

Fostering Ukrainian Students' Satisfaction with University: Suggestions for Improving Ukrainian Students' Satisfaction with the University Experience Through Support and Engagement

LESSON 5

TUTOR STRATEGIES FOR SUPPORTING STUDENTS FACING ACADEMIC AND SOCIAL STRESS

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



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Understanding Student Stress

- Academic pressure and workload
- Social adjustment challenges
- Uncertainty and lack of confidence
- Balancing study with personal responsibilities



Academic and Social Stress Are Connected

- Academic difficulties affect emotional well-being
- Social isolation increases stress
- Stress impacts concentration and motivation
- Support must address both dimensions



Why This Matters in Higher Education

- Stress affects learning outcomes
- Unmanaged stress can lead to disengagement
- Early support improves retention
- A supportive environment enhances success



The Role of the Academic



- First point of contact for many students
- Observes changes in behaviour or performance
- Provides guidance within academic boundaries
- Connects students with additional support



Recognising Signs of Stress

- Sudden drop in attendance or participation
- Missed deadlines or declining performance
- Withdrawal from peers
- Expressions of overwhelm or frustration



Creating a Supportive Academic Climate

- Clear expectations and structure
- Predictable routines
- Respectful communication
- Encouragement of help-seeking behaviour



Responding with Empathy

- Listen without judgement
- Acknowledge student experiences
- Avoid minimising concerns
- Maintain professionalism and boundaries





Academic Strategies to Reduce Stress

- Clarify assessment requirements
- Break tasks into manageable steps
- Offer guidance on prioritisation
- Provide timely feedback



Flexibility Within Academic Rules

- Consider reasonable deadline flexibility
- Offer alternative participation options
- Apply rules consistently and transparently
- Balance fairness with compassion



Encouraging Self-Regulation and Resilience

- Promote realistic goal setting
- Encourage reflection on progress
- Reinforce student strengths
- Support problem-solving skills



Knowing When to Refer Students

- Stress exceeds academic support scope
- Emotional distress persists
- Student requests additional help
- Use institutional referral pathways



Collaboration with Support Services

- Academic support units
- Counselling and well-being services
- International student support offices
- Clear referral communication



Benefits for Students

- Reduced stress and anxiety
- Improved academic focus
- Greater sense of support
- Increased confidence and persistence



Benefits for Academics and Institutions

- Healthier learning environments
- Improved student engagement
- Fewer academic crises
- Stronger culture of care



Thank you

Any Question?

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