

Facts about Psychological Disabilities

Psychological Disabilities include a spectrum of emotional impairments. Common psychological disabilities include Bipolar Disorder, Anxiety, and Depression. 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.
- **Anxiety Disorders**
often involve severe agitation, unresponsiveness, or sudden inexplicable feelings of panic.
- **Depression**
involves an unexplainable sense of anxiety and sadness. Symptoms of depression include a general decrease in participation toward life activities which affect mood, behaviors, and attitudes.

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- May be withdrawn, despondent, and/or excessively submissive or may exhibit excessive energy, euphoria, and/or debilitating anxiety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

Possible Effects of Medications

- Excessive thirst
- Extreme fatigue
- Slowed physical or mental processing or elevated/exaggerated thoughts or behaviors

Suggestions for Helping Students with Psychological Disabilities succeed in the College Classroom

- Clearly present and define both academic and behavioral classroom requirements
- 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
- Always consider your own safety when assisting these students. If possible, when dealing one-on-one, move to a public venue. **NEVER MEET ALONE!**

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, Room 218 of the Campbell Learning Resources Center. 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



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