

Understanding Ukrainian students' emotions

LESSON 3

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



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- Students affected by war commonly experience anxiety, sadness, guilt, anger, loneliness, and helplessness (APA Foundation, 2023)
- These reactions are typical responses to trauma and should not be pathologized
- Understanding these emotions is essential for creating a safe and supportive learning environment



Emotional awareness and expression

- Empathetic listening helps normalize students' experiences and reduces isolation
- Encouraging emotional expression supports coping and resilience
- Tools such as emotion charts and Plutchik's wheel of emotions improve emotional identification and regulation (Valenzuela, 2021)
- Recognizing shared experiences reinforces that distress is a normal response, not a personal failure





Support Strategies in Education



- Help students distinguish between normal stress reactions and signs requiring professional support
- Introduce coping strategies such as mindfulness, reflection, and relaxation techniques
- Provide information on accessing counseling services (EthnoMed, 2023; Valenzuela, 2021)
- Integrate emotional literacy into teaching and orientation activities
- Promote psychological well-being as part of academic success and resilience building



Thank you

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