



EFFECTIVE SOCIAL SUPPORT

RESILIENCE ENHANCEMENT PROGRAMME FOR STUDENTS 

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BEING RESILIENT IS NOT JUST ABOUT COPING ON YOUR OWN, IT IS ABOUT REACHING OUT FOR HELP WHEN YOU NEED TO AND USING SOCIAL SUPPORT EFFECTIVELY

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HELP-SEEKING



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COPING MECHANISMS

- Coping mechanisms are all those actions and efforts taken to **reduce stress**
- Commonly divided into
 1. **Problem-focused**
 2. **Emotion-focused**
- Help-seeking is an important coping mechanism, which can be problem-focused **or** emotion-focused

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HELP SEEKING AT UNIVERSITY

For example...

1. **Problem-focused** – help with learning and assessments, or with other processes that relate to studying, like apply for extenuating circumstances
2. **Emotion-focused** – help with any of the emotional effects and stress of studying and being at university

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EXERCISE: SOURCES OF HELP AND BARRIERS TO HELP SEEKING

- a) People who are possible sources of help during your student years?
- b) Possible barriers to asking for help?
- c) How to overcome those barriers?



Breakout Rooms

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SOCIAL MEDIA

Is it an effective source of social support?



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WHY DOES SOCIAL MEDIA TEND TO STRESS PEOPLE OUT?

1. Comparison with others based on partial / staged information
2. Exposure to bad news
3. FoMo
4. Designed to be addictive
5. Over-stimulation of the brain



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HOW DO YOU HANDLE THE POTENTIAL STRESS OF SOCIAL MEDIA?

Put your comments in the chat

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SOCIAL MEDIA – YOUR CHALLENGE FOR THIS WEEK

A challenge to you: For the next week, I want you to go on a social media diet!

One social media free hour: an hour a day without checking any social media at all! You choose, but recommend perhaps 6pm to 7pm

No social media before sleep: Avoid checking social media for at least 30 mins before sleeping

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IN A NUTSHELL

SOCIAL MEDIA CAN BE YOUR ALLY, BUT YOU MUST
MANAGE OVERLOAD AND HAVE TIME THAT IS
COMPLETELY FREE OF SOCIAL MEDIA

SEEKING HELP IS AN EXPRESSION OF STRENGTH AND
COURAGE, *NOT* AN EXPRESSION OF WEAKNESS