

## Social-Emotional Support in the Environmental Sciences

Using the RISE model, answer the prompts below to support trauma awareness, mental health, and social-emotional resilience.

**Reflect:** Recall, Ponder, Communicate

Based on what you have learned in Module 6, write a set of expectations (for both you and your mentee) to help support the social-emotional and mental health needs of the mentee.

**Inquire:** Seek information by asking questions

Write a set of question prompts that you can use to regularly check-in with your mentee regarding their social-emotional and mental health needs. One or two of these prompts should try to elicit information related to the common signs of distress:

### *Emotional & Mental Symptoms*

- *Feelings of fear, anger, sadness, worry, numbness, or frustration*
- *Difficulty concentrating and making decisions*
- *Feeling misplaced or too much guilt or shame*

### *Physical Symptoms*

- *Physical reactions such as headaches, body pains, stomach problems, and skin rashes*
- *Changes in appetite, energy, and activity levels*
- *Changes or disturbances to sleep patterns*
- *Worsening of chronic health problems*

### *Behavioral Symptoms*

- *Falling behind in the program*
- *Lashing out or being unresponsive*
- *Increased use of alcohol, tobacco, or other drugs*



**Suggest:** Introduce ideas for improving the situation

Write a list of suggested strategies you could encourage your mentee to try if they are struggling

- [\*Taking Care of Your Emotional Health \(from the U.S. Centers for Disease Control, preserved by Broward Schools\)\*](#)
- [\*Self-care assessment, Self-care plan, and Self-care tips from "Social and Emotional Learning: Resources for Educators Navigating COVID-19" \(from the Dallas Independent School District\)\*](#)

**Elevate:** Recognize when additional help is needed

Write down where to direct your mentee if they need professional support. For example, many universities have a program that makes free or low-cost mental health support available to students. You might also want to record hotline phone numbers such as the national Suicide and Crisis Lifeline (call, text, or chat 988)

## Evaluation

What are some ways you can track and measure your performance as a mentor?

## Continuing the relationship

What are ways you can maintain a relationship with your mentee after they are done with their research?