

Research article

Talk it: Tutorial support and mental health in higher education students

Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios

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Abstract:

Introduction in this article stated that it was born within the framework of the research project where the campaign generated: "Háblalo" for its purposes, as part of the mental health care of the students of the Metropolitan Polytechnic University of Hidalgo, from 2019 to 2023. The **methodology** used was a longitudinal study with an eight-career program generation cohort that was developed over four years. As a **discussion**, part of the campaign, all university staff were instructed to be able to listen to students with their various problems, under the assumption that active listening as first psychological help can prevent risky behaviors and attitudes. As a **result**, the study has shown that listening as a first attention involves providing practical and non-invasive help, in addition to knowing the needs and concerns of the student. Furthermore, its **conclusions** allow us to visualize new lines of research around tutoring and mental health, as well as the tutoring function as a first psychological help with active listening as a prevention and action tool.

Keywords: tutorships; tutorial support; mental health; university; active listening; depression; risk behaviors; suicide.

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Tutorial Mental Health

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Tutorial Mental Health:

The College Student's Guide to Mental Health Mia Nosanow, 2024-02-27 Easy accessible guidance for addressing an essential element to college success mental health While being in college can be an exciting time it can also be a period of uncertainty anxiety loneliness and even depression The College Student's Guide to Mental Health is for any college student who wants to understand and maintain mental and emotional health Mia Nosanow a licensed psychologist and college therapist has drawn upon her more than twenty years of direct experience counseling a diverse college student body to write a comprehensive mental and emotional health manual designed specifically for college students Presented in clear practical language and organized in short chapters this book breaks down common problems and provides actionable strategies for addressing them Whether students want to understand challenging emotions transform negative thoughts improve relationships or explore the connection between time management and mental health these topics and more can be found in this one book a valuable tool for college students as well as the families and professionals who support them

The Selective Guide to Publications for Mental Health and Family Life Education Mental Health Materials Center (U.S.), 1979 Approximately 600 books and other monographic titles intended for the use of professional personnel in planning educational programs Topical arrangement Each entry gives description audience order information summary and evaluation Subject title indexes

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Strategy for the Future of Health Renata Glowacka Bushko, 2009 Examines the horizon of ideas and technologies which must be addressed by decision makers involved in health related resource allocation This book addresses the technological revolution in healthcare which is manifesting itself in the convergence of molecular biology computer and medical science mechanical genetic and biomedical engineering

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in the Classroom and Schoolwide Howard S. Adelman, Linda Taylor, 2005-07-14 An innovative guide to procedures resources and tools for closing the gap between the learning supports students need and what they are receiving now

Creative Approaches to Personal Tutoring and Academic Advising Sue Beckingham, Wendy Garnham, 2025-12-10 This innovative book offers a creative overview of personal tutoring and academic advising in higher education It responds to the growing need for student support that is more inclusive supportive and focused on the whole student rather than just their academic progress Offering a fresh perspective on how personal tutoring can be transformed from a routine academic exercise into an impactful experience the chapters encourage readers to reimagine the role of a tutor and adopt a student centred approach that respects individuality and promotes growth Divided into three key sections the first section explores new ways of working with students including coaching group advising and reverse mentoring These approaches help build stronger relationships and support both academic and personal growth The second section shares fun and creative activities like scavenger hunts meme making and LEGO SERIOUS PLAY that help students reduce stress feel more connected and engaged and build confidence The final section shows how personal tutoring can be part of the wider curriculum with ideas such as using mindfulness mentoring schemes and early support for students who may be struggling or need additional guidance With its blend of theory and practice this book is an essential resource for anyone committed to making a lasting impact through education Whether you are a seasoned tutor seeking to enhance your practice or a newcomer eager to make a difference this book will equip you with the tools to foster meaningful connections inspire critical thinking and nurture lifelong learners *SAMHSA News*, 2002

Positive Psychological Assessments: Modern Approaches, Methodologies, Models and Guidelines Llewellyn Ellardus Van Zyl, Peter ten Klooster, Leon T. de Beer, Mariëlle Zondervan-Zwijnenburg, Maria Vera, Arianna Costantini, 2022-11-08

The School Leader's Guide to Student Learning Supports Howard S. Adelman, Linda Taylor, 2006 Offers a broad view and a systemic approach missing from most books on school reform and improving student outcomes especially for the student who is not achieving Susan Wooley Executive Director American School Health Association I have not read any other book that is as comprehensive in explaining how the fragmentation of services limits our ability to serve children as well as provides the how to In this era of data based decision making the authors continue to present well researched material that perhaps many educators have only read about in isolation Sandra Screen Ph D Director Detroit Public Schools MI Bring new direction to programs and policies for learning supports to address barriers to student learning Barriers to learning and teaching interfere with students ability to participate effectively and benefit fully from classroom instruction and other educational activities For school improvement efforts to succeed in ways that truly improve student achievement and student test scores systemic changes must be made in how schools provide learning supports Howard S Adelman and Linda Taylor now provide this exciting new guide to student learning supports for school leaders along with a companion volume for schoolwide use offering an innovative approach to

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