

"Syndromes" of College Students with Disabilities

Fresh Start Syndrome:

"My disability is all behind me. I don't have to deal with it anymore. No one needs to know about it."

- Denies disability
- Does not seek help.

I'm No Different Syndrome:

"I can compete on the same terms. I can take just as many units and engage in just as much extra-curricular activity as any other student."

- Takes too many units.
- Spends too much time participating in social functions.
- Is employed too many hours per week.

Bail Out Syndrome:

"There's just too much to do. I can't do it. I've got to get out."

- Drops into a cycle of learned helplessness.
- Stops doing academic work.
- Stops going to classes, but does not officially withdraw from them.

Bail Me Out Syndrome:

"I really got myself into trouble. I need you to get me out."

- Requests that Students with Disabilities Services contacts professors and gets them out of their mess.
- Usually waits until the last few weeks of the semester.

Everything is O.K. Syndrome:

"I'm doing fine in all my classes. I'm not having any problems at all."

- Reports are inaccurate.
- Does not want to admit that he/she is having difficulty.

Change My Grade Syndrome:

"I'm not worried; I can get the instructor to change my grade."

- Has developed strategies for convincing professors that they deserve a better grade.

They Don't Understand Syndrome:

"It's not my fault. The professor just doesn't understand."

- Blames instructor for difficulties in class.
- Does not accept responsibility.

I Can't Do It Myself Syndrome:

"I can't do it. Can you or someone else do it for me?"

- Overly dependent on others.
- Attempts to get others to do the work for them.