

Quick-Reference Checklist: What to Watch For

Academic

- ☐ Repeated missed assignments
- ☐ Sharp decline in performance
- ☐ Absences without explanation
- ☐ Lack of engagement

Physical

- ☐ Persistent fatigue
- ☐ Noticeable changes in appearance
- ☐ Sleep or appetite disruption
- ☐ Frequent illness

Behavioral/Emotional

- ☐ Withdrawal or isolation
- ☐ Emotional volatility
- ☐ Avoidance of class activities
- ☐ Expressions of hopelessness

When several of these appear together or persist over time, additional support may be needed.