

Research article

# Talk it: Tutorial support and mental health in higher education students

## Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios

Jennifer Quiroz Fragoso<sup>1</sup> Universidad Politécnica Metropolitana de Hidalgo, Mexico.  
[jfragoso@upmh.edu.mx](mailto:jfragoso@upmh.edu.mx)

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### Abstract:

**Introduction** in this article stated that it was born within the framework of the research project where the campaign generated: "Háblalo" for its purposes, as part of the mental health care of the students of the Metropolitan Polytechnic University of Hidalgo, from 2019 to 2023. The **methodology** used was a longitudinal study with an eight-career program generation cohort that was developed over four years. As a **discussion**, part of the campaign, all university staff were instructed to be able to listen to students with their various problems, under the assumption that active listening as first psychological help can prevent risky behaviors and attitudes. As a **result**, the study has shown that listening as a first attention involves providing practical and non-invasive help, in addition to knowing the needs and concerns of the student. Furthermore, its **conclusions** allow us to visualize new lines of research around tutoring and mental health, as well as the tutoring function as a first psychological help with active listening as a prevention and action tool.

**Keywords:** tutorships; tutorial support; mental health; university; active listening; depression; risk behaviors; suicide.

<sup>1</sup> Corresponding Author: Jennifer Quiroz Fragoso, Universidad Politécnica Metropolitana de Hidalgo (Mexico).

# Mental Health Tutorial

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## **Table of Contents Mental Health Tutorial**

1. Understanding the eBook Mental Health Tutorial
  - The Rise of Digital Reading Mental Health Tutorial
  - Advantages of eBooks Over Traditional Books
2. Identifying Mental Health Tutorial
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mental Health Tutorial
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mental Health Tutorial
  - Personalized Recommendations
  - Mental Health Tutorial User Reviews and Ratings
  - Mental Health Tutorial and Bestseller Lists
5. Accessing Mental Health Tutorial Free and Paid eBooks
  - Mental Health Tutorial Public Domain eBooks
  - Mental Health Tutorial eBook Subscription Services
  - Mental Health Tutorial Budget-Friendly Options
6. Navigating Mental Health Tutorial eBook Formats

- ePub, PDF, MOBI, and More
- Mental Health Tutorial Compatibility with Devices
- Mental Health Tutorial Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mental Health Tutorial
  - Highlighting and Note-Taking Mental Health Tutorial
  - Interactive Elements Mental Health Tutorial
- 8. Staying Engaged with Mental Health Tutorial
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mental Health Tutorial
- 9. Balancing eBooks and Physical Books Mental Health Tutorial
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Mental Health Tutorial
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Mental Health Tutorial
  - Setting Reading Goals Mental Health Tutorial
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mental Health Tutorial
  - Fact-Checking eBook Content of Mental Health Tutorial
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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