HANDLING DEPRESSED STUDENTS: A TEACHER’S CHALLENGE

by:

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It is normal for students to feel angry, sad or moody occasionally, especially during the adolescent years. But when a depressed mood lasts for weeks, or even longer and affects student’s ability to function normally, it might be depression.

Depression can greatly affect many aspects of a student’s performance at school including both academic and social relationship.

My life as a teacher was challenged this year when one of my students experienced depression, knowing that he is in a higher section and attain popularity in school because of his charm. We must aware that depression knows no age, gender, social status when it strikes.

It’s a trial for me that he wants to stop schooling and he always wants to be alone. His struggle and pain overcoming his stumbling back really upset me. I even ask his classmate to trace why he had that feeling. I just felt a little relieved when my student know that nobody can help him out himself alone.

Periodically a simple greetings to them may start for them to constitute, a little time chatting with them after class to have a better understanding of your student’s situation. Depressed student needs more understanding from us, as a teacher. Gladly, most of his teachers and classmates were understanding and regain his confidence and performs well on his class.
References:

edu/cs/facultystaff/studentsindistress/emotionaldistress/depressed/