

# IN THE NEWS..... WITH DSP&S

Spring 2008

**A Note From The Coordinator: Beth Viersen**

Volume 1, Issue 1

Welcome to the Spring 2008 e-newsletter from the Cuyamaca Community College Disabled Students Programs and Services Department. The goal of the newsletter is to introduce our staff and services and provide disability awareness to the Cuyamaca Community.

This has been a busy semester for us as we completed our program review, student services master plan and are planning our move to A-113 in the Summer of 2008. We have lost a few familiar faces as they have advanced in their careers and gained a few new ones, who we'll introduce in the following pages.

In this edition of the DSP&S newsletter, I would like to focus on disability awareness. Seven points to remember when meeting students with disabilities.

**1. Ask the student**

While DSP&S encourages students to discuss their needs with their instructors and staff, this is not always done. If you have questions about whether or not a student needs an accommodation, the first person to ask is the student.

**2. Be aware of your language**

Using terms such as "student with disabilities" rather than "disabled students" puts the emphasis on the person rather than their disability.

**3. Relax**

Don't be afraid to approach a person with a disability. As with anyone else, just treat them as you would like to be treated – with respect.

**4. Speak directly to the student**

Don't consider a companion to be a conversation go-between. Even if the student has an interpreter present, speak directly to the student, not to the interpreter. When talking to a person who is hard-of-hearing or has difficulty understanding speech, speak slowly without exaggerating your lip movement. Stand in front of the person and use gestures to aid communication. Many students who are deaf or hard-of-hearing rely on being able to read your lips, face, and gestures. When full understanding is doubtful, write notes.

**5. Give your full attention to the person**

Be considerate of the extra time it might take for a person with a disability to get things said or done. Don't talk for the person who has difficulty speaking. Keep your manner encouraging rather than correcting or patronizing.

**6. Appreciate differing abilities**

Students with disabilities, like those without disabilities, do some things well and others not as well. By focusing on what they can do, instead of what they can't, you will help build confidence and promote success.

**7. Use common sense**

Although some students with disabilities may require significant adaptation, accommodation, and adjustments in the classroom, more often common sense approaches can be applied to ensure that students have comparable access to course content.

If you have any questions or concerns regarding students with disabilities please contact one of our DSP&S Specialists at ext. 4239 to set-up an appointment. We are here to assist you.

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## Mission Statement:

In accordance with Title 5 and the Americans with Disabilities Act, the Cuyamaca College Disabled Students Programs & Services (DSP&S) seeks to maximize independence and educational opportunities by providing supportive services, eliminating barriers, and promoting access for students with disabilities. These goals are accomplished by offering support to students and faculty in the way of services and equipment which enable students to participate as fully as possible in regular college programs and activities.

**By Beth Viersen**

**Vickie Anderson**

**Counselor**

Vickie has a M.S.in Counseling from SDSU. She has 16 years experience working with disabled clients for the Department of Rehabilitation. She has also worked as an Adjunct Counselor at Southwestern Community College in Chula Vista. She brings a wealth of management experience and direct service working with the disabled population.

**Rachelle Flores**

**Counselor**

Rachelle has a M.S. degree in Counseling from CSUN. She is currently working at San Diego City College in General Counseling and has taught Personal Development Classes. In addition, she has been a SDICCCA counseling intern and was a graduate counseling intern at Los Angeles City College in Special Services working with disabled students.

**Susan Groover**

**Interpreter**

Susan recently started as an interpreter for our Deaf and HOH population. Susan has passed her NIC written test and is currently working on taking the performance test for interpreters. She is EIPA certified. She has interpreted for Grossmont, Portland and Mt. Hood Community Colleges.

**Katie Morris**

**Counselor**

Katie has a M.S. degree in Marriage and Family Therapy from SDSU. Katie currently is working at Grossmont College as an Outreach Counselor and teaches Personal Development Classes at San Diego City College along with counseling in General Counseling. Also, she has worked with disabled students as a SDICCCA intern in the TRIO program at the San Diego Community College District.

**Amy Thill and Tagrid Sitto**

**Work-Study Students**

We also have 2 new work-study students: Amy Thill who will be working at the one-stop center and Tagrid Sitto who will be working at the High Tech Center.

**By Rachelle Flores**

Margaret Jones works in the DSP&S department where she assists students that have speech/language deficits as well as students who would benefit from cognitive strategies. As a speech/language pathologist, Margaret helps students enhance their academic achievement by maximizing their speech and language skills. These involve:

- Thinking Skills
- Written Expression
- Verbal Expression
- Memory
- Speech
- Voice
- Social Skills
- Listening Skills
- Reading Comprehension

Margaret also teaches a Personal Development Special Services course (PDSS 096) entitled Cognitive Communication Skills and Strategies, which is designed to aid students in developing skills and functional compensatory strategies. The services that she provides is free for Cuyamaca students. Margaret is always willing to help students in need; she truly is a treasure to the DSP&S department and to the students she serves each and every day.

# STUDENT SUCCESS STORY

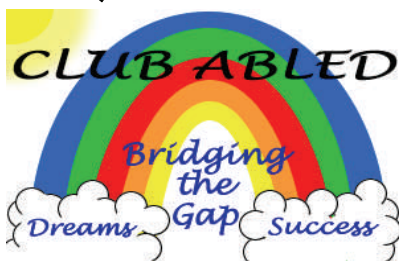
## Mike Tingle

By Katie Morris



*“The marvelous richness of human experience would lose something of rewarding joy if there were not limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse.” -Helen Keller*

Maintaining one’s focus after a life-changing event is a challenge. One student’s educational journey has proven that challenges are meant to be overcome. After arriving to California from Pennsylvania, Mike Tingle lost his eyesight at the age of twenty-nine from a disease that affects the optic nerve. He felt that his original plan to come to California to seek broader educational and career opportunities was over. After years of discouragement, Mike decided to not let his disability stand in his way. He began enrolling in one class here and there at Cuyamaca College with no immediate thoughts of achieving a degree. Mike instantly began receiving services from Cuyamaca’s DSP&S department. By having access to tutoring services, test proctors, CD’s, cart services and computer services that were designed to help the visually impaired, Mike was able to successfully complete one class after another. He said that the assistance he received in the High Tech Center was, “very helpful, especially as an older student.” Cuyamaca’s DSP&S department not only provided Mike with the accommodations he needed to be a successful student, they also helped him regain what many students experience as a lack of motivation in college life. He expressed that there was even one point where he dropped out of school. Through the encouragement of DSP&S staff, Mike not only returned to take classes, but was on his way to an Associate’s degree in General Studies. As he began to pave the road to his future, he realized that his “life as a whole was on another level, a more productive level.” Mike knows that the job market is limited for the visually impaired, but he has proven that nothing can stand in his way. Mike will be graduating with his Associate’s degree in June and plans on returning to Cuyamaca College in the fall to continue classes toward a Bachelor’s degree. His goal is to eventually work as a counselor for the blind and visually impaired. Mike’s perseverance is a testimony to students from all diversities. His story gives light to the richness of encouragement and self-advocacy as a student at Cuyamaca College.



**Club ABLED** is a campus club to support our college students with disabilities and any other interested Cuyamaca College students. We would like to make people aware of us and support those who need support.

We are always looking for new students to join.

If you would like to join CLUB ABLED, please contact Club Advisors:

Mary Asher-Fitzpatrick [mary.asher@gcccd.edu](mailto:mary.asher@gcccd.edu)  
Caroline Ulle [caroline.ulle@gcccd.edu](mailto:caroline.ulle@gcccd.edu)

### DSP&S at the One-Stop

Beth Viersen  
Mary Asher-Fitspatrick  
Margaret Jones  
Caroline Ulle  
Vickie Anderson  
Rachelle Flores  
Katie Morris

DSP&S Coordinator  
Learning Disabilities Specialist  
Speech & Language Specialist  
LD Specialist, Adjunct  
Counselor, Adjunct  
Counselor, Adjunct  
Counselor, Adjunct

### High Tech Center

Brian Josephson  
Jennifer Moore  
Roberta Gottfried

Interim Alternate Media/HTC Specialist  
Learning Assistance Center Specialist  
Test Proctor

# HIGH TECH CENTER

By Brian Josephson

The Cuyamaca College High Tech Center, located in the Learning Resource Center (LRC)/Library, room C-102, offers state-of-the-art conventional and assistive hardware and software. Students registered with Disabled Students Programs and Services (DSP&S) who would like to utilize the facility needs to enroll in Personal Development – Special Services class, PDSS 198, or come by the High Tech Center and we will provide you with an add code and assistance.

A full-time High Tech Center Specialist, lab assistant and several part-time student workers are available to discuss, demonstrate and instruct individuals and groups with the assistive technology. The High Tech Center staff offers students guided assistance as they learn to use specific assistive and conventional technology.



Hardware and software in the HTC include but are not limited to the following:

- voice recognition software
- screen reading software
- document reading software (text to speech software)
- productivity software
- scanning hardware and software
- Braille translation software and Braille embosser
- text magnification software and hardware
- adaptive technology hardware
- computer-assisted learning software
- quiet environment to study and work
- printing services
- individual work stations featuring adjustable tables and chairs for maximum physical accessibility

Please drop by and visit the High Tech Center. Visitors and questions are always welcome. Let us help you succeed and achieve academic success.

**\*\* Remember:** Test Proctoring is also located in the High Tech Center. Please stop by and talk to Roberta Gottfried, Cuyamaca Colleges Test Proctor.



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