

Teaching Students with Psychological Disabilities

Students with psychological disabilities face the combination of having a hidden disability and of having a disability around which there may be some social stigma. This may lead to a fear of disclosure. In fact, colleges and universities across the U.S. serve many successful students with psychological disabilities. Common psychological disabilities seen among college students include depression, post

require include (but are not limited to):logy in the classroom

- x Regular advising meetings with an assigned D

²A² advisor

The following are some considerations to keep in mind when working with students with psychological disabilities in the classroom:

- x Some students with psychological disability are helped by structure, but may need extra support when changes occur.
- x Extended time and a quiet testing location during exams often help the student who needs time to relax and think freely, due to anxiety, foggy thinking caused by some medications, etc.

l sometimes be helped by working weekly with a D

²A² adviser to help

structure, plan and “talk things out,” as a means of additional support.

- x If the student behaves oddly and it is not affecting the class, call D²A² to discuss the behavior. Students do have the right to “be unusual” as long as they are not harming others. If the student is acting in a manner that is affecting the class, meet with the student. Describe both the specific negative behavior and delineate the limits of acceptable behavior.

Additional Resources:

<p>Academic Accommodations for Students with Psychiatric Disabilities (DO-IT, University of Washington)</p>	<p>https://www.washington.edu/doit/academic-accommodations-students-psychiatric-disabilities</p>
<p>Teaching Students with Mental Health Disabilities (Accessible Campus, Council of</p>	<p>http://www.accessiblecampus.ca/tools-resources/educators-tool-kit/teaching-</p>

<p>Mental Health Issues in Students (Focus: The Chronicle of Higher Education)</p>	<p>https://www.chronicle.com/items/biz/pdf/ChronFocus_MentalHealthv5_i.pdf</p>
<p>The Challenges and Legal Rights of Students with Mental Disabilities in College (Disability Rights California and Mental Health Advocacy Services, Inc.)</p>	<p>https://www.ucop.edu/student-mental-health-resou0.004_TmiT_Q_q_30p1]cpd4(t_C)6_(160.004_TmiT</p>