

Students are gradually resuming school life after several months of school suspension, which may be a challenge for both teachers and students themselves. Upon returning to campus, students may need some time to adjust to the new schedule and new routines (such as having to wear masks at school and sitting in a single row setting, etc.). Here are some tips for teachers:



Understanding that the first resumption of classes after an epidemic is also a change for students, such as having to wear masks, not being able to play certain games, the possibility that the family members of classmates have been diagnosed, and so on. These may lead to emotional and behavioral changes in students.

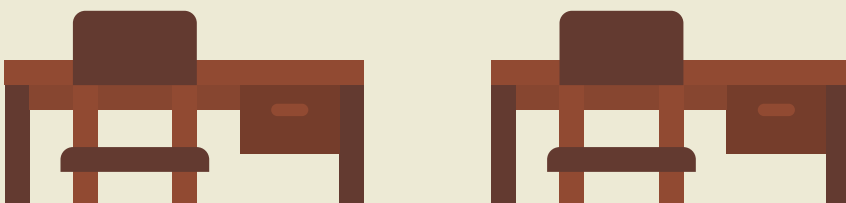


Watch for changes in the mood and behavior of students, such as becoming silent and isolated, more easily distracted during classes, increasing frequency of late homework, and so on.



Let the students know who they can talk to or seek help from if they face any difficulty.

You can listen to the student's needs and feelings patiently if he / she talks to you, let him / her know that these feelings are understandable, and assist him / her to face these difficulties and changes.





Scheduling "Shall We Talk Service"

For Hong Kong citizens who are in distress under the disease outbreak, you are welcome to make an appointment with our "Shall We Talk" service.



(+852) 5164 5040

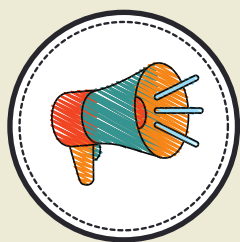


@hkrcshallwetalk

Telephone support is provided by clinical psychologists or professionally trained volunteers. All service users' personal information will be kept confidential.



[Registration Details](#)



If you notice targeted or discriminatory speech (for example, about a classmate being a close contact of patients infected with COVID-19), try to understand the situation first, assist the student to consider others' feelings, and clarify inappropriate rumors.



If you notice that the emotional changes of a student last for a period of time (for example, more than one month), and / or seriously affect the learning performance or interpersonal relationships, you may consider seeking support from other professionals (such as social workers, psychologists, etc.).



Class resumption is also a pressure on the teachers themselves. Thus it is important to take care of your own physical and mental health, such as planning some time to relax and rest, talk to others, and do relaxation exercises. You have to take good care of yourself before you can take good care of others. If you want to understand more about your mental health status, welcome to take a three-minute mental health test ([Link](#)).

Three-Minute
Mental Health Test

中文版



English Version:

