

# B.A.D.D. ADVICE

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Hello, new practicum student! Welcome to the TLC family! If you are somewhat like me, I bet you are a little hesitant and fearful towards this wonderful new opportunity that awaits you. I also bet you are anxiously wondering what this semester will be like. You may be asking yourself, "Why am I here?" and "What will I be doing?" You may even be asking yourself, "Am I really smart enough to be consulting other students?" Let me reassure you, you are indeed smart enough and will learn *so much* from Mo and Paul that you will be brimming with confidence by the end of the semester. However, I also want to convey to you that it is entirely normal to feel somewhat anxious and scared. I know I was. I was so scared I developed into a very B.A.D.D. learning consultant. That is, I suffered from "Booth Apprehension and Departure Disorder."

Let me explain what this ugly disorder is and how to overcome it.

## OVERVIEW

B.A.D.D. is a normal, temporary conditional response that occurs among some select individuals new to the practicum and consulting experience. The condition often includes an increased mental desire to avoid booth-type consultations in the Tutoring and Learning Center (TLC). It is often attributed to a perceived lack of skill sets and confidence, even among the most academically gifted and talented students from all disciplines.

## SYMPTOMS

Symptoms include, but are not limited to, stiffening of legs and tripping while walking to the booth, delayed speech, stuttering, occasional clearing of the throat, tapping of feet, shaking of hands, uncontrollable glancing towards the clock, sweating through every bodily pore, blurry vision, feeling faint, heart palpitations, nausea, stomach upset, racing thoughts, thoughts of inadequacy, overwhelming feelings of apprehension, attempts to run and hide, as well as an extreme fear of poetry.

## DIAGNOSIS

Diagnosis isn't always easy. Although there is no definitive test, extreme fear and aversion of the booth is usually an indicator. It is imperative that the consultant is aware of B.A.D.D. symptoms early on in order to obtain B.A.D.D. treatment.

## TREATMENT AND CARE

Unfortunately today there is no one specific B.A.D.D. treatment or cure, as it helps to take a holistic approach towards treatment. Reading the course materials and active participation in the D2L class discussions are usually the best B.A.D.D. treatments. Other treatments may include: breathing, relaxing, smiling, laughing, positive self-talk, and eating Cheryl's cookies and other fine baked goods. Entering the booth frequently is also another good treatment plan and is highly recommended. The B.A.D.D. sufferer should also take care of themselves by getting plenty of rest, drinking lots of fluids, and eating well. Exercise is also highly recommended, except in the case of running away from the booth.

NOTE: If you start to experience faint-like symptoms, numbness of the head, or hardening of the heart, seek the help of a TLC upper staff member right away!

## SUPPORT AND RESOURCES

In order to find support pertaining to this condition and its complications seek the B.A.D.D. experts, Mo and Paul. They will be able to answer any B.A.D.D. questions you may have. It also helps to get more B.A.D.D. information from other learning consultants that are suffering from the condition.

## TOP B.A.D.D. QUESTIONS

### Does B.A.D.D. hurt?

Not in the physical sense, but since all B.A.D.D. sufferers are *intelligent* and *wonderful* people, this disorder can really mess with the mind.

### How long does B.A.D.D. last?

Not long at all. With time, and through a caring network of wonderful practicum peers and Mo and Paul, B.A.D.D. is always whipped by the end of the semester.

### Does B.A.D.D. get worse?

B.A.D.D. rarely, if ever, gets worse. It only gets better with time.

### What is the most important B.A.D.D. information I should know?

The most important information you should know is that YOU ARE NOT ALONE! It is estimated that seven out of ten new practicum students suffer B.A.D.D. each semester. It is also estimated 100% of B.A.D.D. sufferers start to feel better within the first several weeks of the semester.

### How can I help a tutor suffering B.A.D.D.?

The best way to help someone suffering B.A.D.D. is to pay attention to their symptoms and talk to them. Sometimes, just offering a friendly smile and conversation at the tutoring table in the TLC is enough to help someone who is suffering. Sharing personal tutoring experiences is also always very beneficial and helps alleviate B.A.D.D. symptoms.

So there you have it. I suffered B.A.D.D. early on but now, thanks to Mo, Paul, and my new friends in the practicum, I was able to overcome this very normal disorder. Through reading awesome articles written by education experts and participating in practicum discussions, I learned so much and acquired the tools to help all types of students here on campus. I now feel cool and confident in my abilities to help others. I hope you really enjoyed my B.A.D.D. advice. You may be a little leery about this whole experience at first, but trust me, it is all worth it! So, don't worry. Even if you suffer B.A.D.D. at first, you *will* have fun and be just fine!