

Possible Effects of Medications

- Excessive thirst
- Extreme weakness or fatigue
- Dizziness or blurred vision
- Increased need to use restroom
- Slowed physical or mental processing or exaggerated thoughts or behaviors

Suggestions for Helping Students with Psychological Disabilities in the College Classroom

- Clearly present and define both academic and behavioral classroom requirements
- Review the course syllabus
- If possible, provide hard copies of overheads or PowerPoint slides
- Maintain a consistent, well-structured environment
- Avoid confrontation and overt criticism
- Refrain from participation in any negative dialogue; attempt to redirect toward a more positive perspective;
- Positive reinforcement is helpful with these students
- Always consider safety when assisting these students. If possible, when dealing one-on-one, move to a public venue. **Avoid meeting alone with these students.**

If you sense a violent confrontation or a troubling situation, **CONTACT CAMPUS SECURITY IMMEDIATELY** by calling - 0- or (734) 735-9401

All services to students with special needs are coordinated through Disability Services (located in the Campbell Learning resource Center, C-218).

The Disability Services' staff is ready to work with you to maximize student success and minimize instructor frustration. For assistance, Call Disability Services at (734) 384-4167.

PYSCHOLOGICAL DISABILITIES

**Monroe County
Community College
1555 S. Raisinville Rd
Monroe MI 48161**

Facts about Psychological Disabilities

Psychological Disabilities include a spectrum of emotional impairments. Common psychological disabilities include Bipolar Disorder, Anxiety and Mood Disorders, Depression, and Obsessive-Compulsive Disorder. Psychologically impaired college students may have average to superior intelligence, but struggle academically due to emotional instability caused by their disabilities.

- **Bipolar Disorder** (formerly known as Manic Depressive Disorder) manifests itself in a variety of ways. It can involve extreme mood swings, high level anxiety, and/or severe depression. The mood swings in Bipolar Disorder can fluctuate very abruptly between mania and depression. In a manic phase, students may exhibit excessive energy, inflated self-esteem, decreased need for sleep, irritability, grandiose notions, poor judgment, inappropriate social behavior, and disconnected racing thoughts. When in the depressive phase, students may experience any of the associated characteristics of depression (See Depression).
- **Anxiety Disorder**
Anxiety can include either generalized anxiety or panic. Symptoms can include over-

anxiousness or general uneasiness, excessive worry, severe agitation, or sudden inexplicable feelings of panic. Students with anxiety disorder may be unable to relax and often are overly focused on mistakes, regrets, or potential future problems.

- **Mood Disorders** present with extreme mood swings ranging from heightened euphoria to severe levels of depression. These students exhibit excessive energy and euphoria or appear withdrawn or despondent.
- **Depression** manifests as an unexplainable sense of anxiety and sadness. Symptoms of depression include a general decrease in participation toward life activities which affect mood, behavior, and attitude. Other characteristics of major depression are difficulty with thinking and concentrating, insomnia, feelings of worthlessness or guilt, and persistent physical symptoms such as headaches and/or nausea.
- **Obsessive-Compulsive Disorder**
Students with obsessive-compulsive disorder engage in recurrent unwanted thoughts or behaviors. They cannot control their behaviors despite recognition that behavior is unusual, unhealthy, or irrational.

Students with obsessive-compulsive disorder may not always act on their obsessive thoughts, but the thoughts disturb them and interfere with functioning in daily life. Compulsive behavior is repetitive and ritualistic in nature.

General Characteristics Of Psychological Disabilities

Lack of Self-Control

- Minor incident may provoke disruptive outbursts
- Highly reactive response to criticism
- Attention seeking and/or manipulative behaviors

Experience Mood Swings

- May be withdrawn, despondent, and/or excessively submissive or may exhibit excessive energy, euphoria, and/or debilitating anxiety
- Negative feelings of self-worth

Erratic Behavior

- Compulsive need for perfection
- Erratic thought patterns that may lead to inappropriate behaviors
- Predisposition for harm to self or others
- Tendency to exhibit extreme emotional responses to minor life situations; students may cry, become unresponsive, yell, or abruptly leave the situation without resolve