

Student Well-Being

NEGATIVE ATTITUDE



NEGATIVE BEHAVIOUR

- Academic decline
- Withdrawn
- Crying
- Easily agitated, restlessness
- Aggressive behavior
- Easily distracted



WHAT WE SEE:
External Behaviours

WHAT WE DON'T SEE:
Internal Needs



COUNT:
I am seen and known by
those around me



CAPACITY:
I have confidence
in my ability.



CONNECTIONS:
I have friends and I belong.



NEGATIVE THOUGHTS



- No one cares
- No one likes me
- I have no friends
- I cannot do this
- I'm not good enough
- I am a failure
- I suck



NEGATIVE FEELINGS

I FEEL...
Anxious
Scared
Angry
Unworthy
Overwhelmed
Depressed
Unfocused