, an addictions specialist, a learning assessment specialist, a consulting psychiatrist, as well as pre-and post- doctoral trainees. Services offered range from a brief consultation to a more comprehensive psychological / psychiatric assessment, crisis intervention, and individual, relational and group counseling modalities. Consultations about students are also provided to academic and administrative agencies within the University.



WHEN TO MAKE REFERRALS

A referral for psychological services should be considered when you believe that a student's problem goes beyond your own expertise, and/or when you feel uncomfortable helping a student with a particular issue. A student's problems may be interfering with academic work; this could be an indicator for a Learning Disability. Observations of the student's behavior may raise concerns apart from academic work. Each student experiences stress somewhat differently and many disturbances are relatively transient. However, some academic or behavior changes may be prolonged. Some more easily recognizable behavior indicators include but are not limited to the following:

- Marked decline in quality of coursework
- History of repeated course failures
- Prolonged depression- sad expression, apathy, weight changes, sleeping difficulty, tearfulness, withdrawal
- Talk of suicide, directly or indirectly
- Suspicion of alcohol or other substance abuse
- Comments in a student's paper that arouse concern
- Nervousness, agitation, excessive worry, aggressiveness, nonstop talking
- Noticeable departure from typical attitudes, behaviors, performance, appearance, etc.

MAKING THE REFERRAL

One way of introducing the topic of a psychological referral is to reiterate the emotional responses that you have heard from the student or the academic difficulties you have observed, perhaps with an expression of your concern. For example, "You sound very upset about that area". I have found that other students who have felt similarly have benefited from talking to a professional, someone at Psychological Services. How do you feel about that?" Once the student agrees to seek counseling, there are several possible steps to take which depend on the student's attitude and the urgency of the situation.

- Give the information about Psychological Services and urge him or her to call.
- Offer to let the student call from your office right then and there.
- Accompany the student yourself and provide the staff with information. Please call ahead if the student is being brought over or sent directly, so that plans can be made to have a clinician available.