The Toxic Truth about Sugar

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**Psychology of Exceptional Children**

**Disability**

It is a physical and mental state that limits a person’s ability to move, sense and other daily activities.

**Handicap**

 A handicapped person is someone who has limited opportunities in terms of involvement in daily activities. It is a result of a disability.

**Exceptional**

 Exceptional is someone or something that is high above average or someone who needs extra help due to his mental or physical condition.

**Learning Disabilities**

It is a condition that gives rise to learning difficulties specifically when they are not linked with physical problems.

**Gifted**

 Gifted is someone who has some outstanding talent and natural ability.

**Sterilization**

Sterilization is a permanent method of birth control which is done by a healthcare provider in a controlled environment (“Psychological long-term effects of sterilization on anxiety and depression. - PubMed - NCBI,” n.d.).

**Public Law 94-142** It is a federal law which is formalized to guarantee all students with disabilities the right to proper and free education to ensure their security and meet their needs.

**ADA**

 The Americans with Disability Act (ADA) is formed to prevent any discrimination and also to improve equal opportunities for disabled persons (“The Americans With Disabilities Act and How It Affects Psychologists,” n.d.).

**IDEA**

Individuals with Disabilities Education Act,changes the disabilities education law, means that the psychologists need to learn and support various evaluations methods (“An alternative IDEA,” n.d.).

**Nature Vs. Nurture**

 Nature is the genes and other hereditary factors that effects who we are ranging from our appearance to other personality characteristics while nurture refers to environmental factors like our childhood experiences and culture ("Nature vs. Nurture: Do Genes or Environment Matter More?" n.d.).

**Neurotic Disorders**

 **I**t is a class of mental diseases which also involves chronic distress; it includes anxiety, OCD and Trichotillomania.

**Psychotic Disorders**

 These are mental disorders which leads to irregular thinking and feeling. The individual loses connection with reality.

**Deviant**

Deviant behavior is any behavior that is different from the set norms of society and therefore is unacceptable.

**Barrier-Free Facility**

These are facilities that are designed for the disabled people in which alternatives are provided to the handicapped for examples provision of elevators to those who have a mobility problem.

**Xero Exclusion Principals**

It is one of the seven principals of Supported Employment. Here the disabled people are accepted, and they are helped by providing them jobs and other services (“Zero-exclusion is the ultimate optimism; everyone who wants to work receives Supported Employment services,” n.d.).

 **B.** Since my childhood, I have seen the struggle of my cousin because of her disability as she can not walk on her own and she uses a wheelchair to walk and do her daily tasks. At first, she used to have depression whenever people questioned her abilities and her future and they used to judge her on the basis of her disability but with the passage of time and with the support of her family she is now able to ignore people's opinion about her. Instead of focusing on her disability she started to explore other sides of her personality especially her creative side that was painting. She used to lock herself in a room and paint. Over time she realized that she is not a disabled person but a differently able person and from that realization, there was no going back for her. Now she is not only a successful painter but also a motivational speaker. So instead of self-pity she decided to live with the disability with dignity and set an example for the rest of differently abled people.

**References**

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