1. **CREATE A DISABILITY DISCLOSURE SCRIPT**

☐ Identify how your disability affects you.

☐ Create one short phrase describing what your disability is.

☐ List your strengths, along with positive aspects of your disability.

☐ Identify what your academic barriers are.

☐ Accommodations that have been helpful for you in the past and why?

**Sample:** Karen is a fictional student who is diagnosed with generalized anxiety disorder, he describes his condition, academic barriers, helpful accommodations, and personal strengths. Use this sample as a guide to help learn more about your diagnosis, and how to become more comfortable communicating information about how your diagnosis affects you!

My name is Karen and I am diagnosed with generalized anxiety disorder and my diagnosis is characterized by persistent and excessive worrying about a variety of different things. When it comes to my specific situation, I have excessive anxiety producing thoughts about how others views me. I constantly think about every mistake I have ever made and when a new anxiety producing situation arises, I tend avoid the situation. Although my barriers present challenges in all aspects of my life, I have found that due to the fact I constantly internalize my thoughts, I feel as though I have very good self-awareness skills and I know what my strengths and weaknesses are. I am also very detail oriented and can observe things that others may not pick up on.

My generalized anxiety disorder significantly affects me academically and creates barriers for me. When it comes to taking exams, I become extremely anxious and I feel as though others are judging me, especially when I am the last person in the class to complete the exam. I cannot focus on the exam as I am so anxious and self-conscious that the focus is spent on that rather than the exam. Class attendance can be an issue for me. When asked to complete a task that is extremely challenging for me I tend to avoid individual presentations as the thought of standing in front of the class causes me to feel ill, causes me to freeze up and results in me completely being unable to recall information. My biggest academic barriers due to my diagnosis is testing and presenting in front of the class.

Things that have helped me in the past have been, having a different place location other than the classroom. Not feeling pressured by my peers has reduced my anxious thoughts when it comes to testing. I am better able to focus on the content of the exam. For presentations, I have worked with my professors to have presentations completed in a 1:1 fashion, rather than in front of the class. This reduces the pressure of judgment from my peers. I am able to effectively recall the content and communicate it back to my professors. It allows me to clear my ahead and collect my thoughts more appropriately. My anxiety is elevated much more when I am around my peers my age, compared to someone older than me. My intention is to phase this accommodation out and focus on building my public speaking skills, as it is a life skill that I need to continue to work on and manage.