



NAME: MICHAEL

PROFILE: 19 Y/O MALE, SOPHOMORE; THEATER MAJOR, ENGLISH MINOR; PLAYS INTERMURAL BASKETBALL, SINGS ON THE CHAPEL WORSHIP TEAM

DX: CHRONIC MIGRAINE HEADACHES

### Background:

Michael is pursuing a degree in Theater arts and dreams of becoming a playwright. You notice that he misses class and other campus activities more frequently than other students. Sometimes when he is in class he is unpredictably agitated or needs to take frequent breaks. He is proactive in letting you know when he isn't feeling well, but it is impacting his grade due to his class performance. There are also times when he has left chapel unexpectedly. What you may not know is that Michael suffers from chronic migraines. He has sought treatment, but it is not always effective.

### Signs and Symptoms:

**Intense and disruptive physical symptoms:** Michael experiences frequent headaches at least 15 days per month, lasting for hours to days. The headaches are often characterized by throbbing or pulsating pain, usually on one side of the head. During these episodes, he feels nauseous and occasionally vomits. Bright lights and loud noises exacerbate the migraine symptoms, making it challenging to study, attend classes, and participate in campus activities. He also sometimes experiences visual disturbances, such as seeing flashes of light or blind spots, before the onset of a migraine.

**Impact:** Michael is debilitated by pain and discomfort during these episodes. While he is dedicated to engaging in class and other activities, he is physically unable to do so during a migraine. He also cannot predict the length, intensity, or onset of his migraines making it difficult for him to predict when he will need to take breaks, miss class, or be excused from activities.

### Common Accommodations that may meet Michael's needs:

- **Flexible attendance** will help Michael avoid the impacts on his grade performance due to his unpredictable migraine episodes. He may need to miss classes occasionally or leave early if a migraine strikes suddenly.
- **Extended deadlines** for assignments may help to accommodate Michael's need for extra time during migraine episodes when he is unable to study effectively.
- **A private testing location** will give Michael a quiet and dimly lit environment to help him manage his symptoms and focus more efficiently.



- **Access to Recorded Lectures and lecture notes provided in advance** may benefit Michael so that he can review missed material during migraine episodes.

**Common referrals that may meet Michael's needs:**

- **Health Center**
  - Access to on-campus health resources, including medication management and referrals to community health resources

**Summary:**

Michael faces unpredictable, periodic, and intense health challenges that can have a significant impact on his entire experience as a Westmont student. With the support outlined above, he is more than capable of achieving his goal of a degree in theater arts.