



## PSYCHOLOGICAL DISABILITIES

Psychological disabilities encompass a range of conditions **affecting mental health and functioning**. These conditions can significantly impact a student's ability to learn, concentrate, and engage in academic activities. They are often **pervasive and chronic**, becoming prominent at some times more than others.

Examples may include:

- Anxiety
- Depression
- Obsessive Compulsive Disorder (OCD)
- Bipolar Disorder
- Post-traumatic Stress Disorder (PTSD)
- Personality Disorders
- Psychotic Disorders
- Phobias
- Eating Disorders
- Sleep Disorders

Possible Impacts:

- Fatigue
- Emotional Distress
- Loss of Motivation
- Memory impairment
- Inability to maintain focus

Possible Accommodations and Supports:

- Maintain open communication with students about their learning needs and encourage open discussion with you about the challenges they face academically.
- Assignment due date modification
- Disability related absences
- Extended time and/or a reduced distraction environment on exams/quizzes
- Notetaking support
- Presentation materials provided ahead of the class
- Lecture recording
- CAPS (Counseling and Psychological services)

