

CAMPUS RESOURCES

STUDENT COUNSELING SERVICES

Counseling can be helpful if you find yourself fixated on the loss, if you have difficulty engaging in daily activities, if you do not have a support system, or if you are having thoughts of suicide, self-harm, or harming others.

To get started with counseling or other SCS services, please call 515-294-5056 during SCS business hours to schedule an initial appointment.

STUDENT ASSISTANCE

This office is helpful if your child needs academic-related assistance (*reaching out to professors, discussing taking a break from school if needed*)

Academic Year Hours: 8AM – 5PM
Summer & Break Hours: 7:30AM – 4PM
studentassistance@iastate.edu
Student Services Building, 1st Floor

OTHER RESOURCES

“Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart”
Alan D. Wolfelt, Ph.D.

“We Get It: Voices of Grieving College Students and Young Adults”

Heather L. Servaty-Seib & David C. Fajgenbaum with Contributions by 33 Inspirational Young Adults

Actively Moving Forward

<https://healgrief.org/actively-moving-forward/>



2505 UNION DRIVE

Student Services Building, 3rd Floor

STUDENT COUNSELING SERVICES

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MONDAY - FRIDAY: 8AM - 5PM

CRISIS HOURS

MONDAY - FRIDAY: 8AM - 5PM

515-294-5056

SUICIDE AND CRISIS LIFELINE
Call or text 988 or chat 988lifeline.org

TEXT “ISU” TO 741741

Accredited by:



International Association of Counseling Services, Inc.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

IOWA STATE UNIVERSITY

Student Counseling Services

GRIEVING STUDENTS



CycloneHealth.org



WHAT IS GRIEF?

Grief is the inner response to loss. It is what we think and feel in response to losing something or someone we are close to (Wolfelt, 2018). Although each individual's response to loss is unique, there are common reactions to grief that many individuals experience. Not every grieving person will experience the same reactions, or all of the reactions listed below.

PHYSICAL REACTIONS: rapid heartbeat, sleep disturbances, headaches, muscle tension, fatigue, weight and appetite changes, nausea.

EMOTIONAL REACTIONS: sadness, confusion, feeling numb, hopelessness, anger, irritability, guilt, helplessness, anxiety, shock.

BEHAVIORAL REACTIONS: concentration difficulties, crying, feeling detached from surroundings, withdrawn from friends and activities.

SPIRITUAL REACTIONS: confusion, anger toward God, loss of faith, questioning the meaning of life.

GRIEF ON COLLEGE CAMPUSES

It may feel isolating to be a student who is grieving. Your peers may not be aware of the death of your close friend, family member, or pet, or they may have difficulty meeting your needs. You may feel like the only student who truly "gets it."

Various studies have shown that grieving while in college is a commonly shared experience. For example, 35 to 45 percent of college students have lost a family member or close friend within the last two years (Balk, 2008).

Grief can be particularly difficult during the college years due to:

- Academic pressure to succeed in classes
- Being away from home for the first time
- Being far from home, making it difficult to visit family and friends
- Adjusting to a new environment
- Hearing that college is supposed to be the "best time of your life"
- Balancing classes, work, applying for jobs/internships, organizations
- Gaining independence
- Financial concerns

HOW TO COPE

- Accept support from friends and family
- Remember the person who died. Display photos of them, talk about or write out favorite memories, visit places of significance that remind you of shared time together. Use a linking object, or items that belonged to the person who died, such as clothing or other possessions. Carry the linking object with you, or display it where you can see it.
- Talk about your emotions, reactions, and the person who died. Express yourself through crying, journaling, or listening to music.
- Engage in self-care. Maintain a well-balanced diet, get an adequate amount of sleep, and engage in exercise.
- Take time for rest.
- Find time for enjoyable activities. It's okay to smile, laugh, and have fun!
- Give yourself more time to complete school readings or assignments.

