Exam Day

Time’s Up!

I get accommodations through the school’s Office of Disability Services.

Accommodations are for people with any type of disability. I get what’s called broken time during exams, so I can take a short break and chill. Bro, if I didn’t have accommodations during my first semester, I would have flunked out of school.

Later That Day...

Ugh! I had an exam today that I didn’t finish! I was feeling so anxious and just couldn’t focus and now I’m going to fail the class.

Sometimes I have trouble focusing too, so I’m allowed to take breaks during class and tests.

Really? How does that happen?

I thought those were only for people who use wheelchairs & stuff.

For Real?!?

How can I get accommodations?

Call ODS and they’ll tell you what you need.

I’ll contact them tomorrow.
RESOURCES

3 Areas of Executive Function -

Academic Accommodations for Students with Psychiatric Disabilities -
https://www.washington.edu/doit/academic-accommodations-students-psychiatric-disabilities

Best Colleges: College Guide for Students with Psychiatric Disabilities -
https://www.bestcolleges.com/resources/college-planning-with-psychiatric-disabilities/

BU Center for Psychiatric Rehabilitation: What Accommodations Support School Performance? -
https://cpr.bu.edu/resources/reasonable-accommodations/what-accommodations-support-school-performance/

Center on Transition Innovations (CTI) at Virginia Commonwealth University -
https://centerontransition.org/documents/publications/College_Accommodations.pdf

Comeback TV Episode 15 Outside-the-Box Accommodations in College, Part 1 -
https://youtu.be/0VivSsnSNXXE

Comeback TV Episode 16 Outside-the-Box Accommodations in College, Part 2 -
https://youtu.be/lark7XoT9QQ

DO-IT -
https://www.washington.edu/doit/brochure-category/academics

Getting Accommodations at College: Tools for School -
https://escholarship.umassmed.edu/pib/vol8/iss16/1/

My Mental Health Rights on Campus -
https://escholarship.umassmed.edu/pib/vol9/iss3/1/

Outside-The-Box College Accommodations: Real Support for Real Students -
https://escholarship.umassmed.edu/pib/vol14/iss3/1/

NAMI: Managing a Mental Health Condition in College -
https://www.nami.org/Find-Support/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College

Visit the Transitions ACR online at https://www.umassmed.edu/transitionsACR

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