



# The Office of Accessibility Newsletter

## Make Plans for a Successful Semester!

The Fall 2015 semester at The University of Akron is just around the corner. What will your semester look like?

If this is going to be your first semester at The University of Akron, **Welcome!** We are glad you are here. I would encourage you to take a minute and look back at your successes in high school as well as times when you struggled. Understanding why you experienced success in some scenarios and not in others will guide you as you begin your academic career at The University of Akron.

If you are a returning student and you had a successful Spring 2015 semester, keep up the good work! If you feel you could have done better in your previous semesters, my question to you is: what are you putting in place **now** to help you reach your academic goals? Ask yourself these questions: What classes did you do well in? What study strategies did you use? What classes did you struggle in? What did you do differently?

Taking the time now to look over your academic progress is a great way to set the stage for a successful Fall 2015 Semester. It is never too early to write out a success plan for your classes. ***Having a goal without a plan is just a wish.*** Make that wish a reality. Look at the resources on campus that are in place to assist you in reaching your goals.

There are a number of things you can do in advance to help you. Send your accommodation letters our before the semester begins. Get your textbooks and start looking over them. Set up a study schedule so you can get a good jump on the Fall semester.

Remember, the Office of Accessibility is here to be a resource for you. Not only to help with you academic accommodations, but to help you make this upcoming Fall 2015 Semester you most successful one yet.

Feel free to reach out to your Disability Specialist with any questions or ideas you have to make this semester work for you.

I hope all of you had a wonderful summer and we look forward to seeing you on campus this Fall!

Sincerely,  
Kelly Kulick  
Director  
Office of Accessibility

### Inside This Issue:

College Survival Kit	2-3
Tips for a Successful Academic Advising Appointment	4
Important Reminders	5
New OA Student Handbook	5
Meet the OA Staff	6
Disabilities Awareness Week	7
Ohio Day at the Range	7



# College Survival Kit—Pathway to Success

## Academic Performance Steps

### **Improve Your Grades Without Studying More!**

Tues., Sept. 22 D. McDonald 11 a.m.  
Learn strategies to improve your attention, understanding, and memory, based on the connections between mind and body and get better grades!

### **Improve Your Comprehension & Notetaking Skills**

Thur., Oct. 1 G. Robinson 1 p.m.  
Learn critical thinking skills, effective study techniques and how to take good notes.

### **Reduce Test Anxiety**

Wed., Oct. 7 E. Hayden & R. Crain 1 p.m.  
Reduce the anxiety and stress related to test taking. Utilize mindfulness and visualization strategies to increase your comprehension and to enhance test taking skills.

### **Improve Your Test-Taking Skills**

Mon., Oct. 12 G. Robinson 10 a.m.  
Learn systematic study techniques, test-taking strategies and relaxation skills.

### **Good Sleep and Academic Performance**

Fri., Nov. 6 M. Altieri & R. Crain 11 a.m.  
Learn how sleep (or lack thereof) affects our bodies and study skills.

### **Overcome Procrastination**

Mon., Nov. 16 G. Robinson & C. Urgo de Lozano 1 p.m.  
Procrastination can interfere with academic performance and other areas of your life. Learn strategies to overcome this common problem. SIGN UP NOW!

## CHOOSING A MAJOR/CAREER PLANNING

### **Working on Purpose (Deciding on a Major or Career)**

Wed., Sept. 30 G. Robinson & A. Sylvan 11 a.m.  
Not sure what you want to do? Examine your passions, strengths, limitations, and stressors to assist you in clarifying career goals; includes values and self-exploration.

### **Managing Sexual Orientation/Gender Identity in the Workplace**

Mon., Oct. 12 E. Hayden 1 p.m.  
Come discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace.

### **Not What I Wanted: Changing Majors**

Tues., Nov. 3 J. Lee 1 p.m.  
Not sure if your major is right for you? Explore how to select a major that fits you and increases your GPA.

### **I'm Graduating Now What?**

Tues., Nov. 17 G. Robinson & C. Urgo de Lozano 3 p.m.  
Is graduation on your horizon or fast approaching this semester? Learn how to effectively launch your job campaign and pitfalls to avoid in your job search.

## WHO WE ARE

### **Mosaic: Women of Color**

Tues., Sept. 15 J. Lee & R. Crain 1 p.m.  
A workshop for women of color to address academic/life stressors, develop a community of trust, and to facilitate the adjustment process at a PWI (Predominately White Institution).

### **Safe Zone! Becoming a Gender & Sexual Minority (GSM) Ally**

Wed., Sept. 16 E. Hayden & A. Sylvan 1 p.m.  
Learn how to support the GSM community and create an affirming campus climate.

### **A Parent and Also a Student**

Wed., Oct. 28 E. Hayden 11 a.m.  
Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

## THINK ABOUT IT

### **Empowering the Bystander**

Mon., Oct. 5 E. Hayden & C. Urgo de Lozano 12:00p  
Learn how to identify and act to prevent sexual violence by distracting, delegating or intervening to create a safe environment for everyone.

### **Love Shouldn't Hurt**

Wed., Oct. 21 E. Hayden 11 a.m.  
Is your partner jealous or controlling? Are you ever afraid of your partner or has your partner ever hit or pushed you? If so you may be in an abusive relationship. Are you concerned about a friend or family member who may be in an abusive relationship? Learn how to help obtain information and support.

### **She Was Asking For It: Beliefs and Myths About Sexual Assault**

Fri., Nov. 13 S. Rieder Bennett & A. Sylvan 11 a.m.  
Learn some common beliefs about rape and how these relate to your likelihood of being involved in a sexual assault.

## INCREASING WELLNESS

### **Party in the Penthouse**

Wed., Sept. 2 11:00 a.m.-1:00 p.m.  
Enjoy snacks, games and win prizes during our open house in Simmons Hall 304/306.

### **Suicide Prevention**

Mon., Sept 14 G. Robinson & C. Urgo de Lozano 1 p.m.  
Learn how to recognize the signs that someone may be depressed or suicidal and learn how to refer a friend or family members to get potentially life-saving help.

### **Supersize Your Relationships – Part One**

Wed., Sept. 16 S. Rieder Bennett 3 p.m.  
Learn introductory skills to develop new and better relationships.

### **Physical Exercise and Stress Management**

Mon., Sept. 21 M. Altieri & R. Crain 10 a.m.  
Is it difficult for you to find time for exercise in your busy schedule? Learn creative ways of weaving exercise into your daily routine and manage your stress better at the same time.

### **Stress Management Through Biofeedback**

Mon., Sept. 28 E. Hayden 11 a.m.  
Biofeedback teaches you to consciously improve your body's response (e.g. heart rate rhythm) to stress through information provided by computer graphics and tones. It is useful for reducing test anxiety and general life stress

### **National Depression Screening Day**

Thur., Oct. 8 10am – 3:00 pm STUN Piano Lounge  
Thur., Oct. 8 11am – 1:00 pm Polsky 3rd Floor Atrium  
10 minute depression screenings with videos and informational materials.

### **Peace, Love & Happiness**

Wed., Oct. 14 D. McDonald & R. Crain  
Noon  
A workshop to help participants create more peace, love and happiness in their lives

### **Eating Healthy to Improve Your Mood**

Mon., Nov. 2 M. Altieri 10 a.m.  
Would you like to learn how your diet can affect your mood and ability to manage stress? This workshop will provide basic information on ways you can change your diet to improve your mood. This workshop will be conducted in conjunction with the dietetics program.

### **Coping With Grief**

Mon. Nov. 9 A. Sylvan 10 a.m.  
Death and loss affect everyone at some point in their lives. Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

### **Discussing Our Choices**

Fri., Sept. 25 M. Altieri 1 p.m.—3p.m.  
Mon., Oct. 19 E. Hayden & C. Urgo de Lozano 9a.m.—11a.m.  
Thur., Oct 29 E. Hayden & R. Crain 1 p.m.—3p.m.  
Fri., Nov. 20 J. Lee & A. Sylvan 10a.m.—12:00p.m.

Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.  
Call for extra dates or see our website at [www.uakron.edu/counseling](http://www.uakron.edu/counseling).

## TUESDAYS @ TWILIGHT SERIES

### **Academic Support Group**

Group 1:  
G. Robinson Tuesdays, Oct. 6 to Oct. 27  
5:00-6:00 p.m.

Group 2:  
G. Robinson Tuesdays, Nov. 3 to Dec. 1  
5:00-6:00 p.m.

Learn the necessary skills and attitudes to be a successful student while receiving support from others.  
Topics will include motivation goal setting, study skills, time management, procrastination, test anxiety and test taking skills. Group screening needed for this group prior to sign up.

### **Discussing Our Choices**

Tues., Dec. 1 D. McDonald 5:00-7:00 p.m.  
Tues., Dec. 8 G. Robinson 5:00-7:00 p.m.

Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.  
Call for extra dates or see our website at [www.uakron.edu/counseling](http://www.uakron.edu/counseling).

\*Please sign up in advance and arrive on time for these workshops. Sign up for programs by contacting the Counseling Center, Simmons Hall 306, (330) 972 - 7082.

\*Programs are in Simmons Hall 306 unless otherwise noted.\*

To see a complete list, please visit <http://www.uakron.edu/dotAsset/44d6bd73-aa0c-4c0c-9e75-6483bee80c32.pdf>

# Tips for a Successful Academic Advising Appointment

## Making the Most of Your Time

- ◆ Let your adviser know the purpose of your visit so that he/she can be better prepared for your appointment. Your adviser won't know if you want to discuss class scheduling, research opportunities, preparation for graduate school or something else, unless you tell him or her what's on your mind.
- ◆ Write down your questions and concerns and bring that list with you to your appointment. Allow room on that sheet for you to write in the answers.
- ◆ Keep a folder with all your "official" papers in it and bring it to advising appointments. Your folder should include material of importance to you and:
  - ◇ A copy of important dates (e.g., last day to drop a class without a grade, first date of eligibility for early registration for the upcoming semester).
  - ◇ Any worksheets or checklists you and your adviser have been working on. It's helpful to always have on these sheets a space for the date on which they were most recently updated.
  - ◇ Your current degree audit, if available.
  - ◇ A current resume that includes classes taken and extracurricular experiences. You would be amazed at how many of the things students do that would make them attractive to a graduate or professional school or to an employer are not included on a resume just because the student forgot about them.

## Personal Issues to Consider

- ◆ Consider your outside obligations (work, practice schedules). Don't try to do too much.
- ◆ What time of the day are you at your best? Can you avoid times of the day when you are less attentive?
- ◆ Note that some classes are only offered at certain times. Prioritize these classes first. In other words, build the rest of your schedule around these classes.
- ◆ Talk to friends about instructors, course formats. They are good sources for this kind of information. Do remember, however, that your friends won't always like or dislike the style that works for you. Use their opinions while making your own decisions.
- ◆ Consider more than the title of a course. Read the description and be especially careful to note the prerequisites.
- ◆ Think about where classroom buildings are in relation to your other classes. Can you make it on time?
- ◆ Classes can "change" after you register (room location, instructor, writing intensive status). Always check your schedule before classes start so you have the latest information.

## Class Schedule and Registration Appointments

- ◆ If the purpose of your meeting with your adviser is to discuss degree progress and selection of classes for the upcoming semester, attention to the following list will ensure a more productive discussion.
- ◆ Know the earliest date of your registration eligibility and see your adviser well in advance of that time.
- ◆ Develop a list of course possibilities to discuss with your adviser based on your degree requirements, interests, and goals.
- ◆ Each major may require specific courses: don't assume all students need to take the same courses.
- ◆ Keep in mind that there are often several courses that will meet the same requirement. Use the tools/resources your adviser provides to know your options.
- ◆ Be aware of limits (i.e. skills credits, applied courses, etc.)
- ◆ Know how each course is counting for you.
- ◆ Always check prerequisites (courses you should have successfully completed before enrolling in another courses) in the course description.

Information retrieved from: <http://advising.missouri.edu/about/tips>

## Important Reminders

### Testing in The Office of Accessibility, Counseling Center and CBA&E:

- ◆ If you have an alternative testing accommodation and are testing in the OA or the Counseling Center, please remember to schedule your test at least **4 business days** prior to the day you would like to take the test. Tests can be scheduled by the student through the STARS website, <https://andes.accessiblelearning.com/Akron/>, under the Alternative Testing tab. For assistance in scheduling tests, please contact our office.
- ◆ If you are taking a test in the Computer Based Assessment and Evaluation center, you must confirm with the instructor at the beginning of the semester that they will be using their exam accommodations. You will also need to provide CBA&E with a copy of your accommodation letter. Accommodation letters may be printed from STARS.
- ◆ Due to the large volume of testing accommodations, some students may find that their testing location has been moved to the Counseling Center-Testing Services. If you are one of the students whose testing location has been moved, you will be notified by your Disability Specialist. If you have any questions or concerns regarding your testing accommodations, please contact your Disability Specialist.

### Request your accommodations:

- ◆ Make sure to request your accommodations at least **1 week prior** to the beginning of classes for the upcoming semester.
- ◆ If you are receiving transcribers or interpreters as an accommodation for next semester, it is recommended that you submit these long term transcriber and interpreter requests at least **six weeks prior** to the beginning of the semester.

### Notetaking accommodations:

- ◆ If you are utilizing notetakers as an accommodation this semester, please remember to only request notetakers for courses in which they will be needed. This does not include out of classroom experiences (labs, online, recitations, etc.). Please contact the Notetaker Coordinator at [ooaga1@uakron.edu](mailto:ooaga1@uakron.edu) if you need assistance.

### Order your textbooks:

- ◆ Make sure you order your textbooks before classes start so you can be prepared for your first day of classes.

### Important Dates

**August 31, 2015**  
Fall Semester 2015  
classes begin

**September 7, 2015**  
Labor Day Holiday-  
University Closed

**October, 2015**  
Spring 2016  
registration begins

**November 26-29,  
2015**  
Thanksgiving Recess

**December 13, 2015**  
Final Instructional  
Day for Fall 2015  
classes

**December 14-20,  
2015**  
Finals Week

**December 18-19,  
2015**  
Fall 2015  
Commencement

## Updated OA Student Handbook

The Staff in the Office of Accessibility strives to provide students with the most current information regarding the provision and coordination of academic accommodations. In continuing these efforts, the staff asks that you please take the time to read through the Office of Accessibility's Student Handbook, provided below. After reading the handbook, you will be required to sign the Student Handbook Agreement in STARS before navigating through your account. Once you log into STARS, you will see a pop up box which reminds you to sign the Student Handbook Agreement. Should you have questions regarding the Student Handbook or the Student Handbook Agreement, please contact your Disability Specialist.

Link to the Office of Accessibility's Student Handbook:  
<http://www.uakron.edu/dotAsset/743584.pdf>



## Meet the OA Staff!

### **Kathleen (Kelly) Kulick, M.Ed.,CRC**

Kelly is the Director for the Office of Accessibility. Kelly has 17 years of experience working with students with disabilities in higher education. Kelly earned both her Undergraduate and Master's degrees from Kent State University and is a Certified Rehabilitation Counselor. Kelly has worked extensively with the Bureau of Vocational Rehabilitation in Akron as well as other community agencies that work with individuals with disabilities. Kelly enjoys being part of The University of Akron family.

### **Jessica DeFago, M.A.**

Jessica is the Associate Director whose area of specialty is working with students with learning disabilities and ADHD. An alumnus of The University of Akron, Jessica has a Masters Degree in Higher Education Administration. Jessica is dedicated to helping students learn how to navigate and succeed in higher education through developing study skills and self-advocacy skills. Jessica also works closely with University students, faculty, staff and area high schools through department outreaches and educational opportunities.

### **Ashley Poulos, M.Ed.**

Ashley is a Disability Specialist and Service Coordinator for the Office of Accessibility. She works primarily with students who have physical disabilities, visual impairments, and chronic health disabilities. She received a Bachelor of Arts in psychology from Kent State University and received her Masters of Education in Community Agency Counseling from Cleveland State University.

### **Melissa Simmons, M.Ed.**

Melissa is a Disability Specialist and the Notetaker Coordinator. She received a Bachelor of Science degree in Human Development and Family Studies from Kent State University and a Masters of Education degree in School Counseling from the University of Cincinnati. Melissa has 4 years of experience working with students with disabilities and feels passionate and dedicated to partner with students in helping them reach academic success.

### **Leigh Sveda**

Leigh is the Adaptive Technology and Service Coordinator for the Office of Accessibility. She graduated from The University of Akron with a Bachelor of Arts degree. She is responsible for the administration and implementation of alternative media for students with disabilities, the supervision of student assistants and administration of STARS. Leigh also oversees the adaptive technology lab housed in the office.

### **Kaitlyn (Kait) Jackson, B.S.**

Kait is the Graduate Assistant at The Office of Accessibility. She has a Bachelor's of Science in Community Programs for Americans with Disabilities from Slippery Rock University. Kait is currently a graduate student at The University of Akron in the Clinical Mental Health Counseling program. She works as an advocate for students with disabilities as they pursue their academic goals in higher education.

## Meet the OA Student Assistants!

### **Megan Eisaman**

Megan is a senior at The University of Akron. She is senior majoring in Intervention Specialist K-12 Mod/Int. She is a Student Assistant in the office and is also a member of the Delta Gamma Fraternity.

### **Emily Lather**

Emily is a sophomore biology student at the University of Akron Honors College. She is currently an office assistant at the Office of Accessibility, and enjoys fun facts about science and browsing Pinterest in her spare time.

### **Malia Smith**

Malia is a Junior at The University of Akron. She is currently earning a Bachelor's Degree in Biology while also working on campus at the Office of Accessibility as a Student Assistant. In her free time she enjoys reading books about anti utopian societies and watching Orange Is The New Black on Netflix.

### **Caitlin Casentini**

Caitlin works as the Adaptive Technology Assistant for the Office of Accessibility. She is currently a Junior in the Nursing program. When she isn't at work or school, she is usually found volunteering with her sorority sisters of Kappa Kappa Gamma.

### **Feben Yeshak**

Feben is a senior in the Sociology/Criminology/Law Enforcement program. In her free time, she likes playing percussion instruments and helping teach drum lines.

# Disabilities Awareness Week

Join The Office of Accessibility for Disabilities Awareness Week through the week of **November 2nd—6th, 2015.**

*Stay tuned for a list of events and additional information!*

## Ohio Day at the Range & Outdoor Adventure Fair

**FREE EVENT FOR PEOPLE WITH DISABILITIES and DISABLED VETERANS—ALL AGES WELCOME**

September 12, 2015. 10:00 am to 2:00 pm

CMP/Camp Perry, State Route 2, Port Clinton, OH 43452

### ACTIVITIES FOR THE DAY:

- ◆ Fishing Skills
- ◆ Target Shooting with Air Rifles at Camp Perry's Indoor Range
- ◆ Recurve and Genesis Bow
- ◆ Birding
- ◆ Rowing
- ◆ Sailing Skills
- ◆ Wildlife Education
- ◆ Make Your Own Bird Feeder
- ◆ Visiting with others with disabilities about their outdoor adventures and experiences, etc.
- ◆ And many more activities and vendors

**LUNCH will be PROVIDED**

**STAY AND PLAY:** Accessible after events are planned: SCUBA lessons, trip to Put-In-Bay, golf and fishing, charter fishing, to name a few.

**Interested in staying overnight?** Campsite/Lodging accommodations are available through Camp Perry Lodging and Conference Center. For lodging, please call: 888.889.7010

To learn more about this extraordinary program or to become involved, please contact:

**Tory Thompson**

The Ability Center of Ottawa County

419.734.0330 · 877.734.0330 Toll-free · [tthompson@abilitycenter.org](mailto:tthompson@abilitycenter.org)

or

**Michelle Woods**

The Civilian Marksmanship Program

419.635.2141, ext. 1122 · [mwoods@thecmp.org](mailto:mwoods@thecmp.org)

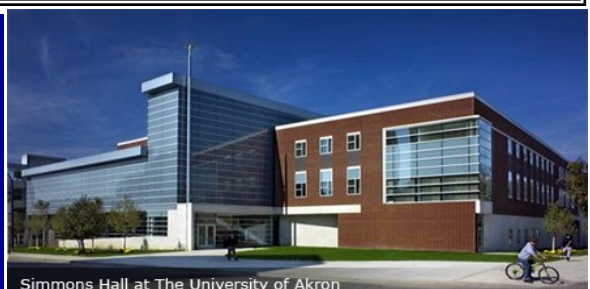
Visit us online: [www.abilitycenter.org/oh-day-range](http://www.abilitycenter.org/oh-day-range)

## Suggestion Box

We want your feedback! Email [ooaga1@uakron.edu](mailto:ooaga1@uakron.edu) with comments about the current newsletter or ideas you would like to see in future newsletters.

**Office of Accessibility** Phone: 330-972-7928  
**Simmons Hall 105** TDD: 330-972-5764  
**The University of Akron** Fax: 330-972-5422  
**Akron, Ohio 44325-6213** E-mail: [access@uakron.edu](mailto:access@uakron.edu)

**Fall & Spring Office Hours:**  
**Monday, Tuesday, Thursday, & Friday 8 a.m.-5 p.m.**  
**Wednesday: 8 a.m.-7 p.m.**



Simmons Hall at The University of Akron