

Name: "Student in SMH-ASSIST video – Anxiety Module"

This is what helps me:

to learn:

- Seat me with positive people
- Deep breathing and positive self- talk
- Positive coaching
- Allow me to use a computer
- Plenty of warning before being called to present or answer
- Provide duplicate notes
- Use clear explanations
- Chunk assignments into little steps
- Use clear explanations
- Extended time limits
- Give feedback along the way
- Color Coding
- Checklists

on assignments, tests and exams:

- Extended time limits
- Give clear instructions
- I need advanced notice of tests
- Give me reminders
- Allow me to write in a quiet space

What I can Say to my Teacher:

I'm not being lazy or manipulative when I ask for an accommodation.

I sometimes require additional time to complete a test and/or would benefit from a quiet environment to write. This allows me to practice deep breathing exercise and positive self-talk. It also reduces my fears that I will fail because I can't write fast enough.

I am having trouble understanding can you give me clear instructions and repeat them a couple of times? (ask for an accommodation that would help)

Because I'm struggling with my ability to focus, could I submit my assignment in two days?

Positive coaching statements such as "You're doing well" or "Breathe deep and relax" or "You can do this" have a very calming effect for me.

A smile goes a very long way for me, as does a subtle gesture that inquires if all is o.k.

Seating me beside positive people is very beneficial. Repeated negative comments sometimes trigger a downward spiral for me.

Reminders that a failure is not the end really support my confidence.