

Lyndsay Patriquin

Helpful Hand

For my honors project I created a website for teachers and parents about four specific disorders and how to help aid them in the classroom and at home. To determine which disorders I would focus on, I created a short survey to send out to teachers. I sent the survey to teachers in different school systems, different states, different demographics, as well as different grade levels. I wanted to find out which disorders and behaviors teachers saw most frequently in their classroom. I wanted to tailor my website to what teachers and parents could benefit from the most. I concluded that teachers are seeing Attention Deficit Hyperactivity Disorder, Learning Disorders, Anxiety Disorders and Autism Spectrum Disorder the most frequently in their classrooms. The survey also inquired about which disorders teachers felt the least comfortable addressing in their classrooms. Tourette syndrome, Bipolar Disorder, and Autism Spectrum Disorder. After getting all of this information I chose to do Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorder, Anxiety Disorder, and Tourette syndrome. These were a mix between the most prevalent and the disorders teachers felt least comfortable addressing.

The website has the provided DSM V definition of the disorders so that every viewer is on the same page with what each disorder entails. I also have included separate sections for parents under each disorder. Helpful Hand includes beneficial modifications that can be made around the classroom and to the student's schedule. A lot of the modifications and tips could be done for the whole classroom, as well. These are suggestions for teachers and parents who are looking for additional support on top of the students possible existing IEP.

Throughout my time at the University of Rhode Island, I have been lucky enough to get experience in several school systems, in different ways. I have completed two practicums in both middle and elementary schools, in order to complete my education minor. Here I was able to work with students individually and observe their behaviors and how they influenced the class. I could see that some behaviors were easier addressed than others. I saw a lot of students exhibit behaviors consistent with Attention Deficit Hyperactivity Disorder. In my practicums I was able to learn from multiple teachers one what they have found works.

I have also been lucky enough to work at Pathways Strategic Teaching center and work one on one with students with Autism Spectrum Disorder. I learned a lot of strategies that I had not seen done in the typical public school. I tried to incorporate modifications I believe would work and have seen work with these students. I have also shadowed a school psychologist in the Boston Public Schools. Here I witnessed students with Anxiety Disorder and saw her provide instructions and suggestions to teachers all around the school on how to handle this as well as other commons behaviors. I used all of my experience in classroom settings, as well as my experience at the University of Rhode Island in both my psychology and education courses, to create this website as an aid to teachers and parents.