ACCESSIBILITY IN ACTION

The Newsletter of the Office of Disability Services at Texas State University February, 2019

Full Swing into the semester, ODS wants you to know:

• Upcoming Outreach Events
• How to Register with ODS
• Disability Articles
• Outreach
• Tips and Tricks
• Useful Campus Resources

UPCOMING OUTREACH EVENTS

♦ Monday, April 8th, 2:00 PM – 4:00 PM, World Health Day Event: "We Are One Initiative: Texas State, LBJSC 3-5.1 University 2019" Epilepsy Training*
♦ Thursday, April 11th, 11:00 AM – 2:00 PM, HIV/AIDS Awareness Day, Free AIDS testing by Community Action Group, LBJSC 3-9.1, 3-10.1 and 3-11.1 and HUB*
♦ Wednesday, May 1st, 4:00 PM – 8:00 PM, Healing Arts, LBJSC 3-3.1 and 3-7.1
♦ Ongoing Texas Bold and Beauty Project. http://texasboldbeauty.com/ Point of Contact Pam Showalter at pam_showalter@gmail.com or Bob Cook at bobcooktexas@gmail.com
How to Register with ODS

1) Go to ods.txstate.edu (Pictured to the right)

2) Click the paw print icon labeled “Register With ODS”

3) Fill out the CSI (Confidential Student Information) Form. This is required to register for services with ODS.

4) Send any additional documentation* of the student's disability to our office, through the website, or fax to 512.245.3452.

5) ODS will review the need for accommodations and support services based on the student's disability documentation and disability-based need. ODS has up to 30 business days of receipt of the documentation to decide appropriate accommodations.

6) ODS will notify the student to set up an appointment via their Bobcat Mail after determining appropriate accommodations.

7) After meeting with an ODS specialist, the student can request their Accommodation Letter in the ODS office which will be ready within 3-5 business days.

*Documentation is not accepted via email. If you need to submit documentation electronically, contact ODS for a File Locker, secure, upload link.
AN EVENING WITH DR. CAROLYN WEST

On Thursday, February 14, Dr. Carolyn Marie West, Associate Professor of Psychology, at the University of Washington Tacoma, spoke to an enchanted and enlightened group of Texas State University faculty, staff and students.

Touted as an evening With Dr. Carolyn West, the purpose of this session was to cover a broad range of sexual violence in the lives of African American womxn. Based on the documentary, Let me tell ya'll 'bout Black chicks: Images of Black women in pornography, audience members learned about the links between historical trauma and contemporary sexual victimization and activism (#MeToo movement).

In addition, participants identified risk factors that elevated Black womxn’s vulnerability to sexual assault and reviewed the physical and mental health problems associated with their victimization.

The session highlighted the resilience of African American survivors and culturally sensitive techniques that can be used by professionals.
On Monday, February 18, 2019, Dr. Harlan Ballard, Outreach, Assessment and Retention (OAR) Coordinator for the Office of Disability Services (ODS) conducted back-to-back presentations to the Texas State University Freshman Council and Student Senate. The purpose of the presentations to the student body leaders served multiple purposes. First, it gave Dr. Ballard who joined Texas State and ODS at the start of the last semester an opportunity to formally introduce himself as the OAR and to discuss the mission of ODS. It also allowed for an opportunity to advocate support for our Texas State students with disabilities. Dr. Ballard discussed with the campus leaders were ways to increase support and attendance of ODS Activities and Events and to solicit volunteers for upcoming and future ODS activities.

**The Bold Beauty Project (BBP)**

BBP’s subject is the bold beauty of women with disabilities. The goal -- to tell each model's story through her photograph (and accompanying bio) to raise awareness about women with disabilities and change how people perceive a woman's beauty. All the models are volunteers. The People's Gallery in Austin's City Hall has decided to display the exhibit throughout 2019 as its first themed show.

VIRAL SIGN LANGUAGE ANTHEM CUT FROM THE SUPER BOWL

THE WASHINGTON POST

A viral, sign-language interpretation of the “The Star-Spangled Banner”, “America the Beautiful” and other songs performed before Super Bowl LIII in Atlanta songs were cut out of prime time.

But while the television audience saw in homes around the world saw Gladys Knight belt out “The Star-Spangled Banner” and the sister duo Chloe X Halle give a soulful, harmonized rendition of “America the Beautiful,” they did not the other performance happening right next to the singers on the field — D.C. resident Aarron Loggins doing a theatrical, and quickly viral, sign-language interpretation of the songs.

D.C. resident Aarron Loggins, 34 — a dancer, performer and graduate of Gallaudet University — was selected to do an ASL performance of the two songs by the National Football League and the National Association of the Deaf.

Some people on social media were not happy that Loggins’s act was cut out of prime time.

Loggins, who was named Mister Deaf International in 2014, said he was proud of how he performed.

He said that although he is deaf, he was able to synchronize his performance with the singers by using an interpreter who gave him cues about whether the singers drew out certain words in the songs. He also said there was a rehearsal with the singers that helped him prepare.

“I rehearsed and came fully prepared to give my best rendition using all of my theatrical and emotional skills,” Loggins said in an email interview with The Washington Post.

He added: “I am grateful that my delivery has done honor to ASL and the deaf and hard of hearing community.”

A video of his performance, posted by the National Association of the Deaf on Facebook, has been viewed more than 1 million times and shared by more than 23,000 people.

Here is a link to the video https://apple.news/AHt4spnxwQou3BXsS55KKehg?v=1
JUBA, South Sudan — It’s been more than five years since John Gatwang was abducted by South Sudan’s government soldiers. “If I had good legs, I don’t think I would have been captured,” he said.

Playfully smacking each of his prosthetic limbs with his cane, the 47-year-old mops beads of sweat from his forehead before lowering himself into a plastic chair in the civilian protection site — an internally displaced people’s camp run by the United Nations — in South Sudan’s capital, Juba. The former soldier lost both of his legs below the knees while fighting for independence from Sudan in 1990. It took 10 years before he was fitted with prosthetics and while he says they’ve changed his life, day-to-day living remains a challenge, especially in a fragile setting.

“We found that there was still some challenges among humanitarian workers — they are not always sure how to work with people with disabilities or how to communicate with people with disabilities.”

- Kelly Thayer, emergency coordinator, Humanity & Inclusion

Before erupting into conflict in 2013, approximately 5 percent of South Sudan’s population was living with disabilities, as per a 2008 nationwide census. Five years of fighting, however, have devastated the country, killing almost 400,000 people, displacing millions, and tripling the number of people estimated to be living with disabilities to 15 percent, according to a 2017 study by Humanity & Inclusion — former Handicap International — and the U.N.’s International Organization for Migration
On Wednesday, February 6th, ODS hosted the annual National Black HIV/AIDS Awareness Day in commemoration of National Black History Month from 11:00 AM – 2:00 PM LBJSC 3-9.1, 3-10.1 and 3-11.1 and HUB. Participants were given a free AIDS test sponsored by Community Action Group, Inc. In addition to light refreshments, popcorn and other snacks, participants were also able to partake in free Healing Arts activities which gave everyone an opportunity to paint, color, sketch and do other arts related activities while viewing free HIV/AIDS related film screenings. A record 54 students were tested! This is one of two free HIV testing events sponsored by ODS each semester. The next scheduled HIV/AIDS Awareness Day event is Thursday, April the 11th, 11:00 AM – 2:00 PM in LBJSC 3-9.1, 3-10.1 and 3-11.1 and HUB and will again include free AIDS testing by Community Action Group.
The Office of Disabilities bids farewell to two key members of the ODS Staff, Administrative Assistant II Amairany Villa and GRA Kacie Panvica. Ms Villa departed ODS in January to attend Law School while Ms Panvica left to begin a career in the field of public affairs/public relations.

The Office of Disabilities welcomes the newest full-time staff member, Ms Amber Cantu.

Amber Cantu is extremely proud to be taking on the role of Administrative Assistant II within the Office of Disability Services. Her journey with Texas State University began in the Fall of 2013 as an incoming freshman student. Within her undergraduate studies, she served as the president of Transient Dance Collective and as member of CIMTEYA (Creation in Motion Touring Ensemble for Young Audiences).

Ms Cantu graduated from Texas State in 2017 with a B.F.A in Dance Studies and a B.A in Psychology.
The Office of Disability Services took part in the first of two of Bobcat Days of the Spring 2019 semester sponsored by the Undergraduate Admissions. The event took place on Saturday, February 6 from 9:00 AM – 12:00 and was held throughout the third floor of the LBJ Student Center including the ballroom and adjacent meeting rooms in the LBJSC. A record number 2360 students registered for Bobcat Day, but we are happy to report that we had a total of 5,084 attendees at our February Bobcat Day (1,861 students with 3,223 guests). Of these, 46 prospective students and their parents stopped by the table set up by ODS to inquire about the services ODS offers. This was a record attendance for Bobcat Day and created an exciting event for our guests. The next Bobcat Day will be on April 6th, 2019 and over 800 students have registered to attend.
TIPS AND TRICKS FOR STUDYING FOR STUDENTS WITH DISABILITIES

1. Seek out help when you need it.
Support from others is key to success. Don't get discouraged; find a learning coach or a tutor to help you with picking classes, creating a study schedule and planning. Also, consider joining or forming a study group to increase your learning and help you stay on track.

2. Map out how you will use your time.
With more unscheduled time and lots of extracurricular activities in college, it can be easy to fall behind in coursework. Find a time management tool that's easy and convenient for you, like a daily planner or a PDA, and set aside 15 minutes daily to map out your day. Be realistic about the time your tasks will take and remember to schedule in breaks and adequate sleep.

3. Plan ahead, especially for final projects and tests that are a big part of your grade.
Break down assignments into smaller, more manageable chunks, using the syllabus that the professor gives out the first week of school. For example, if you know reading a chapter of a dense biology textbook takes you several hours, break it into sections and plan to read a section a day.

4. Learn how you learn.
It sounds obvious but figuring out how you learn best can really help you understand, absorb and retain material much more effectively. Figure out if you are a visual, auditory or hands-on learner, and then study in a way that matches the strengths of your learning style.

5. Be an active learner.
When reading for class, stop yourself and ask: "What does this remind me of? What is the main point?" By associating new facts with things you already know, you improve your memory and understanding. Choose classes that are interesting to you to make the learning meaningful and fun.

6. Create effective study routines.
Find a study place that is distraction-free, such as the library stacks or alone in your dorm room. Your study spot doesn't have to be a quiet place; some people find that music helps screen out distractions.

7. Organize your study space.
Clutter at your desk makes it tough to work. Make a task list of the things you need to get done and keep it in your work space. Develop study routines so that your study habits are conducive to learning.

8. Start early.
Fear of failure or feeling overwhelmed are some of the main reasons that students procrastinate. If you have difficulty getting started, don't be afraid to talk to the professor or a tutor. They can help.
Useful Campus Resources

**Academic Support Services**

- **Academic Advising Offices**
  advising.txstate.edu
- **Student Support Services**
  http://www.sdi.txstate.edu/sss/
  512.245.2275
- **Student Learning and Assistance Center**
  Offers free tutoring to students
  txstate.edu/slac
  Alkek Library, 4th Floor 512.245.2515
- **The Writing Center**
  writingcenter.txstate.edu
  ASBN 100 512.245.3018
- **The Math Lab**
  math.txstate.edu/resources/lab.html
  Derrick Hall 233 512.245.2074
- **PACE MAC Academic Coaching**
  Connecting students to academic tools
  http://pace.txstate.edu/mac/
  Commons Hall, 2nd Floor 512.245.7223
- **Collaborative Learning Center**
  STEM tutoring for students
  http://hlsamp.cose.txstate.edu/clc/clc-tutoring.html
  RF Mitte #4205 512.245.7464
- **Tutor Corps**
  Free tutoring for veterans from veterans
  txstate.edu/tutorcorps/
  Alkek Library, 4th Floor 512.245.2515

**Additional Support Services**

- **Career Services**
  Free career preparation services
  careerservices.txstate.edu
  LBJ Student Center, 5th Floor (5-7.1) 512.245.2645
- **The Counseling Center**
  Free counseling services to students
  counseling.txstate.edu
  LBJ Student Center, 5th Floor (5-4.1) 512.245.2208
- **Attorney for Students**
  Legal services for students
  http://attorney.dos.txstate.edu/
  LBJ Student Center, 5th Floor (5-1.5) 512.245.2370
- **Financial Aid and Scholarships**
  Office of financial aid services on campus
  finaid.txstate.edu
  J.C. Kellam, 240 512.245.2315
- **iTAC**
  Information Technology Assistance
  tr.txstate.edu/itac.html
  Math Computer Science (MCS), 2nd Floor 512.245.4822
- **Bobcat Bond**
  Request a peer mentor
  studentsuccess.txstate.edu/programs/bobcat-bond.html
  RMP Center for Student Retention 512.245.5500