**My Challenges:**

**My Hobbies:**

If you have more questions, please do not hesitate to ask. I am more than happy to help in any way I can to make our time together productive and meaningful.

Thank you for helping me as I continue to learn and grow. Your kindness and patience are never wasted and ALWAYS appreciated.

*If you would like to learn more about TS, please visit our website:* [*www.njcts.org*](http://www.njcts.org)*. If you would like to schedule a presentation, please send an email to* [*info@njcts.or*](mailto:info@njcts.or)*g*





Insert Picture Here

Insert Name Here

***“I have Tourette Syndrome but it doesn’t have me!”***

We have all heard the phrase “Knowledge is Power”. So in keeping with that theme, I have put together some information about TS as well as myself so that you can get to know a little bit about me and what makes the person that I am. Yes, I have Tourette Syndrome but there is so much more to me than my diagnosis. I would be grateful if you would take a few minutes to look over this pamphlet so that together we have the power to create a successful school year!

**What is Tourette Syndrome?**

Tourette Syndrome is an inherited, neurological condition characterized by repeated **involuntary** movements and **uncontrollable** vocal sounds called **tics**. In a few cases, such tics can include inappropriate words and phrases.

**What are some examples of tics?**

Tourette Syndrome is unique to each individual, so one person’s tics won’t be the same as another person. Some examples of **vocal** tics would be sniffing, coughing, clapping, throat clearing or grunting. Some examples of **motor** tics would be eye blinking, nose twitching, facial grimaces, scratching, or pinching. Please note that tics can wax and wane and can also change over time.

**Some of my current tics are**:

It is important to note that Tourette Syndrome often comes with co-morbids or associated disorders. Some of the more common associated disorders are attention deficit hyperactivity disorder, obsessive compulsive disorder, anxiety and depression. In fact, some people with Tourette Syndrome will say that the associated disorders are more problematic than the tics themselves.

**Some of the associated disorders I suffer from are**:

**What makes those with TS tic more? (triggers)**

Being tired, frustrated, excited, worried, or upset are some the reasons why someone might tic more. However, sometimes it is nothing at all.

**MY triggers:**

**How can YOU help?**

Here are some of the ways that you can help me get the most out of my time in your classroom.

***Now that you have a better understanding of what Tourette Syndrome is, please take a moment to learn a bit about what makes me the person that I am.***

**My Strengths:**