



Freeflight

Student disAbility Resource Center

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Words from our Director

Welcome to the Fall 2016 Student disAbility Resource Center (SdRC) – Freeflight Newsletter. We look forward to collaborating with faculty and staff in the provision of reasonable accommodations, as you pursue your education here at California State University, Dominguez Hills. Students with mobility, vision, hearing, learning, psychological, medical and/or physical disabilities are encouraged to seek assistance from SdRC. We believe that every student should have an equal opportunity to contribute in the classroom based on his or her knowledge and skills – without regard to their disability.

Pursuant to federal law and state and university policies, SdRC strives to make reasonable accommodations for the functional limitations resulting from a student's disability and provides equal access to all programs and facilities. This is especially relevant to SdRC in that the Americans with Disability Act (ADA), which prohibits state and local governments, from discriminating against any qualified person with a disability, recently turned 25.

Twenty five years ago, President Bush signed ADA into law and added strength and support to Section 504 of the Rehabilitation Act of 1973. Section 504 prohibits discrimination on the basis of physical or mental disability and states, "No otherwise qualified individual with a disability in the United States...shall, solely by reason of her or his disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance".

Our SdRC mission can be found on page 3 of this newsletter. We are committed to providing students with disabilities the opportunity to enhance their academic, career and personal development. Our goal is to insure that all requests for reasonable accommodations and academic adjustments are in line with all prevailing laws and the CSU Policy for the Provision of Accommodations and Support Services to Students with Disabilities.

We have an awesome task ahead of us this year and SdRC is up for the challenge. We have secured a new data management system and will introduce it to our students later this semester called Accessible Information Management (AIM).

Our new data management system will have the capability to allow students with disabilities to request reasonable accommodations and arrange for testing accommodations 24 hours per day online. We believe this new system will provide a means by which we will see an increase in student access, flexibility, retention and persistence towards graduation.

Collaboration and teamwork will be paramount to SdRC as we work to accomplish our mission and goal for the 2016-2017 academic year.

Go Toros!

Patricia Ann Wells

SdRC Open House During Toro Week!



August 29th, 2016

10:00 -11:00 am

(more on pg. 5)

Student Highlight

One of our Own, Student disAbility Resource Center Wins First Place, at the CSU Student Research Competition

Lisa Faust, a California State University, Dominguez Hills Student disAbility Resource Center registrant, won first prize in a state-wide CSU Student Research Competition. Faust, while carrying a load of 14 units, with a 4.0 G.P.A. managed to do the research, collect the data, compete and win! Faust along with her partner, Vanessa Dougherty, won in the area of "Health, Nutrition, and Clinical Sciences" category for their presentation on "Occupational Therapy Trauma-Informed Practice Using the Community Resiliency Model



(CRM): Narrative and Photo Voice with Veterans." Elaine Miller-Karas is the Founder and Executive Director of the Trauma Resource Institute (TRI), who developed the Community Resiliency Model. The CRM consists of six simple wellness skills to "self-stabilize" students who suffer from conditions as Post-Traumatic Stress Disorder (PTSD); or individuals coping with daily stressors, to prevent compassion fatigue, or burn out.

Dougherty and Faust studied the effects of learning the Community Resiliency Model (CRM) on military veterans' occupational functioning and their quality of life, using Narrative and Photo-voice methodologies. CRM entails the use of six wellness skills which are easy to learn, simple to use, and empowers both the client and therapist.

Trailblazers, Faust and Dougherty, designed the research that introduced the CRM skills to their field of occupational therapy. Fostering resilience through the use of CRM skills is a relevant and powerful method of improving occupational functioning, as demonstrated through this groundbreaking research. Dougherty and Faust intend on bringing CRM skills to the field of occupational therapy, to build a cognizant resilient student body.

On June 20, 2016, Faust and Dougherty invited Ms. Miller-Karas to present the CRM skills to CSUDH OT students, Ph.D. track undergraduate and graduate scholars, and departmental faculty, directors, and leaders. Ms. Miller-Karas taught participants the CRM skills.

Faust's future plans include publishing, presenting further research and the CRM skills training at OTAC state and AOTA national conferences. She will be presenting a 2 hour workshop on CRM at Colorado's state OT association conference in October 2016.

- JuLinda Holmes-Tolbert

Reminder: Class Schedules and Testing Accommodation Forms

Welcome Toros!

As a friendly reminder, students who wish to receive their academic accommodations & services must fill out the **class schedule form** & provide a **print-out of their class schedule** to our office in the beginning of the semester.

Also, for scheduling **testing accommodations**, please feel free to come by our office to pick up

testing forms or print them from our website at <http://www4.csudh.edu/sdrc/forms/index>, so you may have those handy when you have course tests/quizzes.



If you have any questions or concerns, please

feel free to contact us at any time at dss@csudh.edu or 310-243-3660.

We can be reached at 310 243-3660 for assistance and consultation on this matter.

Go Toros!

Student disAbility Resource Center Mission

The mission of Student disAbility Resource Center (SdRC) is to make all of the University's educational, cultural, social, and physical facilities and programs available to students with disabilities, through the provision of reasonable accommodations to ensure accessibility. The program serves as a centralized source of information for students with disabilities, staff, faculty, and campus community. SdRC provides students with disabilities the opportunity to enhance their academic, career and personal development.

Examples of SdRC Accommodations:

- Disability Management Advising
- Admissions Assistance
- Priority Registration
- Assistive Technology
- Alternate Test Site & Test Proctoring
- Readers/writers for Exams
- Disabled Parking
- Alternate Media (Audio & Electronic)
- Disabled Parking
- Smart Pen (Ask us about it!)

Learning Corner

LEARNING DISABILITY

What are learning disabilities? Learning disabilities are neurological differences in processing information that severely limit a person's ability to learn in a specific skill area. This condition is the result of actual differences in the way the brain processes, understands, and uses information. All students have learning strengths and weaknesses, but students with a learning disability have significant problems that may prevent them to effectively demonstrate their learning.

Unlike other disabilities, such as paralysis or blindness, a learning disability (LD) is a hidden disability. LD affects people's ability to either interpret what they see and hear or to link information from different parts of the brain. These limitations can show up in many ways--as specific difficulties with spoken and written language, coordination, self-control, or attention. Such difficulties extend to schoolwork and can impede learning to read or write, or to do math effectively.

Learning disabilities can be divided into three broad categories:

- ◆ Developmental speech and language disorders
- ◆ Academic skills deficits
- ◆ "Other," a catch-all that includes certain coordination disorders and learning handicaps not covered by the other terms
- ◆ Each of these categories includes a number of more specific disorders.

Accommodations Available thru SdRC :

- ◆ Additional Time on Exams
- ◆ Reduced Distraction Environment
- ◆ Kurzweil 3000 – Screen Reader (text to speech)
- ◆ Dragon Dictate (speech to text)
- ◆ Time Management
- ◆ Tape Recorder or Smart Pen

Functional/ Academic Limitations

The CSU Guidelines for Eligibility for a Learning Disability Verification requires assessment of Ability (Wechsler Cognitive Ability Scales – 4th edition and the Woodcock-Johnson III Tests of Achievement. The Woodcock-Johnson measures achievement levels in reading, writing, and math. The WAIS profiles four ways that a student processes information; verbal comprehension, perceptual reasoning, working memory, and processing speed.

What You Need To Know

Simply put a person who has a learning disability has the ability to learn but because of their information processing deficits may limit their demonstrated academic achievement. It is a common misconception that individuals who have a learning disability cannot learn or are less intelligent than their peers. It is important to note that a student with a learning disability requires them to be more resourceful in developing compensatory learning techniques and technologies in order to be academically successful.

- JuLinda Holmes-Tolbert

Upcoming & Past Events

SdRC Open House, August 30th

During Toro Week, we will be showcasing our assistive technology devices to the campus community on Monday, August 30th at 10-11am in Welch Hall D 180. Stop by and learn more about how technology continues to help our students in their academic, personal, and professional career.

President Hagan stops by during Staff Appreciation Day

On July 28th, CSUDH staff came together during Staff Appreciation Day to be honored and acknowledge for their hard work and commitment to the campus community. En route to a meeting from Staff Appreciation Day, President Willie Hagan stopped by Student disAbility Resource Center to say hello and how we were enjoying our day.



“Making Your dreams Come True,” 3rd Annual Graduation Celebration

The graduation celebration was intended to show appreciation for all of the hard work and effort students with disability (SWD) had accomplished during their educational experience here at CSUDH. SWD was invited to share the intimate celebration with their family and friends. Dr. William Franklin, Vice President of Student Affairs, provided the welcome and word of encouragement for the 2016 graduates. Dr. David Braverman, Interim Associate Vice President of Student Affairs presented the 20 graduates with a gold medallion possessing a graduate cap. Instructors Cheyenne Cummings and Alexander Alschuler received the Professor of the year award from Dr. Stephen Rice, Associate Dean of Students. A special recognition was given to BB Rush, a 2016 SWD graduate who passed in March 2016.



Tips & Strategies on having a Successful Semester!

The beginning of the semester is filled with excitement and an eagerness of getting back in the swing of your routine. As the semester progresses there are sometimes unforeseen obstacles or concerns that students may encounter. I will share with you some resources that are available to you that may serve as an answer to questions you may have.

Selecting courses: Make sure to utilize the resource of Priority Registration and see your advisors here on campus as you plan your course load.

Tutoring: Students who are registered with the SdRC are eligible for one hour tutor time with the Toro Learning Center (TLC) and Graduate Writing Institute for Excellence (GWIE).

Needing someone to talk to: Students are able to make an appointment with the Student Health Center/Psychological Services and share concerns that maybe troubling to them.

Time management: Contact the SdRC and one of the Disability Management Advisors will help you enhance the skills of time management through the use of technology.

Accommodations: Will vary from student to student.

Welcome back Toro! Remember If you have a question please do not hesitate to ask. Our office is here to ensure that you have a successful academic career.

-Tiffany R. Bolling

What is the Best Way for You to Share Your Thoughts Regarding the Services You Receive Through SdRC?



If you would like to share your thoughts regarding the Student disAbility Resource Center office, please feel to contact our Director, Patricia Ann Wells. She is always willing to meet with students and address your concerns.

If you are not able to schedule a meeting due to your hectic class schedule, please feel free to email Ms. Wells at pwells@csudh.edu or drop a note in our Suggestion Box. Ms. Wells is the only one who has access to it and will certainly respond to your concerns.