

HAVE QUESTIONS?

Our professionals are ready to assist you as needed. Stop by one of our campus offices or contact us at:

TAMPA CAMPUS

4202 E. Fowler Avenue, SVC 1133

Tampa, FL 33620

(813) 974-4309 (Office)

(813) 974-7337 (Fax)

sas-info@usf.edu (General Information)

(813) 974-5704 (Test Center)

sas-exams@usf.edu (Test Center)

ST. PETERSBURG CAMPUS

140 7th Avenue South, SLC 1203

St. Petersburg, FL 33701

(727) 873-4990 or (727) 873-4837 (Office)

stp-sas@usf.edu (General Information)

(727) 873-4837 (Test Center)

stp-sas-exams@usf.edu (Test Center)

SARASOTA-MANATEE CAMPUS

8350 N. Tamiami Trail, C107

Sarasota, FL 34243

(941) 359-4714 (Office/Test Center)

sas-sar@usf.edu (Office/Test Center)

Is your PTSD affecting you in the classroom?
Are you having difficulty finishing examinations?
Are you becoming easily distracted in the classroom?
Are physical or emotional issues impeding your scholastic performance?

Do you wonder if there are ways to reduce your course load without impacting your benefits?
If so, Student Accessibility Services is a great resource for you.

Some of the assistance frequently offered to students includes permission to audio record lectures, services of note takers and textbooks in alternative format. We also administer examinations in a reduced distraction environment; providing extended time for testing, use of computers, and services of scribes or readers as appropriate.

A completed application and supporting medical documentation of your PTSD or other disability is all that is needed to apply for academic support services. Medical documentation does not have to come from a military source and provisional accommodations are available with basic documentation of a qualifying condition.

No medical documents are shared with anyone without your signed request and approval and our services do not appear anywhere on your transcripts or diploma.

PTSD IN THE CLASSROOM



UNIVERSITY of
SOUTH FLORIDA

Student Success

Student Accessibility Services

**STUDENT
ACCESSIBILITY SERVICES**

usf.edu/sas



WHAT IS POST-TRAUMATIC STRESS DISORDER?

Symptoms

PTSD is characterized by three main types of symptoms:

1. Re-experiencing the trauma through intrusive distressing recollections of the event, flashbacks, and nightmares.
2. Emotional numbness and avoidance of places, people, and activities that are reminders of the trauma.
3. Increased reaction to stimuli such as difficulty sleeping and concentrating, feeling jumpy, and being easily irritated and angered.

PTSD is diagnosed after a person experiences symptoms for at least one month following a traumatic event. However symptoms may not appear until several months or even years later.

Specific symptoms to look for include:

- Depression
- Anger issues
- Alienation and isolation
- Sleep disturbances
- Flashbacks
- Poor concentration or lack of concentration
- Negative self-image
- Memory impairment
- Loss of interest in things they once loved
- Alcohol and drug problems
- Suicidal thoughts

National Center for PTSD

Don't let PTSD get in the way of your enjoyment of life, hurt your relationships, or cause problems for you at work or school. There are treatments that can help. Visit www.ptsd.va.gov.

Mental pain can be as serious as physical pain, and help is available

Tips for Those Experiencing PTSD

If you have symptoms of trauma or have recently returned from deployment and have difficulty readjusting to civilian life, here are some ways you can cope:

- Understand that it's normal at the beginning to feel out of sync with your family and friends. It takes time to reconnect.
- Avoid social isolation. Make time for activities with family and friends. Include one-on-one time with your partner and children.
- Don't tell yourself how to feel. Be patient.
- Let people who care about you take care of you.
- If you lost a fellow soldier in combat, share your loss with others. Don't bottle up your emotions, but let friends and family know you may not want to speak about some experiences right away.
- Limit your use of alcohol, which does not make problems go away; in fact, it can make them worse or lead to alcohol dependence.
- Know when to seek help. If you are experiencing physical or emotional stress, contact a health professional at afterdeployment.org

See the back of this brochure for more resources.

Understanding PTSD

Post-traumatic stress disorder, or PTSD, is a serious potentially debilitating condition that can occur in people who have experienced or witnessed a natural disaster, serious accident, terrorist incident, sudden death of a loved one, war, violent personal assault, other life-threatening events. People with PTSD continue to be severely depressed and anxious for months or even years following the event.

PTSD by the Numbers

- According to the Anxiety Disorders Association of America, over 7.7 million Americans age 18 and older have PTSD.
- Approximately 40,000 military members who have returned from Iraq or Afghanistan have been officially diagnosed with PTSD since 2003.
- One in five military members who have returned from Iraq or Afghanistan report symptoms of PTSD or major depression, but just over half have sought treatment.