

Fall 2014

## Student Disability Services Campus Newsletter, Fall 2014

University of Northern Iowa. Office of Student Disability Services.

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## Letter from the Coordinator...

With the end of the semester upon us, I wanted to take this opportunity to thank everyone for their efforts in connecting students with our office. When comparing the number of students served this semester as compared to Fall 2013, SDS saw a significant increase in the number of students being referred to our office and getting approved for accommodations.

With that said, we know that there are many more students on our campus who still could utilize our services that haven't connected with our office. I know I often am asked by faculty and staff on campus how to refer students to our office. As such, I wanted to highlight a few suggestions that I know have helped students connect with our office:

- **Include us in your syllabi:** A suggested syllabus statement can be found at: <http://www.uni.edu/sds/facultyresources/syllabusstatement>
- **Verbally encourage students to talk with you if they have accommodation needs:** You know that you are supportive of all your students and are willing to provide accommodations, but sometimes stating this in the syllabus isn't enough to reach out to those that need help. By verbally mentioning this in class, you help to reaffirm your commitment to providing accommodations to students.
- **Mention us as one of the academic resources on campus:** Unfortunately, a stigma still exists around disability and accommodations. By including our office in your general resource lists, you can help reduce that stigma and help to reach out to someone who may not have disclosed their disability status.

Many more suggestions exist, but these are some of the biggest ways you can help students connect with our office. Thank you again for a great semester and have a wonderful winter break!

Ashley Brickley  
Coordinator

## Construction Update:

The new Baker parking lot located south of Rod Library opened on Tuesday, Nov. 18. Access is via Campus Street. The parking lot has 30 ADA spaces and 15 metered spaces.

## The Hot Seat! with SDS Staff

*Get to know a different Student Disability Services staff member each semester.*

This semester, get to know Karen Phillips!

### **What is your role in the SDS office?**

As the Department Secretary for SDS, I am responsible for overseeing the day to day operations of the office including; ordering supplies, managing the office flow of students, faculty, staff, and community; processing Reader and Scribe requests for exams, timecard approver for our student employees, and reconciling the SDS budget.

### **What is your educational and employment background?**

I've worked at UNI for 28 years this past August. I began my tenure in the College of Education Advising Office, and after 5 years there, transferred to the Counseling Center. At that time, SDS was a small component of the Counseling Center managed by Paula Gilroy, Ed.D. Over the years, it has developed into its own entity and I later became the secretary for the department.

I received my B.A. in Social Work with a Minor in Sociology from UNI in 1996 stretching over a 9 year period. I began taking classes a year after my employment began and due to life bumps and blows, took a lot longer to graduate than anticipated. During this time, I lost my mother and later my sister, which caused many delays. But by the grace of God, I made it. It was something my mother truly wanted me to do and I did it in memory of her.

Prior to coming to UNI, I worked for my uncle's construction company as the secretary. There I was responsible for weekly payroll for 50 employees as well as the day to day operations. I worked there for 5 years. Prior to that, I worked for John Deere and the Black Hawk County Treasurer's Office. In short, I've been in the secretarial field since high school.

### **What do you like to do when you're not at work?**

I am a devout Christian who loves the Lord and His Church. I am a member of Antioch Baptist Church and currently serve as a Sunday School Teacher for Upper Elementary (4-6) grades and a member of the ABC Choir. I like to attend bible study and other learning opportunities that will enhance my Bible knowledge. Beginning in December, I will begin the process of becoming a certified teacher within the National Baptist Convention which will allow me the opportunity to teach at a higher level at the local, state, and national conventions. I am excited to begin this challenge and welcome the knowledge I will glean for my personal development and growth.

I also like to dance and am a member of a line dance group. We try to meet weekly to learn and re-learn the popular line dances. I do enjoy having a good time and socializing with family and friends.

### **What is your favorite quote?**

"To every thing there is a season, and a time to every purpose under the Heaven..."  
Ecclesiastes 3:1

# Celebrating Disability Awareness Month—October

October was Disabilities Awareness month and our office was able to host a variety of events throughout the month to help raise awareness and showcase the opportunities available here at UNI. In case you missed them, here is what we did.

## October 3 - FREE Hot Chocolate & Info

It was a very cold and windy morning, but we went through 6 gallons of hot chocolate in about 1 ½ hours. We were stationed outside of the Student Health Clinic handing out cups of hot chocolate with facts on disabilities to start out the month of awareness events.

## October 10 - World Mental Health Day - "Living with Schizophrenia"

The day of October 10th we had an online event on Facebook where we posted questions, facts, statistics, and videos on "Living with Schizophrenia".

Check out our Facebook page to see all of the posts or page four of our newsletter to learn more!

## October 15 & 23 - Read & Write GOLD Presentation

Student Disability Services offered a hands-on workshop demonstrating Read/Write Gold. Students, faculty and staff were invited to attend the one-hour event where they learned how this software may help them or their students in the areas of reading, writing, studying or conducting research.

## October 31 - Lunch & Learn with student panel

SDS hosted a lunch-and-learn student panel on Friday, October 31 in the Elm Room of Maucker Union from 12:00 - 1:00 P.M. Current students discussed their experiences attending UNI as a college student with a disability. They talked about certain topics such as: working with SDS, arranging accommodations, discussing their individual needs with professors, etc. The panel was well attended and many from the audience asked great questions of our 3 panelists.

Thank you to everyone who was able to attend our events in October. Be on the lookout for upcoming events in the spring!



Like us on  
**Facebook**

## We're Now On Facebook!

Student Disability Services has created a Facebook page to keep you updated on upcoming events, current issues in the news, and fun happenings within our office on campus. Like our page today to follow along! [www.Facebook.com/UNISDS](http://www.Facebook.com/UNISDS)

# About a Disability: Schizophrenia

## 1. What is Schizophrenia?

### a. Definition

i.) Schizophrenia is a severe mental disorder, characterized by profound disruptions in thinking, affecting language, perception, and the sense of self. It often includes psychotic experiences, such as hearing voices or delusions. It can impair functioning through the loss of an acquired capability to earn a livelihood, or the disruption of studies.

1. Definition retrieved from: <http://www.who.int/topics/schizophrenia/en/>

### b. Facts

i. Schizophrenia affects about 24 million people worldwide.

ii. Schizophrenia is a treatable disorder, treatment being more effective in its initial stages.

iii. More than 50% of persons with schizophrenia are not receiving appropriate care.

iv. 90% of people with untreated schizophrenia are in developing countries.

v. Care of persons with schizophrenia can be provided at community level, with active family and community involvement.

1. Facts retrieved from: [http://www.who.int/mental\\_health/management/schizophrenia/en/](http://www.who.int/mental_health/management/schizophrenia/en/)

## 2. Schizophrenia FAQ's Quiz:

a. There are 50 million people with schizophrenia in America. True or False?

i. False. About 1% of Americans have this illness, which translates to about 2 million people.

b. Schizophrenia is almost always caused by the use of street drugs. True or False?

ii. False. Experts don't know what causes schizophrenia. In some people, brain chemistry and brain structure are not normal. Family history may be a factor. Schizophrenia is not caused by anything a person did, or by personal weakness, bad choices, or a person's upbringing.

c. What is the most common hallucination in schizophrenia?

iii. Hearing voices. Hallucinations are things a person sees, hears, smells, or feels that no one else can see, hear, smell, or feel. Many schizophrenic patients hear voices. Sometimes the voices talk to each other. People with schizophrenia may hear voices for a long time before the problem is noticed.

d. Schizophrenia affects more men than women. True or False?

iv. True. Schizophrenia affects men about one and a half times more commonly than women.

e. What are the first symptoms of schizophrenia?

v. Outbursts of anger. First symptoms of schizophrenia often include outbursts of anger, loss of interest, odd behavior, confusion, and fear.

1. Resource: [http://www.medicinenet.com/schizophrenia\\_quiz/faq.htm](http://www.medicinenet.com/schizophrenia_quiz/faq.htm)

## 3. Warning signs that may indicate someone is heading toward an episode of schizophrenia include:

a. Social isolation and withdrawal

b. Irrational, bizarre or odd statements or beliefs

c. Increased paranoia or questioning others' motivations

d. Becoming more emotionless

e. Hostility or suspiciousness

f. Increasing reliance on drugs or alcohol (in an attempt to self-medicate)

g. Lack of motivation

h. Speaking in a strange manner unlike themselves

i. Inappropriate laughter

j. Insomnia or oversleeping

k. Deterioration in their personal appearance and hygiene

i. Resource: <http://psychcentral.com/disorders/schizophrenia/>

## 4. For more information and resources, visit the Counseling Center, Psychology Department or the Student Health Clinic on campus.

## Planning an Event on Campus?

If you are planning an event on campus there are a few different things you should do to make sure your event is as accessible as possible.

According to 13.5 of Policies and Procedures, “No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the University, or be subjected to unlawful discrimination by the University. This policy applies to all aspects of campus activities including employment, education, student programming, and services provided to the community at-large.”

1. Refer to 13.5 of Policies and Procedures that discusses Accommodations of Disabilities.
2. When advertising for your event, include this statement:  
*Individuals with disabilities are encouraged to attend all UNI-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact (sponsoring department or contact person) at (telephone number and email) at least one week prior to the event.*
3. If your event will include a meal, also insert this statement:  
*If you have special dietary needs, please contact (sponsoring department or contact person) at (telephone number and email).*
4. It is your (or your department or organization) responsibility to provide the appropriate accommodations if needed. It may help to also include a tear-off sheet for students to fill out and send back in if they do need accommodations that would tell you which ones they need.

Additional Things to consider when planning an event:

1. Accessibility/availability : Parking, transportation modes, elevators
2. Entrances/interior doorways/aisles : automatic door openers, width, ramps
3. Signage : accessible bathrooms, entrances marked
4. Location : well-lit, background noise can be controlled, room with good acoustics and auxiliary sound system

If an employee or student feels his/her/their rights under the Rehabilitation Act, the ADA, and/or the ADAAA have been violated, he/she/they may consult with the Office of Compliance and Equity Management and/or utilize the procedures outlined in the Discrimination and Harassment Policy. The Assistant to the President for Compliance and Equity Management is the designated ADA Compliance Officer.

For additional information, visit <http://www.uni.edu/disability> or contact the Office of Compliance and Equity Management, 117 Gilchrist, University of Northern Iowa, Cedar Falls, IA 50614-0028, 319.273.2846, [equity@uni.edu](mailto:equity@uni.edu), [www.uni.edu/equity](http://www.uni.edu/equity).

Resource: <http://ada.osu.edu/ADAVenues/venues.html#plan>

# FREE Apps for College Students

## Evernote

- 4.6 rating
- Take notes, capture photos, create to-do lists, record voice reminders



## PTSD Coach

- 3.8 Rating
- Provides information, self-assessment, opportunities to find support, and tools to help manage PTSD



## Any.do

- 4.5 Rating
- Adds tasks by voice and organizes them using simple gestures



## Color ID

- 3.8 Rating
- Uses the camera on the phone to speak the names of colors in real-time.



## Lumosity

- 4.1 Rating
- A training program that challenges your brain through games and activities



## StudyBlue Flashcards & Quizzes

- 3.7 Rating
- Make flashcards and study anytime, anywhere



## MyHomework

- 4.0 Rating
- Keep track of homework and projects
- Tells you what you have upcoming and what may be late



## Udemy: How To Focus

- 3.6 Rating
- Helps you to gain awareness of your attention control and trains you to be clearer and calmer.



## d2u: Dictation & Transcription

- 4.0 rating
- Dictation recorder and transcription app



## AudioNote LITE

- 3.4 Rating
- Record notes and audio synced with the best note taking app for Android



## What does the office offer?

- Credit by examination
- Certification examinations
- Most major national college and professional school entrance exams (For a list of exams, check out: <http://www.uni.edu/unialc/examination-services/test-information>)
- Proctoring service for individuals with disabilities for exams
  - <http://www.uni.edu/sds/examservices>

## Who:

- Can Utilize Examination Services?
  - Currently-enrolled UNI undergraduate and graduate students
  - non-UNI students
  - non-students
- Administers the Examinations?
  - Trained, certified professionals
    - In accordance with testing companies' guidelines and the National College Testing Association (NCTA) Professional Standards and Guidelines

## Where:

- Examination Services is located at 007 ITTC.
- Exams are offered in secure and convenient testing environment

## Why:

- Enhance process and quality of test administration
- Improve access to computerized and paper-based testing
- Demonstrate knowledge
- Potentially improve accuracy of test results

## When:

- Academic Hours
  - 8:00am-5:00pm
- Summer Hours
  - 7:30am-4:30pm

The mission of the Academic Learning Center is to inspire, challenge, and empower students to achieve academic success.



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103 Student Health Center  
Cedar Falls, IA 50614-0385

Phone: 319-273-2677  
(For Deaf or Hard of Hearing, use Relay 711)  
Fax: 319-273-7576

**Helping Students Gain Access**

## Student Disability Services Staff

**Ashley Brickley, MAE**  
Coordinator

**Brittany Warren, MAE**  
Disability Specialist

**Karen Phillips, BA**  
Secretary III

**Shelley Hartman, BA**  
Graduate Assistant Student

**We're on the web!**  
[www.uni.edu/sds](http://www.uni.edu/sds)