



Faculty/Staff Guide For grief and Loss

Suggestions for Facilitating Classroom Discussions Following a Loss



As educators, one of our fundamental goals is to help students learn from their experiences. In the current situation, those experiences involve loss. The faculty and staff of WSU are coping with our own reactions, and we also care about the welfare and well-being of the students with whom we interact.

In the wake of a loss, it is often helpful to provide students with an opportunity to discuss their experience of it. Allowing students to talk about their experience with a trusted faculty member is one of the best ways to reestablish a sense of security, feel supported, and to help students cope with their stress and grief. Here are some suggestions to achieve those goals:

You may want to set aside time in class to discuss the loss and the students' thoughts and feelings.



Let students know that each person will have an opportunity to talk but that no one will be required to participate.



After a loss, students often question themselves for feeling the way they do.



When the students finish talking, a moment of silence might be helpful.



Let students know that Counseling and Prevention Services can also provide support to students.

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If you would like to consult with a member of the CAPS staff about how to lead a classroom discussion, please contact CAPS at 316-978-4SWC (4792).

