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# A New School Bully

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# Academic - Inside the Classroom

- Test Anxiety
- Time Management
- Perfectionism
- Procrastination



# Academics - Accommodations & Self-Advocacy

- Self-advocacy is KEY!
- Accommodations Process in Higher Education
  - Documentation requirements will depend on your university, but typically a clinician needs to discuss your **specific diagnosis, related symptoms, and functional impairment(s)** in the classroom
- Potential Accommodations for OCD
  - **Extended time on tests/quizzes/in-class essays**
  - Testing in a distraction-reduced environment
  - Note-taking assistance
  - Classroom/testing breaks as needed
  - → **This is not an extensive list!**

# Social

- Telling Roommates/Friends
- Alienation
- Feeling Different
- Comparing Oneself
- Engaging in Student Life



# Treatment

- Making Treatment a Priority
- Balance, Self-Care
- School vs. Treatment
- Finding a New Therapist



# Transitions

- Applying/Choosing a School
- Picking a Major
- Beginning & End of the Semester
- Choosing a Career



## Contact Information

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