



RAMKHAMHAENG ADVENT
— INTERNATIONAL SCHOOL —

www.rais.ac.th
info@rais.ac.th



02-370-0316
02-370-0317



1 Soi Ramkhamhaeng 119, Huamark
Bangkapi Bangkok 10240 Thailand



Policy on Socio-Emotional Support for Dormitory Students.

Purpose:

The purpose of this policy is to ensure the well-being and holistic development of dormitory students by providing them with comprehensive socio-emotional support. This policy aims to create a conducive living environment that fosters emotional resilience, promotes mental health awareness, and cultivates a sense of belonging among students residing in dormitories by offering resources, guidance, and a compassionate network, the goal is to enhance students' emotional resilience, interpersonal skills, and academic success.

Scope:

This policy applies to the RAIS Michael and Gabrielle dormitories targeting students residing in these facilities. It encompasses various aspects of socio-emotional support, including counseling services, peer support networks, mental health support, and recreational activities.

Policy Statement:

By implementing comprehensive social-emotional support initiatives and fostering a culture of care and empathy, dormitory students can thrive academically, socially, and emotionally, enriching their overall experience in the RAIS dormitory.

Framework:

- a. **Counseling Services:** Establishing on-site counseling services staffed by qualified guidance counselors to offer individual and group counseling sessions for students facing emotional or psychological challenges.
- b. **Peer Support Networks:** Facilitating the formation of peer support groups or mentorship programs wherein older students can provide guidance, encouragement, and emotional support to their peers.
- c. **Mental Health Support:** Integrating mental health support into the curriculum and meeting students' needs by having group or individual sessions that support their mental well-being.
- d. **Recreational Activities:** Organizing recreational and leisure activities within the dormitory premises and outside as well, to encourage social interaction, relaxation, and stress relief among students.
- e. **Hygiene and Sanitation:** prioritizing hygiene and sanitation in dormitories is essential for the health, well-being, and comfort of students living in close quarters, promoting a conducive environment for learning and personal development. By prioritizing hygiene and sanitation, dormitory students learn valuable self-care habits that contribute to their overall well-being. This sense of empowerment can have positive ripple effects on their socio-emotional development, fostering resilience and self-confidence.
- f. **Academic support:** providing academic resources within the dormitory setting, students are more likely to engage in supplemental learning activities that complement their coursework. This can lead to improved study habits, and better academic performance overall which in turn can help academic stress and maintain well-being.

Guiding Principles:

- a. **Confidentiality:** Ensuring strict confidentiality of students' personal information shared during counseling sessions or peer support interactions.
- b. **Inclusivity:** Creating an inclusive and supportive environment that respects the diverse cultural, religious, and personal backgrounds of dormitory students.
- c. **Accessibility:** Ensuring that socio-emotional support services are readily accessible to all students, regardless of their socioeconomic status or physical accessibility requirements.
- d. **Empowerment:** Empowering students to take an active role in their own mental health and well-being through self-help resources, peer support networks, and skill-building activities.
- e. **Continuous Improvement:** Regularly evaluating the effectiveness of socio-emotional support initiatives through feedback mechanisms and incorporating improvements based on student input and emerging best practices.

The implementation of robust socio-emotional support policies for dormitory students is essential to nurturing their overall well-being, enhancing their academic success, and fostering a positive dormitory community. By prioritizing the mental health and emotional resilience of students, educational institutions can create an environment where every student feels supported, valued, and empowered to thrive both academically and personally.

Communication:

- School's social media,
- Parent Orientation at the time of enrollment at the dormitory.
- RAIS website

Policy Review:

- This policy will be reviewed once every three years.
- This policy was last reviewed by RDOC in February 2024