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Q: How long have you worked in ODS?
A: I started working for the ODS last summer in July. I have officially reached my 6 month mark and am enjoying the work that I am doing.

Q: What is your favorite thing about working in ODS?
A: My favorite thing about working for the ODS is interacting with students. In my work, as an academic advisor, my ability to assist and interact with students was limited in conversation and time. Whereas as the case manager, I enjoy the variety of interactions I have with students as well as the variety in challenges each student faces. Also, I enjoy being able to truly take the time to understand the student, their concerns, and help the student co-construct solutions.

STAFF SPOTLIGHT: JONATHAN TYNER
ODS CASE MANAGER

Q: What is one thing your coworkers don’t know about you?
A: I love to travel! I have been to over thirty countries!

Q: What does your job entail?
A: My job entails facilitating documentation review and assigning each student’s case to one of our four developmental specialists. Additionally, I serve as a liaison to on and off campus academic and support resources. Additional duties include working with students in crisis, consulting students who do not have proper documentation, as well as assisting students who file a grievance.

Q: What is a tip you have for student success?
A: You need to find a balance between school and fun. There is no problem with having fun. You’re in college, have fun. But be sure that your work always gets done and use fun as a reward for being productive.

MULTIPLE SCLEROSIS MONTH
March is known as Multiple Sclerosis Month. Multiple Sclerosis (MS) is a disease where the insulating covers of nerve cells in the brain and spinal cord are damaged. As a result of this, there is damage that disrupts the ability of parts of the nervous system to communicate, resulting in a wide range of signs and symptoms, including physical, mental, and sometimes psychiatric problems. There is no known cure for MS. Treatments attempt to improve function after an attack and prevent new attacks. As of 2008, between 2 and 2.5 million people are affected globally.

QUOTE OF THE MONTH
“Equality is the public recognition, effectively expressed in institutions and manners, of the principle that an equal degree of attention is due to the needs of all human beings.” Simone Weil
ASSISTIVE TECHNOLOGY TIDBIT

The Office of Disability Services has many technologies available to students registered with our office. Here is a look at the software ZoomText:

Q: What is the ZoomText software?
A: ZoomText is a fully integrated magnification and screen reading program that enlarges, enhances, and reads aloud everything on the computer screen to make computer use accessible and friendly to low-vision users.

Q: Who would this software help the most?
A: Low-vision users would benefit the most. However, ZoomText offers many features that would benefit any student including: magnification, customizable enhancements to on-screen colors, pointers, and cursors, complete screen reading, easy to use document reading tools, and so much more.

Q: How much does the software cost?
A: This software is FREE to all Texas State students at the Assistive Technology labs in Alkek on the 4th floor and in ASB on the 2nd floor.

COMMUNITY RESOURCE OF THE MONTH: DISABILITY RIGHTS TEXAS

Disability Rights Texas exists to help people with disabilities face the obstacles of discrimination, ignorance, and negative stereotypes. Disability Rights Texas provides direct legal assistance, helps protect the rights of individuals or groups of people with disabilities in the courts and legal system, advocate for laws and public policies that advance the rights of people with disabilities, educate individuals with disabilities and their families about their rights, and provides referrals to other programs and services.

Services provided by Disability Rights Texas protects the rights of Texans with a broad range of disabilities, including: chronic health conditions, autism, developmental disabilities, emotional impairments, intellectual and learning disabilities, mental illness, physical disabilities, sensory disabilities and traumatic brain injuries. Find out more info at: www.disabilityrightstx.org.

LANGSTON HUGHES PROJECT

The Langston Hughes project, held on Thursday, February 4, 2016 included an evening full of food, friends, jazz music, and fun. The evening opened with poetry from Daniela Navarro and De’Lishia Mims. This event brought to life history and the arts through the rendition of the 12 part epic poem, titled Ask Your Mama: 12 Moods for Jazz, written by Langston Hughes and performed by Dr. Ron McCurdy, Professor of music at the USC Thornton School.
TIPS AND TRICKS FOR SUCCESS
Over seventy students came out to the ODS Weeks of Welcome event, Tips and Tricks for Success! Students met the ODS staff, learned more about accommodations, services campus resources, study methods, daily habits to help boost GPA, and had a chance to win prizes! See the pictures from the event and prize winners below!

5 DAILY HABITS THAT WILL HELP BOOST YOUR GPA
1. Read class notes before bed: Studies have shown that the brain takes the most recent memories of the day and stores them in long term memory. You will have a better chance of recalling your notes if you study them a little before bed each night.

2. Study in advance: Whether it’s the hardest test of the year or midterms, this technique never fails. It helps you to become familiar with the notes so that you can avoid late night cramming when the test comes.

3. Be productive when studying: Make sure that you are actually being productive with your time. Pay attention to what you are reading. Try to keep your phone out of sight and out of mind. Remember that everyone’s brain works differently, so be sure that you are using study techniques and tools that help you.

4. Wake up early and make a plan: Try waking up fifteen minutes earlier to go through your plan for the day. You can make a list of things you need to do, look over notes, check your emails, etc. Waking up early and making a plan will help you feel more prepared for the day ahead.

5. Recite notes out loud: Studies show that reciting your notes out loud helps you to retain more information.

https://theyounghopeful.wordpress.com/2015/12/05/5-daily-habits-that-will-boost-your-gpa/

LEADERSHIP INSTITUTE
The Leadership Institute, sponsored by the Dean of Students office, is an intensive day and a half long program where participants had the opportunity to explore who they were as leaders, hear real stories about the undocumented and immigrant experience in the United States, and gain insight into how people are bridged through their experiences. Featured speakers were José M. Hernández, American engineer and former NASA astronaut, and Julissa Arce, Co-founder and Chairman of the Ascend Educational Fund. This conference was very well attended, had volunteers and presenters from all over campus – including ODS, and made a lasting impact on the lives of those in attendance.
DISABILITY AWARENESS WEEK RECAP

PLEDGE DAY IN THE QUAD
ODS was out and about during Disability Awareness Week! The first day of Disability Awareness Week featured outreach on the Quad where students could sign a pledge to “Foster Equality and Embrace Diversity.” Over eighty students took the pledge to foster equality and diversity in their daily interactions with fellow Bobcats!

DISABILITY IN THE WORKPLACE
BROWN BAG LUNCH SERIES
Working with both community and campus partners, ODS sponsored a Brown Bag Lunch discussion event. With speakers from Disability Rights Texas and the Texas State Career Center, participants learned about the role that disability plays in the workplace, from applications to interviews and workplace accommodations after hiring. If you are a student with a disability, and are looking for information about employment, make sure to get in touch with the Career Center and see what resources they have for you!

I AM VET PROGRAM PART II
More than just a vet panel was made to address assumptions, misconceptions and rumors about nontraditional students and student veterans that identify with a disability. The event took place in the LBJ Student Center during Disability Awareness Week facilitated by Mr. Jonathon Tyner, ODS case manager. The panelist discussed concerns and remedies to basic social issues and conflicts regarding accommodations and respect principals. Additionally tackling the great stigma toward veterans and PTSD: “Society and media perpetuate stigma around PTSD diagnosis has been "demonized." Many people are fearful of veterans who have PTSD, but many people have PTSD,” Colton said. “It's not strictly relegated to veterans though society presents it as such.”

ODS OPEN HOUSE, COME GET THE SCOOP
ODS hosted an open house and ice cream sundae social for students, faculty, and staff to come out and meet the ODS staff, learn more about the accommodations process, find out what other services we offer, getting a scoop on the current happenings in the ODS office, as well as getting a sweet treat!