

EPILEPSY FOUNDATION OF VIRGINIA (EFVA)
P.O. BOX 800754
UVA MEDICAL CENTER
CHARLOTTESVILLE, VA 22908
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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 <https://www.epilepsy.com/learn/seizure-first-aid-and-safety>

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

See the online information at <https://www.epilepsy.com/learn/about-epilepsy-basics>

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 side effects.

See the online information at <https://www.epilepsy.com/learn/treating-seizures-and-epilepsy/seizure-and-epilepsy-medicines>

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 <https://www.epilepsyva.com/onlinebooklets>)
- 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 knows 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. That 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, making 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 #	Email Address	Location
Averett University	Galesi Student Success Center	Erin Schlauch, Director	434-791-5754	eschlauch@averett.edu	Danville, VA
Bluefield College	Student Care & Advocacy	Micayla Sharkey Coordinator	276-326-4207	msharkey@bluefield.edu	Bluefield, VA
Bridgewater College	Academic Support	Chip Studwell, Director	540-828-5370	cstudwell@bridgewater.edu	Bridgewater, VA
Christendom College	Student Affairs	Amanda Graf, Vice President	540-551-9206	agraf@christendom.edu	Front Royal, VA
Christopher Newport University	Office of Student Affairs	Kevin Hughes, Vice President for Student Affairs	757-594-7160	kmhughes@cnu.edu	Newport News, VA
Radford University Carilion	Center for Accessibility Services	Andrea Sharpe-Robinson, Director	540-831-6350	asharpe4@radford.edu	Radford, VA (campus is in Roanoke)
College of William and Mary	Student Accessibility Services	Leslie Henderson, Asst. Dean of Students	757-221-2612	sas@wm.edu	Williamsburg, VA
Eastern Mennonite University	Office of Academic Access	Steve Yoder, Coordinator	540-432-4233	steve.yoder@emu.edu	Harrisonburg, VA
Eastern Virginia Medical School	Office of Student Affairs	Terri L, Edwards, Academic Development Counselor	757-446-7443	edwardtl@evms.edu	Norfolk, VA
Emory & Henry College	Academic Support and Disability Services	Emily Lockhart, Director	276-944-6144	elockhart@ehc.edu	Emory, VA
Ferrum College	Office of Academic Accessibility	Nancy Beach, Director	540-365-4529	nbeach@ferrum.edu	Ferrum, VA

George Mason University	Disability Services, an office of University Life	No one individual is listed.	703-993-2474	ods@gmu.edu	Fairfax, VA
Hampden-Sydney College	Office of Academic Success	Lisa Burns, Director	434-223-6286	lburns@hsc.edu	Hampden-Sydney, VA
Hampton University	Compliance and Disability Services	Tiffany Cornelius, Director	757-727-5493	tiffany.cornelius@hamptonu.edu	Hampton, VA
Hollins University	Office of Academic Affairs	Daniel Derringer, Interim Vice President	540-362-7433	dderringer@hollins.edu	Roanoke, VA
James Madison University	Office of Disability Services	Valerie Schoolcraft, Director	540-568-6705	schoolvl@jmu.edu	Harrisonburg, VA
Liberty University	Office of Disability Accommodation Support	Denny McHaney, Executive Director	434-592-4016	wdmchane@liberty.edu	Lynchburg, VA
Longwood University	Office of Disability Resources	Dana Kieran, M.S., Director	434-395-4935	millerkierandm@longwood.edu	Farmville, VA
University of Lynchburg	Center for Accessibility and Disability Resources	Julia R. Timmons, Director	434-544-8687	timmons.j@lynchburg.edu	Lynchburg, VA
Mary Baldwin University	Academic Resource Center	Jenny Joczik, Coordinator for Academic Services	540-887-7250	vjoczik@marybaldwin.edu	Staunton, VA
Marymount University	Student Access Services	Sven Jones, Director	703-526-6925	sven.jones@marymount.edu	Arlington, VA

University of Mary Washington	Office of Disability Resources	Jessica Machado, Director	540-654-1266	odr@umw.edu	Fredericksburg, VA
Norfolk State University	Office of Accessibility Services	Ms. Doral Jackson, Coordinator	757-823-2014	dmjackson@nsu.edu	Norfolk, VA
Old Dominion University	Office of Educational Accessibility	Elisabeth Dickie, Director	757-683-4655	edickie@odu.edu	Norfolk, VA
Radford University	Center for Accessibility Services	Andrea Sharpe-Robinson, Director	540-831-6350	asharpe4@radford.edu	Radford, VA
Randolph-Macon College	Office of Disability Services	Kate MacDonald Director	804-752-7343	KateMacDonald@rmc.edu	Ashland, VA
Randolph College	Office of Access Services	Diane Roy, Coordinator	434-947-8132	droy@randolphcollege.edu	Lynchburg, VA
Regent University	Disability Services	Laura Sells, Coordinator	757-352-4797	laursel@regent.edu	Virginia Beach, VA
Roanoke College	Academic Services for Accessible Education	Laura K. Leonard, Assist. Dean	540-375-2247	lleonard@roanoke.edu	Salem, VA
Shenandoah University	Office of Disability Services	Beth Kane, Disability Specialist	540-665-4928	ekane@su.edu	Winchester, VA
Southern Virginia University	Student Wellness Center	Chad Kelland, Director	540-261-8470	chad.kelland@svu.edu	Buena Vista, VA
Sweet Briar College	Accessibility Services	Jenny Carlos, Coordinator	434-381-6306	jcarlos@sbc.edu	Sweet Briar, VA
University of Richmond	Disability Services	Carl Sorensen, Associate VP	804-289-8032	oma@richmond.edu	Richmond, VA
University of Virginia	Student Disability Access Center	Barbara Zunder, Director	434-243-5180	bz4e@virginia.edu or sdac@virginia.edu	Charlottesville, VA

University of Virginia - Wise	Office of Disability Services	Whitney Wells, Director/ADA Coordinator	276-328-0265	Wew3x@uvawise.edu Or disability@uvawise.edu	Wise, VA
Virginia Commonwealth University	Student Accessibility and Educational Opportunities	Ian Kunkes, Director	804-828-2253	lbkunkes@vcu.edu or adaservices@vcu.edu	Richmond, VA
Virginia Military Institute	Office of Disabilities Services	Lt. Col. Sarah Jones, Director	540-464-7667	Jonessl10@vmi.edu	Lexington, VA
Virginia Tech (VPI)	Services for Students with Disabilities	Nikeshia Arthur, Director	540-231-3788	nikeshia@vt.edu or ssd@vt.edu	Blacksburg, VA
Virginia State University	Students with Disabilities Program	Aliza Barbour, Coordinator	804-524-5061	abarbour@vsu.edu	Petersburg, VA
Virginia Union University	Office of Inclusive Learning	Dr. Carleitta Paige-Anderson, Dean	804-354-5211	CLPaige@vuu.edu	Richmond, VA
Washington and Lee University	Disability Accommodations	Lauren Kozak, Director	540-458-4055	kozakl@wlu.edu	Lexington, VA
Blue Ridge Community College	Disability Services	Patricia Boyd, Coordinator	540-453-2298	boydp@brcc.edu	Weyers Cave, VA
Central Virginia Community College	Student Accessibility Services	Meredith McLaughlin, Coordinator	434-832-7299	McLaughlinM@centralvirginia.edu Or ada@centralvirginia.edu	Lynchburg, VA
Dabney S. Lancaster Community College	Student Services	Suzanne Ostling, Disability Services Coordinator	540-863-2826	sostling@dslcc.edu	Clifton Forge, VA
Danville Community College	Accessibility Services	Dr. Carl Amos ADA Counselor	434-797-8572	carl.amos@danville.edu	Danville, VA

Eastern Shore Community College	Disability Services	Cheryll Mills, Coordinator	757-789-1730	cmills@es.vccs.edu	Melfa, VA
Germanna Community College	Disability Services, Both Campuses	Mr. Win Stevens, Coordinator	540-891-3019	wstevens@germanna.edu	Fredericksburg, VA
J. Sargeant Reynolds Community College	Office of Student Accommodations, Parham Road Campus	Susan Roach, Student Service Specialist	804-523-5289	sroach@reynolds.edu	Richmond, VA
J. Sargeant Reynolds Community College	Office of Student Accommodations, Downtown Campus	Althea K Brooks, Student Service Specialist	804-523-5627	abrooks@reynolds.edu	Richmond, VA
John Tyler Community College	Disabilities Support Services, Chester Campus	Heather Atkinson, Counselor	804-706-5165	hatkinson@jtcc.edu	Chester, VA
John Tyler Community College	Disabilities Support Services, Midlothian Campus	Dr. Mark Miller, Counselor	804-594-1561	mmiller01@jtcc.edu	Midlothian, VA
Lord Fairfax Community College	Office of Accommodations and Disability Services (OADS), Middletown and Luray-Page County Campuses	Viviane Meder, Disability Services Counselor	540-869-0758	vmeder@lfcc.edu	Middletown, VA
Lord Fairfax Community College	OADS, Fauquier and Vint Hill Campuses	Andrea Lo, Director of Student Services	540-351-1517	alo@lfcc.edu	Fauquier, VA

Mountain Empire Community College	Disability Services	Dale Lee, Counselor	276-523-2400 ext. 343	dlee@me.vccs.edu	Big Stone Gap, VA
New River Community College	Center for Disability Services	Lucy Howlett Coordinator, Dublin Campus	540-674-3603	lhowlett@nr.edu	Dublin, VA
New River Community College	Center for Disability Services	John Bowler, Disability and Student Services NRV Mall	540-674-3600 ext. 4418	jbowler@nr.edu	Christiansburg, VA
Northern Virginia Community College	Disability Services, Alexandria Campus	Tracy Bell, MA, CRC, Counselor	703-933-1840	tbell@nvcc.edu	Alexandria, VA
Northern Virginia Community College	Disability Services, Annandale Campus	Susie Ko, M.S., CRC, Counselor	703-323-3455	sko@nvcc.edu	Annandale, VA
Northern Virginia Community College	Disability Services, Loudon Campus	Virginia "Ashby" Conway, Counselor	703-948-7749	vconway@nvcc.edu	Loudon, VA
Northern Virginia Community College	Disability Services, Manassas Campus	Corey Esparza, M.S., LPC, Counselor	703-257-6663	cesparza@nvcc.edu	Manassas, VA
Northern Virginia Community College	Disability Services, Medical Campus	Anmarie Kallas, M.A., Counselor	703-822-6633	akallasalleva@nvcc.edu	Springfield, VA
Northern Virginia Community College	Disability Services, NOVA Online	Contact either Medical or Manassas counselors			Annandale, VA
Northern Virginia Community College	Disability Services,	Pamela Lucas, Counselor	703-878-5761	plucas@nvcc.edu	Woodbridge, VA

	Woodbridge Campus				
Northern Virginia Community College	Disability Services	Dr. Joan Ehrlich, Director	703-323-3187	jehrlich@nvcc.edu	Annandale, VA
Patrick Henry Community College	Disability Services	Scott Guebert, Coordinator	276-656-0257	sguebert@patrickhenry.edu	Martinsville, VA
Paul D. Camp Community College	Student Support Services	Gail Vaughan, Director	757-569-6725	gvaughan@pdc.edu	Franklin, VA
Piedmont Virginia Community College	Disability Services	Susan Hannifan, Disability Services Counselor	434-961-5281	shannifan@pvcc.edu	Charlottesville, VA
Rappahannock Community College	Student Support Services, Glens Campus	Christina Tidwell, Counselor	804-758-6747	ctidwell@rappahannock.edu	Glens, VA
Rappahannock Community College	Student Support Services, Warsaw Campus	Joseph Coleman, Counselor	804-333-6736	jcoleman@rappahannock.edu	Warsaw, VA
Southside Virginia Community College	Disability Services	John Hicks, Counselor	434-949-1070	John.hicks@southside.edu	Alberta, VA
Southside Virginia Community College	Disability Services	Melissa Wood, Counselor	434-736-2070	Melissa.wood@southside.edu	Keysville, VA
Thomas Nelson Community College	Disability Support Services	Richard Hurst, Counselor	757-825-2833	hurstr@tncc.edu	Hampton, VA
Thomas Nelson Community College	Disability Support Services	Nancy Bailey, Counselor	757-253-4755	baileyn@tncc.edu	Williamsburg, VA
Tidewater Community College	Office of Educational Accessibility	Beth Callahan, College-Wide Coordinator	757-822-7751	bcallahan@tcc.edu	Va. Beach, VA Norfolk, VA Chesapeake, VA Portsmouth, VA

Virginia Highlands Community College	Disability Services	Karen Copenhaver, ADA Coordinator	276-739-2404	kcopenhaver@vhcc.edu	Abingdon, VA
Virginia Western Community College	Office of Disability Services	Hillary Holland, LPC, Disability Counselor/ADA Coordinator	540-857-7286	hholland@viriniawestern.edu	Roanoke, VA
Wytheville Community College	Disability Services	Barbara Mills Disability Assistant	276-223-4754	bmills@wcc.vccs.edu	Wytheville, VA