

# PSYCHOLOGICAL FACT SHEET

There are a vast range of psychological disabilities, including depression, anxiety, bipolar, and many other illnesses that may affect a student's ability to function in and out of the classroom. Symptoms may include difficulty concentrating, fatigue, drowsiness and poor memory; more important, these symptoms have nothing to do with students' intelligence. Impairments may be caused by medications prescribed by qualified physicians.

Symptoms may vary during the semester and the student's need for accommodations may be intermittent. For example, a student doesn't request accommodations at the beginning of the semester; stress may exacerbate symptoms as the semester progresses and accommodations are required. Fluctuations are common in many chronic disabilities.

Students may have to miss class occasionally or take an extended absence because of disability specific reasons. Realize that a student who is often absent may be missing class because he/she is ill, not lazy. An instructor has the right to ask the student to submit documentation verifying their absence was disability related. For confidentiality concerns, the student can submit documentation to the DRC and staff will contact the instructor.

**Possible Accommodations assigned by the DRC;** you will receive a service letter from the DRC delineating the appropriate accommodations for a particular student.

Note Taker or Tape Recorder	Preferential Seating
Extended time for tests	Assistive Technology
Quiet Environment for taking tests	Reduced Course Load
Flexible Attendance: See DRC Policy	Alternate Testing Format
Pre-Arranged Breaks	Advanced notice of major assignments

## Faculty Suggestions:

Assist all students to become aware of their behavioral responsibilities in the classroom by setting concrete guidelines and clear academic requirements.

Be as accommodating to a student who requests accommodations mid-semester as you would to a student who presents a request before classes start.

Apply the same behavioral expectations/student code of conduct required of all TMCC students.

For more information about psychological impairments, visit the "From Where I Sit" video series:  
<http://www.calstate.edu/accessibility/resources/glorial.shtml>

**Disability Resource Center**  
Truckee Meadows Community College  
7000 Dandini Boulevard, RDMT 315 B  
Telephone: 775-673-7277 TTY: 775-673-7888  
E-mail: [drc@tmcc.edu](mailto:drc@tmcc.edu) Web: [www.tmcc.edu/drc](http://www.tmcc.edu/drc)