



## ROWAN UNIVERSITY, DISABILITY RESOURCES

### Faculty Fact Sheet: Post Traumatic Stress Disorder

*PTSD is a mental health condition triggered by one or more traumatic events that result in a life-altering grouping of symptoms that remain for over a month after the trauma has occurred.*

#### TYPICAL SYMPTOMS MAY INCLUDE

<ul style="list-style-type: none"><li>• Generalized anxiety</li><li>• Depression</li><li>• Sudden outbursts of anger or irritability</li><li>• Difficulty concentrating</li><li>• Poor memory</li><li>• Hyper-vigilance / easily startled</li><li>• Flash backs</li><li>• Intrusive thoughts: uncontrolled negativity</li><li>• Panic attacks</li><li>• Severe hopelessness about personal future</li></ul>	<ul style="list-style-type: none"><li>• Socially alienation; may neglect meaningful relationships</li><li>• Avoidance of events, activities, or places that are reminiscent of trauma (triggers)</li><li>• Substance abuse</li><li>• Physical fatigue</li><li>• Phobias and anxieties, possibly seemingly unrelated to the trauma</li><li>• Lack of interest in personal hobbies</li></ul>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

#### CLASSROOM BEHAVIORS

##### **Students with PTSD may experience or exhibit:**

- Social isolation: avoid class events outside of class itself; avoids responding to emails; avoids student activities; avoids large groups of students; avoids participation; etc.
- Sensory issues: aversion to loud noises, sudden movements, overcrowding
- Observable aggression **OR** passivity
- Distracted or disinterested demeanor
- Overwhelming stress: students with PTSD may earn grades well below their observable potential, or may react disproportionately to receiving a low grade
- Sudden emotional breakdown: student may withdraw emotionally, display signs of being overwhelmed emotionally, or exhibit signs of aggression.
- It is entirely possible that a student may experience a flashback or intrusive thoughts in the classroom. This may be a traumatic event in itself, or you may

#### STRATEGIES AND ACCOMMODATIONS MAY INCLUDE

1. Provide clear expectations of the class syllabus and deadlines.
2. Allow preferential seating for the student.
3. Be understanding of absences, tardiness, and leaving the classroom early (to avoid crowds).
4. Be understanding of testing accommodations: allow students to reschedule tests in the Testing Center, in an isolated room if possible.
5. Allow student to bring an audio recorder to class.
6. Be courteous of the student's anxieties; do **not** be dismissive of the student's concerns or triggers.

**Contact: John Woodruff - Disability Resources, ext. 4234 or email /woodruff@rowan.edu**