

Obsessive-Compulsive Disorder

Besides seeking professional help, other helpful strategies to consider:

- As most people, particularly teenagers tend to be secretive and shameful about their OCD condition, it is important to establish a good rapport with him/her first before getting them to reveal more about the condition.
- Express understanding and avoid being judgmental about your student's obsessive thoughts. Remember that for OCD, these thoughts are uncontrollable, intrusive, and distressing to the student.
- If possible, communicate closely with your student's psychiatrist or psychologist to work collaboratively in gradually limiting your student's rituals in school.
- As the student's obsessive thoughts in class may sometimes distract him/her, consider giving your student lesson notes or extension of deadline for class assignments to reduce his/her academic stress.
- If appropriate, consider letting the student take his/her examinations alone in a separate room and with some extension of time.