

Depression

Two of the key symptoms of depression are persistent feelings of sadness and loss of interest. Overall, look for responses that reflect a change in usual behaviour for a minimum of two weeks straight. To get a sense of whether the student has been feeling down and disinterested, try asking the following questions:

Mood

Responses that do not reflect feelings of positivity may indicate restricted emotional range.

Questions	Student Responses
If something really good were to happen to you (e.g., you won a trip to your dream destination), how would you feel?	

Interest

Some children are more introverted and not as social. This would not be considered abnormal behaviour if the child is happy with their level of sociability.

Questions	Student Responses
What sports or hobbies have you been involved in lately?	
What social activities do you usually participate in? Have you been spending more time by yourself than usual?	
Have you been enjoying yourself? Do you feel you enjoy your hobbies and friends as much as you always have?	

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.