

ADDITIONAL RESOURCES:

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

Disorders of America:

www.adaa.org/

[AnxietyDisorderInfor?](#)

[OverviewAnxDis.cfm](#)

Mental Health Association of MN

www.mentalhealth.org

Self-help Mental Health Program at:

www.recovery-inc.com

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

Anxiety at:

www.anxietynetwork.com

Purchase books and tapes on reducing stress at:

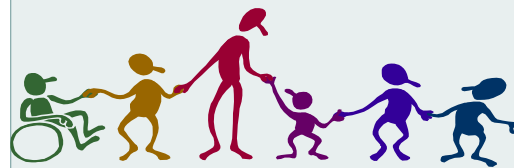
www.stressrelease.com

Lake Superior College
2101 Trinity Road
Duluth, MN 55811

Fax 218-733-7765
MRS/TTY 800-627-3529
1-800-432-2884, ext. 7650

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Available in alternative format upon request.



Connect. Explore. Achieve.

Successful Strategies for Students

Anxiety Disorders



Connect. Explore. Achieve.



What Should You Do?

Seek the support of the college's Disability Services Office for support.

Ask about the accommodations that can be provided for you and set those up as soon 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 anxiety in check.

Learn the skills that will help you cope with your anxiety. This includes identifying the "trigger" that starts the anxiety.

STUDENT RESPONSIBILITY

Notify the Disability Coordinator right away about your disability that may affect your learning and success in college.

Provide current 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 to your schedule consistently.

CAMPUS RESOURCES

<http://www.lsc.edu>

[Disability Services office at Lake Superior College, S1911](#)

[Phone 218-733-7650](#)

The Disabilities staff work to ensure that requested accommodations are provided that coincide with the documented nature of the disability. Staff provide a personable and welcoming environment for students to access services. All disability related correspondence is maintained in a confidential manner. Students are also encouraged to become their own best advocates, determining ways to effectively request reasonable accommodations to meet their educational needs.

[Counseling Services at Lake Superior College, Phone 218-733-7603](#)

Counselors are available to assist students in career planning, stress management, crisis intervention, and family and personal relationship concerns. Additionally, the Student Services Center contains career and life planning materials, and information about a variety of career assessment instruments.