

Bipolar Disorder

A person who suffers from bipolar disorder switches from being depressed or manic (where they demonstrate a significantly elevated mood and/or irritability to the point that it could get them into trouble).

To get a sense of whether a student is possibly manic, listening and observing can be more helpful than asking questions. Look out for behaviours that suggest the student has pressured speech, distractibility, and excessive involvement in pleasurable activities.

Does the student...

	Yes	No	Notes
...talk so much that you can't get a word in?			
...have a lot of plans or projects on the go at once that seem unrealistic?			
think they are the best at everything?			
...report doing activities that they consider fun but could be dangerous?			
...get easily agitated by your questions?			
...have disorganized thoughts?			
...get easily distracted during your conversation?			

A mental health issue in and of itself does not mean a student can't have a successful study abroad experience. However, it is prudent to recognize the symptoms that would make the transition too difficult, and essentially end up harming the student's chances of success in the long run.