Later that day...

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

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

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.

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?

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

I’ll contact them tomorrow.

FOR REAL?!?

How can I get accommodations?

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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/0VivSnSNXKE

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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