HOW TO HELP STUDENTS OVERCOME OBSTACLES

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1. PERSON FIRST, STUDENT SECOND
   View the student holistically rather than simply focusing on their academic experiences. Understand their entire identity is not school. Acknowledge their background and the challenges they may be facing. (Luedke, 2017).

2. HELP STUDENTS ESTABLISH A SUPPORT SYSTEM
   If a student turns to you for help, you are not the only person that has to support them. Help them to reach out to other resources available to them and help them to make a network. This can be done, even in an online setting (Nsamba & Makoe, 2017).

3. CREATE A DEMOCRATIC CLASSROOM
   Create an environment where all students have a voice. This allows students to feel empowered and have a safe site of healing. Face taboo topics, allow students to address oppression, and make content relevant to students (Engebretson & Weiss, 2015).

4. INSTILL HOPE
   To install hope requires a genuine wish for students to succeed. Be respectful and strive to have positive encounters. Invest time into the student and be genuine both in person and online. Let them know that they can get through the challenges and succeed (Schreiner, Anderson, & Cantwell, 2011).

5. BE FLEXIBLE
   Be prepared for students to face challenges. Create a flexible lesson plan for in the classroom. If the students need more time, be prepared to work with them on that. Let them have a say when you feel it is appropriate (Gelles et al., 2020).