

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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Date Received: 27/05/2024

Acceptance Date: 17/09/2024

Date of Publication: 09/10/2024

How to cite this article:

Quiroz Fragoso, J. (2024). Talk it: Tutorial support and mental health in higher education students [Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios]. *European Public & Social Innovation Review*, 9, 1-18. <https://doi.org/10.31637/epsir-2024-1479>

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

Rosina Ehmann



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

The Implementation Guide to Student Learning Supports in the Classroom and Schoolwide Howard S. Adelman, Linda Taylor, 2006 Offers in depth understanding for a wide variety of barriers to student learning as well as a learned synthesis of the best thinking about student motivation and healthy development Adelman and Taylor's book provides a perspective that helps practitioners understand all students who enter the classroom Linda Miller Consultant Iowa Department of Education As psychologists and support staff we read innumerable journal articles regarding responses to intervention learning disabilities differentiated instruction and the like The authors here effectively address the total child and offer research based suggestions on how to help all children Sandra Screen Ph D Director Detroit Public Schools MI Ensure that every school has a comprehensive and adaptable system of learning supports in the classroom and throughout the school Every teacher knows about barriers to learning and teaching that interfere with student progress and academic achievement These barriers to learning can hamper a student's 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 schools must provide students with learning supports in comprehensive multifaceted and cohesive ways This innovative Implementation Guide to Student Learning Supports in the Classroom and Schoolwide by Howard Adelman and Linda Taylor is designed to accompany their new School Leader's Guide to Student Learning Supports Together these two handbooks comprise a complete and adaptable system for addressing barriers to learning and teaching The authors offer specific ideas procedures resources tools and guides for motivating students

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