

IDENTIFY

My problem of practice came to me fairly quickly. While I am not currently an educator, I cannot approach this subject from the viewpoint of an educator, I have to approach it from the viewpoint of a student. I have long struggled with an anxiety disorder and because of this, I really want to find a way to help other students who suffer from the same illness I do. I know how difficult it can be to make it through the day without having to worry about work, family, or an education. I also know how much anxiety can impact the learning experience. It can definitely cause a student to have difficulties completing their assignments, focusing on their work, or even retain information. Anxiety causes the mind to race and can make a person feel as if they are out of control, which can lead to poor performance in school and other aspects of their everyday lives. This is why I feel it is imperative for me to find an approach that will help ease the anxiety that some students may face. I know this will not be an easy feat for the sheer fact that anxiety varies from person to person. The things that trigger panic attacks in one person will differ from the triggers from another person, as will the intensity and severity of the illness.

For me to approach this problem in a way that would be most effective, I feel I cannot solely rely on my own experiences and that I will have to speak with others who have this illness and find out what life is like for them, what causes them to go into a state of panic, and what they do to help ease the effects. By developing a deeper and more diverse understanding of the illness, I will hopefully be able to find an approach, a tool, or an outlet for these students that will help them have more control over their anxiety and, in turn, perform to the best of their abilities as a student. I also think it could be extremely beneficially for me to speak with people who treat those with anxiety disorders and garner some feedback from them as well. This way I will be able to get an idea of the tried and true techniques that are used as well as get an idea of the

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techniques that were not effective. By learning from others, I can find ways to build upon the treatments that have been shown to be effective and apply them to a learning situation.