



VOLUME 4 ISSUE 1

## DISABILITY SUPPORT SERVICES NEWSLETTER

OCTOBER 2009

### IMPORTANT DATES:

VETERAN'S DAY (NO SCHOOL)	NOV 9
LAST DAY TO WITHDRAW	NOV 20
THANKSGIVING HOLIDAYS	NOV 26-27
SPRING PRIORITY REGISTRATION	DEC 1
DSS HOLIDAY PARTY	DEC 8
FINAL EXAMS	DEC 9-17
WINTER INTERSESSION	cancelled

### HOURS OF OPERATION

Monday—Thursday  
8:00am-4:30pm  
Friday  
8:00am-12:00pm

Phone Number  
(714) 992-7099

Fax  
(714) 992-9920

321 E. Chapman  
Room 842  
Fullerton, CA 92832-2095

<http://dsp.fullcoll.edu>

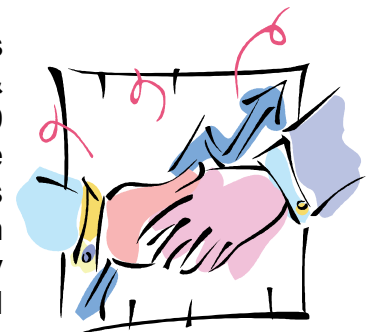
### Director's Corner

Welcome to another Fall semester. This one truly will be one that will go down in history. Why? DSS student numbers are at a record high while we are facing unprecedented budget cuts. The entire DSS Office is working very hard to serve the unique and varied needs of our students. This task has been made very difficult as most of our adult hourly employees have been cut plus DSS lost a full time classified position. We appreciate your patience during these trying

times: just remember that timeliness is critical and you will need to get your requests to DSS very early in order to have them filled. Make sure you utilize all the available services on campus that are in place to support your educational goals. The amount of effort you put in will be realized by your results in the end. Should you have any concerns or difficulties, don't hesitate to come visit us. We will try to help or direct you to the department that can assist as well. I hope you have a great semester and that you get the most out of your education. All the best to you! *-Paul*

### DSS Academic Stars!

Congratulations to the DSS Students who were named to the Dean's & President's lists for the Spring 2009 semester! We had 20 students on the President's List and 37 students on the Dean's List for Spring 2009. This is quite an honor! Each semester, students who officially complete 12 or more degree applicable units and earn a GPA between 3.0 and 3.74 are placed on the Dean's List; while students that earn a GPA of 3.75 and above are placed on the President's List. Drop by the Disability Support Services office and check out our display honoring these students. Due to budget cuts, we are not able to mail certificates this year but we will still have them here in the office. If you see your name on our "Wall of Academic Achievers", make sure you ask us for your well-deserved certificate—we'd be happy to print it up for you!



## Hello to all DSS students!

**M**any of you know me from working in DSS for the past eight years, most recently in the Testing Center and the Adaptive Computer Lab. Some of you also may have been in a Counseling class that I taught here at FC. This fall I became the full-time instructor of the Lab and I am gratified to continue working with returning students, and I enjoy meeting new students to DSS and to Fullerton College. I have said this several times over the past few years, and I'll say it again. Students in DSS inspired my return to school to pursue a graduate degree and I am honored to continue working with you!



Lynette Pratt

*Lynette Pratt*

## Adaptive Computer Lab News

**W**hat a semester we're off to in the Lab...new instructor...new instruction groups...new lab assistants! Lynette Pratt has introduced several small instruction groups and workshops including Math (facilitated by Jassy Dhillon), Kurzweil, MS Office, and Inspiration Software. Students can receive double ACL time for attending some of these groups as well as Writing Center Workshops and other presentations or workshops that come up.

The ACL has many volunteer assistants available to help you in most subject areas.

If you've never attended an Adaptive Computer Lab class (STSV 071 or 075), stop by and ask Lynette or Jassy about it. Priority registration for Spring 2010 will be coming up soon and maybe this is a good time to see how the lab can work for you.



**"The big opportunity may be right where you are standing right now."**

**-Napoleon Hill**

## Priority Registration—Why?

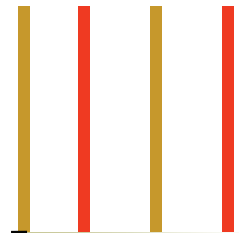
**D**SS students receive Priority Registration for the following reasons, all of which are disability-related:

- So that students with physical impairments can select classes based upon ease of access. For example: a student in a wheelchair should select bottom floor classes in case an elevator breaks down and for evacuation purposes. If an upstairs class is your only choice, you need to notify the Dean and ask that the class be moved to a bottom floor if possible. DSS can help you with this process.
- To strategically select instructors who teach to your learning style.
- To set up a schedule that meets any time constraints related to a disability.

Use the Priority Registration accommodation effectively and responsibly.

## Budget Update

**Y**ou are all aware that the State of California is in a budgetary crisis. How will it affect DSS? Well it already has as we are operating on at least a 16% budget reduction this year and are looking at more cuts next year. We have lost one staff position which directly affects our services. This is made all that much more difficult because our DSS student population has increased by about 13%. So we are actually doing much more with much less. But enough of the dreary facts. We are here to assist faculty and the campus in providing educational accommodations and we will continue doing the excellent job that we are known for doing. We need student cooperation even more as it will take longer to perform some of the services such as alternate media. Please make your requests to us as soon as possible so we can make sure you get your accommodation in sufficient time. Please be a positive voice on campus to educate and develop an awareness of students with disabilities and their unique needs. Here is to looking forward to better fiscal times!



**“Our greatest glory  
is not in never  
failing, but in rising  
up every time we  
fail.”**

**-Ralph Waldo  
Emerson**

## Writing Center Helps Students Write Papers

**H**ave you ever gotten stuck while writing a paper for class? Ever feel frustrated when trying to organize your ideas into an essay? The Writing Center can help! The Writing Center provides 1:1 writing tutorial sessions for Fullerton College students. Many of the tutors are English and ESL instructors on campus, so you know you are getting top-notch help! Walk-ins are always welcome; however, if you want to be sure that you can see a tutor, you should make an appointment in advance. You can make an appointment by stopping by the Writing Center, which is Room 808 (located next to the Tutoring Center in the LLRC Building 800), or by calling 714-992-7153. Writing Center tutoring sessions are usually 30 minutes. If you try the regular 30 minute appointments and find that you need more assistance, check with the Writing Center Staff about the possibility for additional time for DSS students. The Writing Center also provides excellent workshops to help students become better writers. They have topics such as Thesis Statements, Introductions, and MLA Citation. Every Fullerton College student should utilize the Writing Center at least once during their college career! Your college fees pay for programs like this, so make sure you are getting what you pay for and take advantage of this great service! For Writing Center hours and details, check out their website at <http://writingcenter.fullcoll.edu/index.html> or stop by the Writing Center.

## Digital Voice Recorder

**I**t's nearly Halloween, so the Holidays are just around the corner—and wish lists will be needed sooner than you think! Why not ask for a shiny new digital voice recorder to tape your class lectures - if approved to do so by DSS. Recording your classes allows you to go back and review any section of a lecture you may have missed. DSS will no longer be providing tape recorders in the very near future. Gift givers will not have to reach very far down into their pockets to get you one. They're available for as low as \$40. We hope your wish for a new digital voice recorder comes true! Happy Holidays!



## Test Accommodations

**T**est Accommodations is a very valuable service that DSS provides for instructors to assist them in assessing your knowledge with approved accommodations. Instructors can provide the test accommodation within their own means or they can use the established DSS policies and procedures. For these reasons, it is important to communicate with your instructor often to make sure that you understand their expectations in regards to the test. The responsibility is yours to ensure that everything is in order BEFORE you come to take your test. Good luck and study hard as mid-terms approach.

## Service Learning Program

**D**id you know that Fullerton College has a Service Learning Program? This program, run by the Office of Special Programs, helps students find community service opportunities and provides benefits to students who serve the community. Their motto states that they “connect the classroom to the community”. There are many benefits for students who choose to participate. For example, students who complete 20 hours of service hours receive documentation on their official transcript. Also, students who complete 100 plus community

service hours are eligible for a Presidential Award from the White House! If you have ever been a volunteer, you know the amazing feelings of satisfaction and gratification you get from helping others and contributing to your community. If you are interested in participating in the Service Learning Program, stop by the Office of Special Programs in Room 225, give them a call at 714-992-7067, or check out their website at <http://specialprograms.fullcoll.edu/servicelearning.htm> for more information.

“The height of  
your  
accomplishments  
will equal the  
depth of your  
conviction.”

-William F.  
Scholavion

## Featured Student

**E**sther Castillo is one of the most recent “stars” of our program, having been recently featured in the newly released DVD titled “Struggle; A Student Perspective.” The Fullerton College DVD was produced as part of a Basic Skills Initiative Project. In it, Esther tells her story of success despite the challenges she faces as a student with learning disabilities.

Esther is hoping that by telling her story, other students will seek assistance if they experience similar difficulties. “I study and work extra hard in school. I understand the information and then I can not retain it. It was so frustrating that I decided to get tested. I discovered that actually I am quite intelligent but I have a significant auditory processing problem that prevents me from learning in some areas as well as I learn in other areas.”

Esther further explains that, “In math, I just couldn’t get it. I thought I was stupid.”

For students like Esther, there is relief in discovering that there is a reason why some material is terribly challenging but other learning is easy. As Esther explains, “After I got diagnosed, life got easier. I was given tools to learn...I was able to get assistance that helped to compensate for my auditory processing deficit like note-taking help. My personal life calmed down, too... I stopped beating myself up.”

Esther’s story is one of success as she graduated in May ’09 from Fullerton College. She now attends California State University, Dominguez Hills where she is majoring in Communications. “Two years ago I couldn’t see my future and now I can,” says Esther.

In conclusion, Esther says, “Today I am having the best time of my life at CSU Dominguez Hills. I am learning new things and so for me the work was well worth it. Thanks to all the people who worked with me and encouraged me along the way. I am happy to share what I was given with others.”

Congratulations, Esther! We are so proud of you!

*Ruth Sipple*

## Why do you pay the \$16 Health fee?

**T**he Health Services Office offers a number of free and low cost services for Fullerton College students. These services include:

- psychological counseling
- hearing and vision screenings,
- health education/counseling
- doctor’s visits by appointment,
- birth control medication
- prescriptions, immunizations/ lab tests and community referrals

Since you are paying the health fee every semester, why not take advantage of the services available to you?

**For more information:**

Visit <http://healthservices.fullcoll.edu>, call 714-992-7093, or go to Room 1204 .

## 7 Ways to Take Care of Your Brain and Improve Your Memory

According to Dr. Daniel Amen, M.D., the temporal lobes of our brains affect our memory, language processing, and mood stability, among other things. In *Change Your Brain, Change Your Life* (1998), he suggests the following to help us nurture and improve these areas:

Participate in a variety of stimulating experiences. Be sure to do things on a regular basis that will keep you excited, active, and motivated. Record these activities by taking pictures, videos, or writing a journal.

- 1 Try singing on a regular basis. Singing has been shown to have an emotional impact in church, the military, schools, and society as a whole for thousands of years. Kids often learn through songs. There is no reason why this should change as we get older.
- 2 Try listening to classical music. Scientific studies have demonstrated that listening to classical music improves visual-spatial skills—skills associated with math, art, music, and physical activities.
- 3 Learn how to play an instrument. Students who play instruments score substantially higher on reading and math tests.
- 4 Dance or participate in physical activities that involve rhythm. Dancing and/or rhythmic movements have been shown to help people feel better, be more open, and more flexible.
- 5 Sleep! Dr. Amen has found that less than six hours of sleep per night was associated with irritability and a lower ability to learn.
- 6 Eat a healthy diet. Besides eating balanced meals on a daily basis that includes fruits, vegetables, dairy products, and protein, try to reduce the amount of caffeine, nicotine, alcohol, sugar, and fat.

Here's to a healthier brain and body and higher achievement in college!

### Important Reminders—

- When scheduling appointments with our specialists, please plan ahead as we are booking out approximately three weeks in advance. A 48-hour notice would be appreciated if you need to cancel or reschedule your appointment. Our office phone is (714) 992-7099.
- If you need registration assistance, please plan ahead to schedule a 30-minute appointment to meet with one of our counselors. If you utilize alternate media accommodations, please meet with Tania McKeown, (714) 732-5365, as soon as you register for your classes. All you need to start the process is your class schedule.
- **Winter Intersession is cancelled.**
- Holiday Office hours:
  - Dec 21 - 22: 8am to noon
  - Dec 23 - Jan 3: Closed
 Enjoy the break!

*The Annual DSS See's  
Candy Fundraiser is here!*

*Order forms are available in  
DSS and are due Nov. 4th*

