

F A L L 2 0 1 7

the Advocate

Office of Services for Students with Disabilities

West Chester University



Are you trying to contact us?

705 South New Street
223 Lawrence Center
West Chester University
West Chester, PA 19380
610-436-2564 (phone)
610-436-2600 (fax)

www.wcupa.edu/viceProvost/ussss/ossd/

Save the Dates!

Priority Registration
begins
**Wednesday,
October 11th**
Make an
appointment to
see your advisor
before that date!

Last day to add or
drop
**Tuesday,
September 5th**
Students may add
a course through
the myWCU portal

Course withdrawal
begins
**Wednesday,
September 6th**
Students may
withdrawal from a
course through the
myWCU portal

Student Resources

Academic Coaching

Academic coaches will work with a student on academic and life skills that affect their coursework and their academic progress. These skills include self-advocacy, time management, organization, career planning, etc.

Math and Writing Tutoring

Tutoring is available to improve the math learning experience through homework help, studying and test prep, as well as improve writing skills through all stages of writing including grammar, mechanics, etc.

Adaptive Technology

Audio Books, E-Text, Reading Technology, Dictation Programs, Notetaking Technology, and Alternative Texts

Proctoring Center

Students who receive testing accommodations should speak to professors regarding testing arrangements. When professors are unable to accommodate students in a classroom, students will use the Proctoring Center

OSSD Shadow Day is Approaching!



SHADOW DAY
WEDNESDAY OCTOBER
25TH
9:45 AM-11 AM

BECOME AN OSSD AMBASSADOR

**BUILD YOUR
RESUME!**
LEADERSHIP EXPERIENCE
PUBLIC SPEAKING EXPERIENCE

**DISCUSS COLLEGE
LIFE WITH
CURRENT HIGH
SCHOOL STUDENTS**

Sp Adobe Spark

The OSSD is looking for students to become OSSD Ambassadors and participate in Shadow Day and high school visits! For both opportunities, students sit on a panel to talk about the transition faced by students with disabilities when going from high school to college along with what day-to-day college life is like.

Near the end of the panel, Ambassadors will answer questions from high school students about college; including questions about social life, academics, getting involved on campus, and dorm living. For high school trips, we travel to various high schools in the area, while shadow day takes place in Sykes at WCU. Both provide OSSD Ambassadors with the opportunity to improve leadership and public speaking skills while also building their resumes.

Shadow day is coming fast! It will take place on Wednesday, October 25th from 9:45-11.

Please contact Caroline Gregory at cg778826@wcupa.edu if you're interested!

Fidget Spinners: Helpful? Or a Distraction?

Did you wake up one day and suddenly the entire world was obsessed with fidget spinners?

Although a huge trend now – the fidget spinner was actually designed and created in the early 1990s (before most of you were even born!). Fidget spinners were originally designed to help students with attention and anxiety issues by providing something for them to focus on to be able to stay seated in the classroom and focus on coursework. However, the fidget spinners have now become more of a classroom distraction than originally intended. Now equipped with Bluetooth, flashing lights, and creative shapes, fidget spinners have become a toy rather than a resource for students with learning disabilities.

Studies are showing that the fidget spinners are becoming a distraction in the classroom not only for the students using them, but also for the other students in the class. There has not been any research to support that fidget spinners can help students with attention/learning disabilities.

So, if you're sitting there thinking, "I have a hard time with paying attention in class, what else can I do to pay attention better?" Well, that's a great question, and definitely something you can talk to an academic coach about at the OSSD!



Join OSSD for Mindfulness Fridays!

- Learn techniques to lower stress
- Become more focused on the present moment
- Take time out of your busy day to relax

Hurry, spots fill up fast!



Mental Health Benefits to Volunteering in College

You're probably thinking, "How in the world am I going to fit volunteering into my busy schedule? I already have classes on top of homework on top of my job(s) on top of practice on top of my internship..." The list goes on depending on how involved you are. So, why should someone even consider volunteering their time or lack thereof?

Research suggests according to Wilson (2012) that volunteering is strongly correlated to better mental health. Volunteering can:

- Alleviate/protect against symptoms of mental illness (e.g., depression)
- Boost self-esteem
- Help buffer stress
- Increase or improve social connections/bonds with others

Even though it may seem like you have zero time to give, give volunteering a shot. You may just surprise yourself by making this a priority. **Keep in mind: by helping others, you help yourself.**



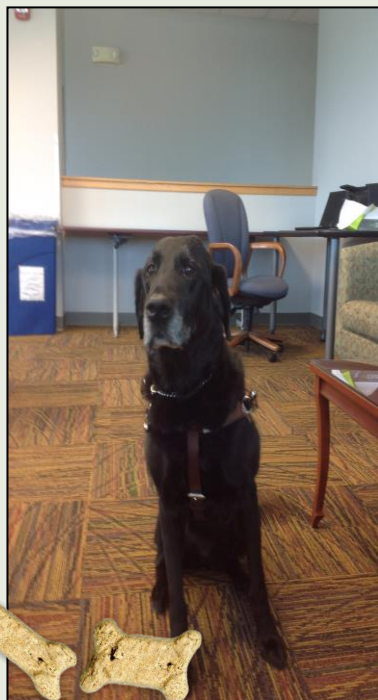
volunteer
do good, feel good

Get plugged into service-learning and volunteering programs at West Chester University and in the community @ [www.wcupa.edu/ services/stu.slv/students.aspx](http://www.wcupa.edu/services/stu.slv/students.aspx) !!!!!

Wilson, J. (2012). Volunteerism Research. *Nonprofit and Voluntary Sector Quarterly*, 41(2), 176-212.
doi:10.1177/0899764011434558

Marqi's Corner

5 Tips: When You Meet a Seeing Eye® Dog



1. Please don't let your pet near a guide dog, even if your pet is leashed. Even allowing your pet to visit or "say hi", for just a moment can cause the guide dog to lose focus on the important job he has to do.
2. It's helpful to let a person who is blind know that you are nearby and tell them if you have a dog with you.
3. Do not call the dog's name, make eye contact, feed or talk to the dog. It's always best to treat the dog as if he is not there.
4. Do not pet a guide dog when he is wearing the harness. If the dog is resting without his harness, ask the owner before you pet the dog and respect the person's decision if they say no.
5. Do not shout directions, take the person by the arm or interrupt them when they are crossing the street. If you are concerned for their safety, ask them if they need help first.

Take A Break!

By: Kelly Kiefer

When you are studying for an extended period of time, do you find yourself day dreaming, feeling restless, or becoming distracted? Taking a break may be the most beneficial thing for you to do! Even though it may seem counterintuitive to step away from the books, it will help you retain more information when you return to studying.

The type of break you take is important. Checking social media is considered a low-efficiency break, it doesn't help your brain recharge. Going for a walk outside is the best type of brain break, but if the weather is not cooperating or it is too late at night to go outside, mindful breathing or meditation will help recharge your brain. Check out the many free mindfulness apps like: Insight timer, Aura, Stop, Breathe & Think, Omvana, or Calm. These apps can guide you through meditation and can refocus your thinking in just 5 minutes.

The key to taking an effective break is giving yourself an allotted time for the break activity, and sticking to that time! Only take a nap if you know that you will wake up in 20 minutes. A nap over 20 minutes will leave you groggy and may make you more tired and distracted. If you meet up with a friend for a break, make sure they know that you only have 20 minutes until you need to get back to work.

If you want to have a snack during your break, consider a healthy option! Blueberries, tomatoes, pumpkin seeds, nuts, whole grains and carrots are all great options to increase cognition and memory. If you have a sweet tooth, try dark chocolate.

Preparing for and managing your study sessions can make all the difference. Making a plan for a short break, and sticking to that time, will make you a more focused and efficient learner!

OSSD Drop-In Hours – Fall 2017

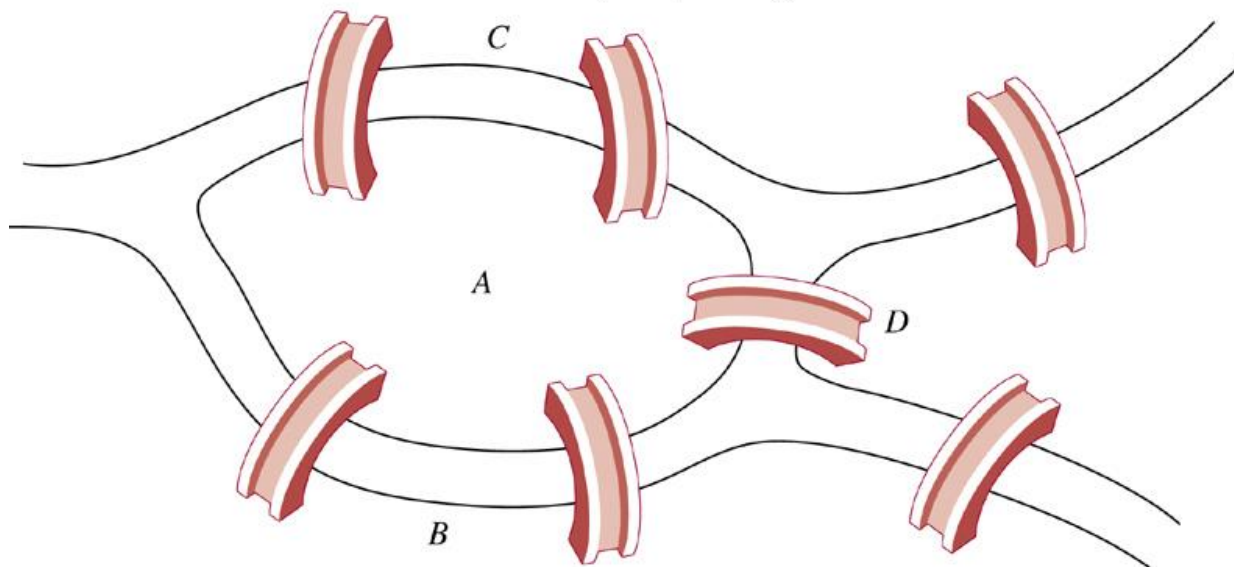
(HOURS SUBJECT TO CHANGE WITHOUT NOTICE)

Academic Coach (AC) Assistive Technology (AT) Math Tutor (MT) Mindfulness Coach (MC) Writing Tutor (WT)	Monday	Tuesday	Wednesday	Thursday	Friday
Caroline Gregory (AC)				8:00 – 9:00	
Marty Hopson (AC/WT)			8:00 – 10:00		
Mike Hurst (MT)	<i>Math Tutoring in the OSSD is by appointment only.</i>				
Bryan Jones (AT)	9:00 – 4:00		<i>By appointment</i>	9:00 – 4:00	9:00 – 4:00
Kelly Kiefer (AC)		8:00 – 9:00			
Mary Schlosbon (AC)	8:00 – 9:00			8:00 – 9:00	
Mary Schlosbon (MC)					8:00 – 9:00 12:00 – 1:00

Brain Teasers with Mike

The following picture represents the city of Königsberg, modern day Kaliningrad in Russia. The city is famous for its eponymous brain teaser, the Seven Bridges of Königsberg. The teaser is posed as the following: is it possible to start at any of the land masses (here marked A, B, C and D), travel over all of the bridges only once and return to the land mass that you started at? We'll give you a moment to try it out.

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Were you able to do it? Be honest.

The famous mathematician Leonhard Euler (you know you're famous when you have a number named after you) proved mathematically that it was not possible. The solution is that there must be an even number of bridges leaving each of the islands to be able to return to the starting island. This problem led to the birth of an entire new area of study in mathematics called graph theory. Graph theory is a widely-used field with applications to computer science, operations research, linguistics, social and physical sciences.

Become an OSSD Ambassador!

What is an Ambassador?

Our Ambassador program provides students registered with the OSSD to connect with students at local high schools. Effectively showing the benefits of higher education, our ambassadors will act as role models for other students in the community. Ambassadors travel off campus to answer questions about college life, the transition to higher education, and much more.



Visit Local High Schools

Is there anything you wish you knew about college before your freshman year? As an OSSD ambassador, you represent our office and our university to a host of new potential students. Want to share your experience with them? To secure a spot on our first trip, email Caroline Gregory (cg778826@wcupa.edu).



Shadow Day Panelists

Show incoming high school seniors what it means to be a college student! Talk about life on campus, classes, clubs, and anything else you think might be useful to potential WCU students. If you'd like a seat on our panel, please contact Martin Hopson (MH786110@wcupa.edu).



Proctoring Center Fall 2017 Hours

Day	Open	Close
Monday	8:00AM	4:00PM
Tuesday	8:00AM	4:00PM
Wednesday	8:00AM	1:30PM
Thursday	8:00AM	4:00PM
Friday	8:00AM	1:00PM

Proctoring Center Protocol for Students

Quick Tips!

****A student request is required for EVERY EXAM!**

****Student requests must be submitted one week before the scheduled exam**

Scheduling Protocol

Step 1: A student will complete the online form at (or visit OSSD webpage, Proctoring Center tab, Student Login)

<http://www.wcupa.edu/USSSS/OSSD/ProctoringForm/StudentRequestLogin.aspx>

Student's will login using their WCU email and complete all 3 sections of the online form.

- Section 1: Course Information

Please select the correct course and section number. Then correctly enter your professor's WCU email.

- Section 2: Exam Date and Time

Please review the Proctoring Center hours of operation (located to the right in this section) before scheduling. Your professor CANNOT schedule an exam for you when the Proctoring Center is not open. Please pick at least 2 different dates when scheduling.

- Section 3: Accommodations

Please select your TESTING accommodations and click submit. Please let your professor and Proctoring Center staff know one week in advance of the exam if you need any assistive services and/or technology to complete the exam.

****The student's completed request will be forwarded to his/her professor via email. ****

Step 2: The professor will then schedule your exam at the Proctoring Center.

Step 3: Once your professor schedules your exam, you will receive a confirmation email that will contain the exam information. **If you do not receive a confirmation email that your exam has been scheduled, please follow up with your professor before contacting OSSD Proctoring Center staff.**

Meet the OSSD Staff! 😊

Dr. Martin Patwell
Director
610-436-3217

Sharon Watson
Assistant Director
610-436-2775

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Administrative Assistant
610-436-2564

Caroline Gregory
Marty Hopson
Kelly Kiefer

Mary Schlosbon
Academic Coaches

Marty Hopson
Writing Tutor

Mike Hurst
Math Tutor

Mary Schlosbon
**Mindfulness
Instructor**

Alli Gatta
**Proctoring
Coordinator**

Megan McCabe
Proctor

Susan Durkovic
CART Captioner

Bryan Jones
**Technology
Assistant**

