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Transcription Anonymous

Introduction: A video in which a student who wishes to remain anonymous describes his experience with accommodation for compulsive behaviours.

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

It has definitely added an additional dimension of stress and anxiety that having an obsessive compulsive disorder that can make it very difficult to perform on a consistent basis to the level that I know I can perform at, having that additional dimension of stress and anxiety.

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

The accommodations I've received really are specific to writing exams. That's something—assignments you start them early enough to get them done and the added stress isn't there, but with exams you have very strict timelines obviously to write in and you need every single minute that you can possibly, you need every single minute on that exam to count, you can't be distracted so for me, writing in a classroom of 50, 60, 70 students just wasn't conducive to my disorder and impacted my ability to write the exams in an effective way, so being able to write in a separate room in the Accessibility Centre has really eliminated that additional dimension of stress and allowed me to perform at the level that I know I can and actually be able to be effective on a consistent basis on my exams.

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

The professors have been great, open door policy, accessible all the time—very flexible with their time schedules which has made it very easy to succeed outside of exam writing, to succeed in my courses and of course friends and family have been supportive throughout the process and have really given me that additional motivation and support that everybody needs to succeed in whatever it is they do.