

THE MENTAL HEALTH IMPACT ON STUDENTS



Fundamental Attribution Error



Other people – actions reflect
who they are as a person

Yourself – actions are a mix of
who you are and the effects
of circumstances

Negative Messages:

- Less than
- Don't try hard
- Lazy
- Other
- Enslaved
- Impoverished
- Subservient
- Impoverished



Leads to:

- Depression
- Anxiety
- Resentment
- Hostility
- Trauma



Other Effects

- Perpetuate biases
- Less empathy
- Lack of connection as human equals



Growth Mindset

- Improved mental health
- Healthier self-esteem
- Greater resilience