

Jan. 17, 2014

## Transcription Sami

**Introduction:** A video in which Sami describes his experience with accommodation for Attention Deficit Disorder.

What impact has your disability had on your college or university experience?

I was diagnosed with ADD when I was in seventh grade so then growing up with ADD it was hard to focus in school. When I was in 8<sup>th</sup> grade, 9<sup>th</sup> grade, 10<sup>th</sup> grade, I couldn't focus for a long period of time. Math was a hard problem, history and languages but then I started reading more and took medication but then the medication never helped because I started getting muscle twitches, so I stopped that. Then in university now I read more because my comprehension is very low so every time I started reading, I started reading in French and in English so that helped me a lot.

What accommodation measures have you received to help you succeed in your studies?

The Student Accessibility Centre, they helped me a lot because in class you get 15 minutes per test and there are 15 questions on a test and that's 1 minute per question and that isn't a lot. Here they gave me 20 minutes extra and on finals they gave you an hour and gave you a private room, nice and quiet, soundproof, and that helps a lot – I don't get distracted at all. I think that's very good, what they're doing and now with this sheet signing you don't have to go to a professor, you just go, put the date, put the name and that's it, you start your test on whenever the date that's given.

What other things have helped you overcome your challenges and be successful in your college or university life?

Sports. When you work hard you get stressed and I just relieve my stress on sports. It's happened with my parents sometimes. It makes me feel better. Mom was always there and now with my sister here, talking with her about what's going on, taking a break once in a while, it feels good.