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ADDRESSING THE ACADEMIC NEEDS OF STUDENTS WITH DISABILITIES
AND ENSURING AN EQUITABLE ENVIRONMENT.

*A chat with the Coordinator:
Beth Viersen*

What is DSPS?

Disabled Students Programs and Services (DSPS) provides support services, specialized instruction, and academic accommodations to students with disabilities so that they can participate as fully and benefit as equitably from the college experience as their non-disabled peers.

Currently, DSPS is the only categorical program that cannot “cap” its student population due to state and federal mandates. This means that DSPS cannot turn students away, unlike other categorical programs, who can limit the number of students they accept into their program.

During 2010-11, we served 1,115 students with verifiable

disabilities. We are seeing an increase in Veterans, refugees and students with psychological disabilities.

Each new student meets with a DSPS Specialist for an Orientation that begins with a Student Educational Contract (SEC) linking goals, curriculum, and Academic Accommodations. This is part of our mandated services. Each disability is linked to specific Academic Accommodations that are shown in the text box.

If you have any questions or concerns don't hesitate to contact the DSPS Coordinator, Beth Viersen, at the Main DSPS Office at (619) 660-4239. We are here to serve you.

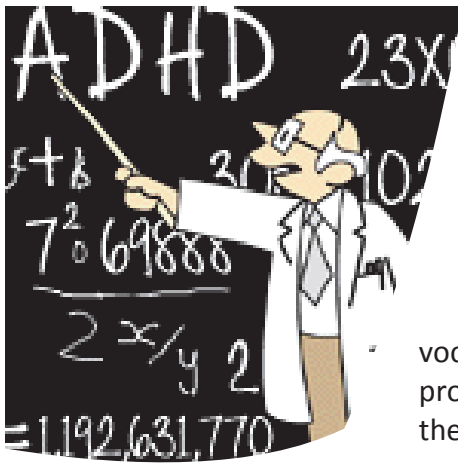


DSPS is your key to success

Academic Accommodations

- ◆ Alternate Media
- ◆ Adapted Technology
- ◆ Test Proctoring
- ◆ Preferred Seating
- ◆ Cart Service
- ◆ American Sign Language Interpreters
- ◆ Note-taking

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable. -- Christopher Reeve



ADHD in College Students

What is ADHD?

Attention Deficit Hyperactivity Disorder ([ADHD](#)) is one of the most well-recognized childhood developmental problems. This condition is characterized by inattention, hyperactivity and impulsiveness. It is now known that these symptoms continue into adulthood for about 60% of children with ADHD. That translates into 4% of the US adult population, or 8 million adults. However, few adults are identified or treated for adult ADHD.

Effects on College Students

Students with ADHD may have difficulty following directions, remembering information, concentrating, organizing tasks or completing work within time limits. If these difficulties are not managed appropriately, they can cause behavioral, emotional, social,

vocational and academic problems, as described in the box.

Diet Can Help

While there are medications to help people with ADHD, many people don't like to rely on them due to side effects.

It is the synthetic additives in foods, drinks and candy that are the big offenders, not the sugar
JANE HERSEY

Steering clear of certain unhealthy foods may make a difference, a new review shows. *Pediatrics* recently looked at the role diet plays in treating ADHD in children, which would also carry over to adults and students.

The article recommends steering clear of fast foods, red meat, processed foods, potato chips, high-fat dairy foods and soft drinks. "It is the synthetic additives in foods, drinks and candy that are the big of-

fenders, not the sugar," says Jane Hersey, Director of the Feingold Association.

Replacing these ADHD-linked foods with healthier choices, including fish, vegetables, fruit and whole-grain cereals may help improve some of the symptoms. What makes the most sense is to

look at your diet and see what changes would be healthy in general and may also help improve ADHD symptoms. As an example, try cutting back on sodas for two weeks and see if you feel better. In any event, cutting out some recommended foods can have the added benefit of losing a few pounds and feeling better. Give it a try! *

**APRIL IS
AUTISM
AWARENESS
MONTH**



Other Important Dates in April

- Apr. 7: World Health Day
- Apr. 17: Income Tax day
- Apr. 16-22: Astronomy Week
- Apr. 16-22: National Volunteer Week
- Apr. 22: Earth Day



Students with ADHD can show the following behavior:

- * Chronic lateness and forgetfulness
- * Anxiety
- * Low self-esteem
- * Trouble focusing
- * Difficulty controlling anger
- * Impulsiveness
- * Poor organization skills
- * Procrastination
- * Low frustration tolerance
- * Chronic boredom
- * Difficulty concentrating when reading
- * Mood swings
- * Depression

DSPS Walk in Hours for Summer 2012
 Monday, April 30th: 8:30 a.m. -5:30 p.m.
 Tuesday, May 1st: 8:30 a.m. - 4:30 p.m.

*WebMD.com <http://www.webmd.com/add-adhd/news/20120109/is-there-an-adhd-diet>

CLUB ABLED



I was slightly brain damaged at birth, and I want people like me to see that they shouldn't let a disability get in the way. I want to raise awareness - I want to turn my disability into ability.

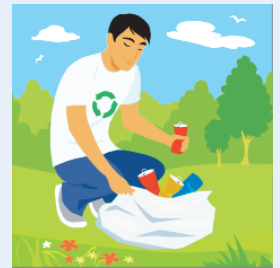
- Susan Boyle

CLUB ABLED

Club ABLED is a campus club that supports our college students with disabilities. We would like to make people aware of us, how ABLE we are, and support those who need support.

The Club meets the first and third Thursday of each month in the Student Center ASGCC Club Room (I-124) from 12:00 p.m. to 1:00 p.m. **The next meetings this semester are April 12th and 26th.** **Club ABLED** welcomes new members! Just come to one of the meetings or events and meet new friends.

Club ABLED is active with the **Recycling Program** on campus. We collect recyclables for our college's **Go Green** credits and earn money for the club. We even come by and pick up your bottles and cans!



Club Abled had an Information Booth at the Health Fair on April 10th at the Student Center with a raffle for a "Health Basket" with lots of healthy goodies. We will also have a booth at the **Mexican Cultural Heritage Celebration on May 10th**. We would love to have DSPS students come by to join our Club.



Club ABLED's "**End of the Year Celebration**" will take place in May to celebrate another successful year of college. The Club will get together to share food and most importantly, friendship.

For more information on the Club, contact mary.asher@gcccd.edu or margaret.iones@gcccd.edu

Discoveries and Firsts

April

- 1896 – First Olympic Games held in Athens, Greece
- 1897 – First annual Boston Marathon
- 1898 – North Pole discovered
- 1906 – The Great San Francisco earthquake
- 1945 – The United Nations is organized
- 1948 – The World Health Organization (WHO) is founded

Historic Events

April

- 1775 – Paul Revere's famous ride from Charlestown to Lexington, MA
- 1775 – The Revolutionary War begins
- 1865 – General Robert E. Lee surrenders to Ulysses S. Grant ending the Civil War
- 1865 – President Lincoln shot
- 1949 – The North Atlantic Treaty Organization (NATO) is signed

Do You Have Test Anxiety?

Who doesn't feel stress and anxiety when it's time to take a test? Stress and tests just seem to go hand-in-hand for most college students. A small amount of anxiety is healthy as the extra adrenalin helps us to study and perform better, but sometimes it can be overwhelming.

Text anxiety affects us in two ways: in our head and in our body. In our head, anxiety can cause difficulty concentrating, we blank-out, and our thoughts race at warp speed through our head. Physically, none of the symptoms are very pleasant: nausea, headache, dry mouth, our breathing speeds up, our heartbeat races, and our muscles get tense.

Here are some techniques that can help reduce test anxiety:

- ☺ **Be prepared.** Organize yourself and learn the material; take a step by step approach to avoid feeling overwhelmed. Make notecards to help remember terms, dates, and key points.
- ☺ **Approach the exam with confidence.** Use strategies to succeed, such as visualization — before you go to bed at night, see yourself calmly taking the test and getting a “B” or whatever grade is good for you.
- ☺ **Get a good night's sleep.** This might seem hard to do, but don't stay up cramming all night. You will just be too tired to remember.
- ☺ **Don't go to the exam with an empty stomach.** Fresh fruits and vegetables are often recommended to reduce stress. Eat an apple or an orange. Stay away from processed foods, sodas, junk food, sugar, chips, and white flour products.
- ☺ **Give yourself plenty of time.** Arrive early, don't rush, and keep your thoughts positive.
- ☺ **Remember to BREATHE.** When we get anxious, we “forget” to inhale properly, our breathing becomes shallow, and our body doesn't get enough oxygen. Taking four or five slow deep breaths can get us back in control of our body and mind and get the much-needed oxygen flowing again.



From the Editors
We hope you enjoy the new look
to the DSPTS newsletter.
Roberta Gottfried & Jennifer Moore

Just because a man lacks the
use of his eyes doesn't mean
he lacks vision.

Stevie Wonder

Cuyamaca College Important Dates and Reminders



Friday, April 20th

Last day to drop classes

Friday, May 11th

Student Success Celebration at the
Student Plaza

May 21st – 25th

Final Exams. Be sure to register 10
days in advance for Test Proctoring

Wednesday, May 30th

Commencement Ceremonies

Reminders

Be sure to read your emails from
Cuyamaca College

Check the DSPTS Website for new
information:

www.cuyamaca.edu/dsps

Grossmont-Cuyamaca Community College District Governing Board:

Greg Barr

Bill Garrett

Edwin Hiel

Debbie Justeson

Mary Kay Rosinski

Student Members:

Christopher Enders

Charles Taylor, III

Chancellor:

Cindy L. Miles, Ph.D.

Cuyamaca College

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www.cuyamaca.edu



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· C O L L E G E ·