

Campus Resources

for accommodations or modifications and other support:

Disability Services office at Pine Technical College Phone 320-629-5174

http://www.ptcFaculty.org/~nweb/student_services/disability.html

The Disability Services Office at PTC is dedicated to ensuring that all students are given the opportunity to succeed. Our staff will work individually with you and determine the accommodations that may be necessary for your specific situation.

Counseling Services at Pine Technical College Phone 320-629-5135

http://www.ptcFaculty.org/~nweb/student_services/counseling.html

Whether you need assistance in transfer of credits or are seeking additional assistance in course work, our counselor can give you the needed guidance.

Additional Resources:

To learn about different forms of anxiety and for other general information connect with *Anxiety Disorders of America*:

www.adaa.org/AnxietyDisorderInfor?OverviewAnxDis.cfm

Search for mental health professionals in your community at:

www.mentalhealth.net

Self-help mental health program at:

www.recovery-inc.com

Information and help for Social anxiety, Panic and Generalized Anxiety at:

www.anxietynetwork.com

Purchase books and tapes on reducing stress at:

www.stressrelease.com

Success Strategies for Students Anxiety Disorders

Anxiety Disorders



Pine Technical College

900 4th Street SE

Pine City MN 55063

Available in alternative format upon request



Pine Technical College

Student Learning Strategies

- ✓ Seek the support of the college's Disability Services office for support and to set-up and provide accommodations as early as possible.
- ✓ Seek some type of therapy; this could include individual therapy or cognitive-behavioral treatment or a combination of both.
- ✓ Learn deep breathing techniques to control the anxiety and other relaxation methods to keep the anxiety in check.
- ✓ Learn the skills that will help you cope with your anxiety. This includes identifying the "trigger" that starts the anxiety.

Student Responsibilities

- ✓ Notify the Disability Coordinator early that you have a disability that may affect your learning and success in college.
- ✓ Provide documentation of the disability to the Disability office.
- ✓ Make timely arrangements for accommodations by meeting with the Disability Coordinator prior to each semester.
- ✓ Follow through with accommodations or modifications consistently.