

Dear colleagues from the University of Castilla la Mancha.

My name is Angel and I am 34 years old and I have just finished my career. The reason for this letter is to encourage you to use the Psychological Attention Service (SAP) of the UCLM, so I tell you a little about my case.

After many and many hours of study, headache, eyes, anxiety to move forward and retain very little information translated into suspensions and approved very scraped, I realized that something was possibly wrong. After several tests carried out in the direction of the SAP service, I was detected a type of cognitive dyslexia, which results in difficulties for learning or processing information through reading. She helped me to carry out this learning based on images, sequences of behavior, which did not involve many difficulties because in physiotherapy, which is my degree, it lends itself to studying with many images. So if in your case you feel that something similar happens to you I invite you not to throw in the towel and do not despair before the first failures because everything has a solution since this thing that happens to me is what many people are in the university and They do not know it themselves.

Feeling supported by concrete techniques and with the closeness of SAP workers, I was able to reduce my level of anxiety, stress and face it much better, with better results in exams, group work and not in the dreaded Bachelor Thesis. In addition, the security achieved in me with the support of ALL of my teachers was an even bigger bonus to feel more confident. It was a before and after visiting this service that the university gives us students and I think you can squeeze much more, since many students do not know that it exists and that teachers should rely on it and promote it more.

I have fulfilled a dream, which is to be a physiotherapist, because I never thought that, with my difficulties to study through reading, I always had them, but in a career they come out more, I could finish it and finally with good results, because the effort got its reward.

So I ENCOURAGE ALL, those who believe that something is not right in your study hours to visit the Psychological Care Service without any complex, because you will not regret

A cordial health.

Angel.