



NAME: OSCAR

PROFILE: 20 Y/O MALE, JUNIOR; DOUBLE MAJOR IN ENGLISH AND RELIGIOUS STUDIES; GREW UP IN TEXAS, LOVES TO SURF

DX: GENERALIZED ANXIETY DISORDER

### **Background:**

Oscar is pursuing a degree in English. He demonstrates higher-than-average writing skills and participates actively in class. You notice in class that he is often fidgety, and cannot seem to sit still. He often has to leave class to use the restroom, but you notice that while he is in the hallway he often paces several times before returning to the room. He is consistently late to class for unknown reasons. What you don't know is that he faces daily challenges due to a Generalized Anxiety Disorder (GAD). This condition is characterized by excessive worry and anxiety about various aspects of life that can be frequently debilitating.

### **Signs and Symptoms:**

**Excessive Worry:** Oscar experiences persistent and uncontrollable worry about numerous things, including academic performance, social interactions, and his future career.

**Physical Symptoms:** He often suffers from physical manifestations of anxiety, such as muscle tension, headaches, fatigue, trembling, and gastrointestinal issues.

**Difficulty Concentrating:** Despite his intelligence, Oscar struggles to concentrate on his studies due to racing thoughts and constant worry, leading to decreased productivity.

**Perfectionism:** He holds himself to high standards and is overly critical of his own work, fearing failure or criticism from others.

**Avoidance:** Oscar sometimes avoids social situations or academic challenges that trigger his anxiety, leading to isolation and difficulty in participating fully in college life. When Oscar is getting ready for class, he feels a deep sense of dread about unexpected questions or assignments he might be asked to complete during class. This causes him to delay leaving his dorm until he is able to relax, often making him late or even missing class altogether. He is sometimes afraid to turn in work even after reviewing it multiple times.

### **Common Accommodations that may meet Oscar's needs:**





- **Extended time on exams** may alleviate pressure and allow Oscar to focus more effectively.
- **Flexible Deadlines** can help alleviate the stress of time constraints and allow Oscar to manage his workload more effectively.
- **Note-Taking Assistance or recordings of lectures** can help alleviate the pressure of keeping up with class material during periods of heightened anxiety.

### Common Referrals that may meet Oscar's needs:

- **CAPS**
  - Regular sessions with a therapist can provide Oscar with coping strategies and support to manage his anxiety
  - Participation in peer support groups or group therapy for students with anxiety disorders can offer Oscar a sense of community and understanding, reducing feelings of isolation and stigma
  - Advice related to stress management techniques, relaxation exercises, and self-care practices to promote emotional well-being
- **Health Center**
  - Access to on-campus health resources, including medication management, if necessary
- **Center for Student Success:**
  - Peer or student success coach to assist with executive functioning skills and foster connections with other students and combat feelings of isolation
  - Encouragement to join campus clubs or organizations related to his interests to build a support network and increase feelings of belonging

### Summary:

Oscar can be a successful student despite his significant challenges with Anxiety. With accommodations and support from the Westmont community, he will be empowered to navigate his academic career and thrive throughout his college career.

