

EPILEPSY FOUNDATION OF VIRGINIA (EFVA)
P.O. BOX 800659
UVA MEDICAL CENTER
CHARLOTTESVILLE, VA 22908

We thank Mike Fearson, Matthew Mays and other members of the epilepsy network for preparing this brochure.

STUDENTS WITH EPILEPSY

Even if seizures have been well controlled in the past, some students may have an occasional seizure during their college career. The seizures and their effects can be minimized with planning and forethought.

Please find below:

1. Suggestions for the school to help a student with seizures.
2. Suggestions for teachers.
3. Suggestions for the student.

1. WHAT SCHOOL STAFF AND FACULTY CAN DO FOR A STUDENT WITH SEIZURES:

Give the proper first aid and take preventive measures if the student is experiencing warning signs.

(See First Aid Information at <http://www.epilepsyfoundation.org/answerplace/Medical/firstaid/index.cfm> .)

Be caring and well informed. Explain the seizures to other students and faculty.

(See our online booklet at <http://www.epilepsyfoundation.org/about/>

Provide the student with a place to rest, as he or she may be exhausted after a seizure.

Be aware that antiepileptic medications may cause drowsiness and memory problems.

(See our online booklet at <http://www.epilepsyfoundation.org/local/virginia/booklets.cfm>)

Teachers should try to encourage students to become involved in college activities. This can improve students' self-esteem and social skills.

2. ACADEMIC PROBLEMS ASSOCIATED WITH SEIZURE DISORDERS AND POSSIBLE SOLUTIONS TO ACADEMIC PROBLEMS.

STUDENTS WITH EPILEPSY OFTEN HAVE PROBLEMS IN THESE AREAS

- Bad memory. (See our online booklet including tips for improving memory at <http://www.epilepsyfoundation.org/local/virginia/booklets.cfm>)
- Drowsiness.
- Missing classes/ tests.

POSSIBLE ACCOMODATIONS

- Additional time needed for tests?
- Written notes for review?
- Tutoring the student.
- More detailed lectures will enable the student to take better notes.
- Allowing the student to take a tape recorder to class, or allowing him or her to check the notes with the teacher once a week are known remedies.

Contact the Epilepsy Foundation of Virginia if a student's seizures disrupt the class. Usually there are easy solutions to this problem.

Do not penalize a student for missing a class. Offer to set up a time later for the student to take the make-up test, or give the student an open book exam. To avoid secondary gains and manipulation, ask the student to do something in return, such as bringing you books from the library, helping another student, etc.

3. WHAT STUDENTS CAN DO FOR THEMSELVES:

1. Contact the center for learning disabilities, which exist in most colleges, ask for tutoring services (see list below).

2. Do not go to class if you experience warning signs of a seizure. Stay in a safe place, such as your bed.
3. If you miss a class, be sure to tell your instructor immediately why you missed the class, read the material in the book and keep up to date. This prevents your falling behind, and reassures the teacher that you take your education seriously. Falling behind may cause higher stress levels, which may result in a lower seizure- threshold. Also it is very important that the teacher know you have a legitimate reason for missing the class and that you are willing to do the work even when you are not in class.
4. Have a "buddy" in class, who knows what to do when you have a seizure. This buddy can also help you when you miss a class.
5. Read EFVA's booklet on memory. It has good tips for improving one's memory. Educate your teachers and fellow students about seizures and seizure disorders in the first week that you are in a class. Persons who are aware will be less likely to do the wrong thing when you have a seizure. Teachers who know about your condition will be more understanding about your needs, such as retaking a test or getting an extension on a due date for a paper.
6. Take your prescribed medication every day at the same time if possible. If a medication is not supposed to be taken on an empty stomach, always try to find something to eat, even if it is just a piece of bread or a light snack.
7. Keep something to eat in your room. This way you will get some food without falling down the stairs or colliding with the kitchen counter when you have a seizure.
8. Discuss alcohol-intake with your physician. If you must drink, drink moderately, try to sip one beer or a glass of wine. Drink water to reduce your thirst before you go to a party.
9. Avoid recreational drugs.
10. Many U.S. campuses are beautiful. Find an apartment within walking distance to your classes.
11. Stress lowers your threshold for seizures. Avoid a heavy course load. EFVA has successfully argued this with several schools on behalf of students with epilepsy.
12. Talk to campus security and people you see frequently. Instruct them on what to do if you or anyone else has a seizure.
13. Always get plenty of sleep. If you expect a late night, take a nap before you go out. Avoid late nights before early classes.
14. Practice relaxation therapy. Take a walk, play peaceful music, etc. Make time to do things that you enjoy.
15. When you feel a seizure coming, use imagery, count to ten or think of something you like.
16. If you are dating, tell your partner about your seizures, the sooner the better. This will prevent any dishonesty. If someone walks out on you because of your epilepsy, let him/her walk. The person is not worth your attention.
17. Depression is a problem related to epilepsy. Never ignore the warning signs, such as:
 - feeling persistently sad, anxious, like having an "empty" mood.

- feelings of hopelessness or pessimism.
- feelings of guilt, worthlessness, helplessness.
- loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex.
- insomnia, early-morning awakening, or oversleeping.
- appetite and/or weight loss or overeating and weight gain.
- decreased energy, fatigue, feeling "slowed down."
- thoughts of death or suicide; suicide attempts.
- restlessness, irritability.
- difficulty concentrating, remembering, taking decisions.
- persistent physical symptoms which do not respond to treatment, such as headaches,
- digestive disorders, and chronic pain

18. Use common sense when choosing a recreational activity: Hiking, biking and volleyball are encouraged; scuba diving and climbing are not.
19. Some women may have more frequent seizures during menstruation. Other women may notice changes in their seizures during pregnancy. If this happens to you, keep a chart of your seizures and discuss them with your doctor.

University Name	Office Title	Contact Name	Phone #	E-mail Address	Location
Averett College	Academic Support Services	Larry Compton, Director	434-791-5788	larry.compton@averett.edu	Danville, VA
Bluefield College	Division of Student Services	Carrie Camden, Asst. Dean of students	276-326-4206	ccamden@mail.bluefield.edu	Bluefield, VA
Bridgewater College	Academic Support Center	Dr. Raymond "Chip" Studwell	540-828-5370	cstudwel@bridgewater.edu	Bridgewater, VA
Christendom College	Office of the Academic Dean	Dr. Patrick Keats	800-877-5456	bkeats@christendom.edu	Front Royal, VA
Christopher Newport University	Disability Support Services	Emily Gross	757- 594-8763	Emily.gross@cnu.edu	Newport News, VA
Jefferson College of Health Sciences	Disabled Student Services	Barbara Awbrey, Coordinator	(540) 985-8449	bawbrey@jchs.edu	Roanoke, VA
College of William and Mary	Disability Services	Lisa J. Bickley, asst. Dean of students	757-221-2510	ljbick@wm.edu doscom@wm.edu	Williamsburg, VA
Eastern Mennonite University	Academic Support Center	Joyce Hedrick, Coordinator	540-432-4233	hedrickj@emu.edu	Harrisonburg, VA
Eastern Virginia Medical School	Office of Student Affairs	Michael Solhaug, MD	757-446-5244	solhaumj@evms.edu	Norfolk, VA
Emory & Henry	Academic Support Services	Karen Kilgore, Director	276-944-4121	kkilgore@ehc.edu	Emory, VA
Ferrum College	Academic Resource Center	Nancy Beach, Director	540-365-4262	nbeach@ferrum.edu	Ferrum, VA
George Mason University	Disability Resource Center	Christopher May, Director	703-993-2474	cmay@gmu.edu	Fairfax, VA
Hampden-Sydney College	Academic Success Services	Christa Fye	434-223-6286	cfye@hsc.edu	Hampden- Sydney, VA
Hampton University	Student Support Services	Jean Williamson, Director	(757) 727-5611	jean.williamson@hampton.edu	Hampton, VA
Hollins College	Office of Academic Services	Dr. Alison Ridley, Dean	(540) 362-6333	aridley@hollins.edu	Roanoke, VA
James Madison University	Office of Disability Services	Valerie Schoolcraft, Program Manager	(540) 568-6705	schoolvl@jmu.edu	Harrisonburg, VA
Liberty University	Office of Academic Disability Support	Denny McHaney, Coordinator	(434) 582-2159	wdmchane@liberty.edu	Lynchburg, VA

Longwood University	Disability Support Services	Mike Rentschler, Director	(434) 395-2391	rentschlermg@longwood.edu	Farmville, VA
Lynchburg College	Disability Support Services	Shawn Arnold, Coordinator	(434) 544-8687	Arnoldsm@lynchburg.edu	Lynchburg, VA
Mary Baldwin College	Learning Skills Center	Beverly Askegaard, Director	(540) 887-7250	baskegaea@mbc.edu	Staunton, VA
Marymount University	Disability Support Services	Kelly DeSenti	(703) 284-1615	Kelly.desenti@marymount.edu	Arlington, VA
University of Mary Washington	Office of Disability Services	Stephanie S. Smith, Director	(540) 654-1266	ssmith@umw.edu	Fredericksburg, VA
Norfolk State University	Disability Services Department	Beverly B. Harris, Director	(757) 823-2409	bbharris@nsu.edu	Norfolk, VA
Old Dominion University	Office of Disability Services	Sheryn Milton, Director	(757) 683-4655	smilton@odu.edu	Norfolk, VA
Radford University	Disabilities Resource Office	JoAnn Stephens- Forrest, Coordinator	(540) 831-6350	jrstephe@radford.edu	Radford, VA
Randolph-Macon College	Disability Support Services	John Trammell, Director	(804) 752-7343	DSS@rmc.edu	Ashland, VA
Randolph College	Learning Resources Center	Tina Barnes, Director	434-947-8000	tbarnes@randolphcollege.edu	Lynchburg, VA
Regent University	Disability Services	Roger Cheeks	(757)226-4486	rogche@regent.edu	Virginia Beach, VA
Roanoke College	Disabilities Services	Patty Powell	(540) 375-2292	ppowell@roanoke.edu	Salem, VA
Saint Paul's College	Center for Academic Support Services	Brigitte Mayfield, Secretary	(434) 848-6451	bmcbeth@saintpauls.edu	Lawrenceville, VA
Shenandoah University	Office of Disability Services	Deborah Wyne, Director	(540) 665-4928	dwyne@su.edu	Winchester, VA
Southern Virginia University	Student Support Center	Michael Gibbons, Director	(540) 261-4371	Michael.gibbons@svu.edu	Buena Vista, VA
Sweet Briar College	Academic Resource Center	MaryJo Upchurch, Coordinator	(434) 381-6278	mupchurch@sbc.edu	Sweet Briar, VA
University of Richmond	Office Of VP For Student Development	Steve Bisese, VP of Student Development	(804)289-8615	sbisese@richmond.edu	Richmond, VA
University of Virginia	Learning Needs & Evaluation Center	Allison Anderson, Director	(434) 243-5180	Aea3f@virginia.edu	Charlottesville, VA

University of Virginia - Wise	Disability Support Services	Narda Porter, Director	(276) 328-0177.	N_porter@uvawise.edu	Wise, VA
Virginia Commonwealth University	Off. Of Disability Support Services	Joyce Knight, Coordinator	(804) 828-2253	jbknight@vcu.edu	Richmond, VA
Virginia Intermont College	Student Support Services	Talmage Dobbins, Director	(276) 466-7905	tdobbins@vic.edu	Bristol, VA
Virginia Military Institute	Disabilities Services	Mollie Messimer, Coordinator	(540) 464-7765	ojurelp@vmi.edu	Lexington, VA
(VPI) Virginia Tech	Services for Students w/Disabilities	Dr. Susan Angle, Director	(540) 231-0858	ssd@vt.edu	Blacksburg, VA
Virginia State University	Students With Disabilities Program	Rosezelia Roy, Coordinator	(804) 524-5061	roy@vsu.edu	Petersburg, VA
Virginia Union University	Academic Empowerment Center	Linda Jackson	(804) 342-3885	lrjackson@vuu.edu	Richmond, VA
Washington and Lee University	Office of Dean of Students	Dr. Dawn Watkins, Dean	(540) 458-8751	DWatkins@wlu.edu	Lexington, VA
Blue Ridge Community College	Office of Disability Services	Beth Gibson, Coordinator	(540)-453-2298	gibsonb@brcc.edu	Weyers Cave, VA
Central Virginia Community College	Counseling Center	ADA Coordinator	(434)-832-7808		Lynchburg, VA
Dabney S. Lancaster Community College	Disability Services	Dr. Sandra Smock, Program Director	(540)-863-2860	ssmock@dslcc.edu	Clifton Forge, VA
Danville Community College	Disability Services	Debbie Roberts, ADA Coordinator	(434)-797-8572	droberts@dcc.vccs.edu	Danville, VA
Eastern Shore Community College	Disability Services	Jody Baggett, Coordinator	(757)-789-1730	jbaggett@es.vccs.edu	Melfa, VA
Germanna Community College	Disability Services	William Stevens	(540)-891-3019	wstevens@germanna.edu	Fredericksburg, VA
Germanna Community College	Disability Services	Kelly Ball	(540)-423-9140	kball@germanna.edu	Locust Grove, VA
J. Sargeant Reynolds Community College	Office of Student Accommodations	Debby Wilkerson	(804)-523-5972	dwilkerson@reynolds.edu	Richmond, VA
John Tyler Community College	Disabilities Support Office	Helen Hightower, Counselor	(804)-706-5226	hhightower@jtcc.edu	Chester, VA

John Tyler Community College	Disabilities Support Office	Bettyanne Harrison, Counselor	(804)-594-1562	Bharrison01@jtcc.edu	Midlothian, VA
Lord Fairfax Community College	Student Support Services TRIO	Susan Martin, Director	(540)-868-7085	smartin@lfcc.edu	Middletown, VA
Mountain Empire Community College	Disability Support Services	Lisa Butcher, Director	(276)-523-2400	lbutcher@me.vccs.edu	Big Stone Gap, VA
New River Community College	Learning Enrichment and Achievement Program (LEAP)	Jeananne Dixon, Coordinator	(540)-674-3600 ext. 4358	nrdixo@nr.edu	Dublin, VA
Northern Virginia Community College	Disability Services	Sharon Murphy, Counselor	(703)-845-6301	smurphy@nvcc.edu	Alexandria, VA
Northern Virginia Community College	Disability Services	J. Naudia Hunter-Phillips, Counselor	(703)-323-3200	Jhunter-phillips@nvcc.edu	Annandale, VA
Northern Virginia Community College	Disability Services	Lori Johnson, Liaison	(703)-323-3712	lojohnson@nvcc.edu	Eli, VA
Northern Virginia Community College	Disability Services	Sherri Mosley-Duman	(703)-450-2571	smosleyduman@nvcc.edu	Loudon, VA
Northern Virginia Community College	Disability Services	Kitty Deal	(703)-257-6610	kideal@nvcc.edu	Manassas, VA
Northern Virginia Community College	Disability Services	Stefan Charles-Pierre	(703)-822-6633	scharlespier@nvcc.edu	Medical
Northern Virginia Community College	Disability Services	Pamela Manuel	(703)-878-5760	pmanuel@nvcc.edu	Woodbridge, VA
Patrick Henry Community College	Student Support Services	Scott Guebert, Counselor	(276)-656-0257	sguebert@ph.vccs.edu	Martinsville, VA
Paul D. Camp Community College	Student Support Services	Monette Williams, Director	(757)-569-6725	mwilliams@pc.vccs.edu	Franklin, VA
Piedmont Virginia Community College	Disability Services	Susan Hannifan, Counselor	(434)-961-5281	shannifan@pvcc.edu	Charlottesville, VA
Rappahannock Community College	Disability Services	Sandy Darnell, Counselor	(804)-758-6733	sdarnell@rappahannock.edu	Glenns, VA
Rappahannock Community College	Disability Services	Maurie Marsden, Counselor	(804)-333-6732	mmarsden@rappahannock.edu	Warsaw, VA
Southside Virginia Community College	Disability Services	John Hicks	(434)-949-1070	John.hicks@sv.vccs.edu	Alberta, VA

Southside Virginia Community College	Disability Services	Melissa Wood	(434)-736-2070	Melissa.wood@southside.edu	Keysville, VA
Southwest Virginia Community College	Project Access	Stephanie Davis	(276)-964-7314	Stephanie.davis@sw.edu	Richlands, VA
Thomas Nelson Community College	Disabled Student Services	Nancy Bailey, Counselor	(757)-825-2833	baileyn@tncc.edu	Hampton, VA
Tidewater Community College	Disability Services	Linda Harris, Coordinator	(757)-822-1213	lharris@tcc.edu	Norfolk, VA
Virginia Highlands Community College	Project Excel	Jackie Craft, Director	(276)-739-2561	jcraft@vhcc.edu	Abingdon, VA
Virginia Western Community College	Student Support Services	Dr. Avis Quinn, Project Director	(540)-857-7286	aquinn@vw.vccs.edu	Roanoke, VA
Wytheville Community College	Student Support Services	Kelli Musick	(276)-223-4758	wcmusick@wcc.vccs.edu	Wytheville, VA