

## DEALING WITH THE INTERRUPTIONS CAUSED BY PTSD or TREAUMATIC BRAIN INJURY

If you have PTSD OR mTBI it is no news to you that these challenges can be distracting and can cause problems for you when you are attending classes or when you are trying to study. Below are a few suggestions we hope will help you if you have not tried them yet.

### Services For Students with Disabilities at your school

Weber State University has an office where you can go to get help with most kinds of disabilities. <http://www.weber.edu/ssd> Contact them if you have a disability and let them talk with you about how they might be able to help. They might be able to arrange special accommodations that will make your life as a student more successful.

Many other schools have similar resources so ask questions or browse their web sites if you want to find out more information.

### Have you ever considered:

- Note takers: Some schools can provide a person to take notes in class if you have problems doing so.
- Electronic schedules: You might benefit from a device that has a calendar function with alarm to help you keep your times straight and to get you to your appointments on time.
- Special testing accommodations that might include a lengthened time for a test, a person to read the questions to you, a special room where you can test without interruptions of noise or movement, computerized tests if handwriting is a problem, permission to use a “white noise” device while testing to calm you and focus your mind, etc. Many options might be open to you if you talk to staff or to a Disabilities counselor. Don’t struggle needlessly.
- Infrared Communication: a device that feeds the lecture straight into your ear through wireless transmission so that external sounds are depressed or eliminated.
- Large print handouts
- High resolution computer screens
- Other special aides tailored to your condition