



# The Office of Accessibility Newsletter

## Make Plans for a Successful Semester!

We are glad you chose The University of Akron. The Office of Accessibility is looking forward to assisting you this semester. It's an exciting time to be a ZIP!

We encourage you to get involved in Campus activities. Plan to attend as many ZIP Football games as you can, join a club or organization or just hang out at the Student Union. There is so much to do on campus, take time to check it all out! Be willing to try something new. You never know who you might meet.

This is the time to challenge yourself socially as well as academically. As a student registered in the Office of Accessibility (OA), you will be receiving email correspondence from us throughout the Fall 2016 semester. Our Success emails, as well as our Office of Accessibility Newsletter are ways we try to keep you posted on things that are happening in the OA, as well as events and activities on Campus.

The staff in the Office of Accessibility is here as a resource for you. We can assist you with any accessibility issues, but think of us when you don't know what office to contact or who you need to talk with. If we can't help you, we will find the person or office you need to go to.

We are looking forward to seeing you this Fall 2016 semester. Stop in to the Office of Accessibility and say hi. Let us know if there is anything we can do to assist you this semester.

Take time to enjoy our beautiful campus and let us know how your semester is going!

Kindest regards,

Kelly Kulick  
Director  
Office of Accessibility

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# College Survival Kit—Pathway to Success

## Academic Performance Steps

### **Improve Your Grades Without Studying More!**

Thurs., Sept. 22 M. Akinfosile 1 p.m.  
Learn strategies to improve your attention, understanding, and memory, based on the connections between mind and body and get better grades!

### **Reduce Test Anxiety**

Mon., Oct. 3 J. Martin 1 p.m.  
Reduce the anxiety and stress related to test taking.

### **Improve Your Comprehension & Notetaking Skills**

Fri., Oct. 14 J. Martin 10 a.m.  
Learn critical thinking skills, effective study techniques and how to take good notes.

### **Good Sleep and Academic Performance**

Fri., Oct. 28 M. Altieri 11 a.m.  
Learn how sleep (or lack thereof) affects our bodies and study skills

### **Good Sleep and Academic Performance**

Fri., Nov. 6 M. Altieri & R. Crain 11 a.m.  
Learn how sleep (or lack thereof) affects our bodies and study skills.

### **Overcome Procrastination**

Fri., Nov. 4 J. Martin 10 a.m.  
Learn strategies to overcome procrastination.

## CHOOSING A MAJOR/CAREER PLANNING

### **Managing Sexual Orientation/Gender Identity in the Workplace**

Tues., Oct. 18 E. Hayden 1 p.m.  
Come discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace.

### **Heart + Head = Hustle**

Fri., Oct. 28 N. Chapman 1 p.m.  
Hustle teaches participants how to identify work that aligns their heart (addressing the social and environmental issues that most move them) and their head (using their unique gifts).

## WHO WE ARE

### **Safe Zone Ally Training**

Mon., Sept. 19 E. Hayden 1 p.m. – 3 p.m.  
Learn how to support the gender and sexual minority community and create an affirming campus climate.

### **Mosaic: Women of Color**

Wed., Sept. 21 J. Lee & R. Akinfosile 1 p.m.  
A workshop for women of color to address academic/life stressors, develop a community of trust, and to facilitate the adjustment process at a PWI (Predominately White Institution).

### **Culture Shock**

Tues., Sept. 27 J. Lee & N. Keramidas 11 a.m.  
Discuss signs/symptoms of culture shock, understand stages of cultural adaptation and learn coping strategies

### **Trailblazers: First Generation College Students Tell Their Stories**

Fri., Sept. 30 D. McDonald & N. Keramidas 11 a.m.  
Share your experiences as a first generation college student, identify unique stressors and establish strategies for success.

### **I Am Not My Hair**

Fri., Oct. 7 M. Akinfosile 1 p.m.  
Body image and colorism concerns of Black Women.

### **Transgender Awareness**

Tues., Oct. 11 E. Hayden 11 a.m.  
Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

## THINK ABOUT IT

### **She Was Asking For It: Beliefs and Myths About Sexual Assault**

Mon., Sept. 26 E. Hayden & M. Akinfosile 1 p.m.  
Learn some common beliefs about rape and how these relate to your likelihood of being involved in a sexual assault

### **Empowering the Bystander**

Fri., Oct. 21 J. Martin & E. Hayden 1 p.m.  
Learn how to identify and act to prevent sexual violence by distracting, delegating or intervening to create a safe environment for everyone.

## INCREASING WELLNESS

### **Suicide Prevention**

Wed., Sept. 7 E. Hayden 11 a.m.

Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

### **Supersize Your Relationships – Part One**

Wed., Sept. 16 S. Rieder Bennett 3 p.m.

Learn introductory skills to develop new and better relationships.

### **Coping With Grief**

Tues. Oct. 4 M. Akinfosile 1 p.m.

Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

### **Stress Management Through Biofeedback**

Wed., Oct. 5 E. Hayden 11 a.m.

Biofeedback teaches you to consciously improve your body's response (e.g. heart rate rhythm) to stress through information provided by computer graphics and tones. It is useful for reducing test anxiety and general life stress.

### **Discussing Our Choices**

Mon., Sept 12 M. Altieri & N. Keramidas 1 p.m. – 3 p.m.

Wed., Sept. 28 E. Hayden 10 a.m. – 12 p.m.

Fri., Oct. 14 J. Lee 2 p.m. – 4 p.m.

Tues., Oct 25 D. McDonald & N. Chapman 9 a.m. – 11 a.m.

Fri., Nov. 11 J. Lee & M. Akinfosile 1 p.m. – 3 p.m.

Fri., Dec. 2 M. Altieri 10 a.m. – 12 p.m.

Thur., Dec. 8 E. Hayden 1 p.m. – 3 p.m.

Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

## SUPPORT GROUPS

### **Supersize Your Relationships Group**

M. Altieri & M. Akinfosile

Tue., Begins Sept. 27 2:30-4:00 p.m.

S. Rieder Bennett & N. Keramidas

Wed., Begins Sept. 28 3:30 -5:00 p.m.

D. McDonald & N. Chapman

Mon., Begins Oct. 10 3:00-4:30 p.m.

\*Learn and apply skills to build successful and lasting relationships with support from others.

### **Anxiety Management Group**

J. Lee (4 sessions)

Thurs., Oct. 6 – Oct. 27 2:00-3:00 p.m.

J. Lee & C. Smith (4 sessions)

Tue., Nov 1 – Nov. 29 1:00-2:00 p.m.

\*Learn the types and symptoms of anxiety and practice better coping skills.

## SUPPORT GROUPS (Continued)

### **Acceptance and Commitment Therapy Group (ACT)**

M. Altieri & E. Hayden (4 sessions)

Mon., Oct. 3 – Oct. 24 2:00-3:00 p.m. M.

Altieri (4 sessions)

Mon., Oct. 31 – Nov. 28 2:00-3:00 p.m. E. Hayden & M. Akinfosile (4 sessions)

Wed., Nov. 2 – Nov. 30 11:00 am – 12:00 p.m.

\*Learn skills to assist to deal with life struggles. An ideal group for people with depression or anxiety.

### **Understanding Emotions Group**

D. McDonald & S. Sanders (5 sessions)

Wed., Oct.19 – Nov. 16 1:00-2:00 p.m.

\*Learn how to better understand and cope with your emotions.

### **Divergent: Live Your Strengths Group**

N. Chapman & N. Keramidas (6 sessions)

Thurs., Oct.20 – Dec. 8 3:00-4:00 p.m.

\*Discover your strengths and learn to use them to reach your goals.



Counseling &  
Testing Center

Image received from: <http://www.uakron.edu/counseling/>

\*Please **sign up in advance** and arrive on time for these workshops. Sign up for programs by contacting the Counseling and Testing Center, Simmons Hall Room 306 or call (330) 972-7082.

\*Programs are in Simmons Hall room 306. Space is limited and late arrivals will not be admitted.

To see a complete list, please visit:

<http://http://www.uakron.edu/counseling/resources/SurvivalKitFall2016.pdf>

## Tips for Discovering the Right Major

Here are four ways to help choose a major for a student who may be Undecided:

- 1). Seek out help: It's extremely beneficial to you to utilize your school's resources when it comes choosing a major. You may be able to work closely with the career center to determine your major, taking personality tests and working with advisers.
- 2). Explore: Another option is to spend a semester taking one or two entry level courses within a major you're interested in. You may initially think you would love psychology as a major, but after taking a class you may realize that journalism is exactly where you belong. Your perceptions of certain majors may not be entirely accurate, so don't be afraid to get your hands dirty and enroll in a few classes that sound interesting to you.
- 3). Be introspective: The most important component of choosing a major is getting to know yourself better. This sounds like a difficult task, but there is no better place to do this than college.
- 4). Be proactive: Go to the meetings of a few academically focused clubs you're interested in, such as Pre-Nursing Club or Engineering Student Council. Attend the events—like speakers or seminars—hosted by your prospective academic departments. Speak with other students who are enrolled in the schools you're considering. Being proactive in your search for a major will be your best asset.

Information retrieved from: <http://www.usnews.com/education/blogs/twice-the-college-advice/2011/11/15/10-tips-for-choosing-the-right-major>

## Get Involved: DIVERSITY WEEK 2016

### ALL WEEK

**DIVERSITY WEEK TABLING** Location: Student Union 2nd Floor Concourse Time: 11:00am-1:00pm

**WALL OF OPPRESSION** Time: 11:00am-1:00pm Location: Student Union 2nd Floor Concourse

**PIN YOUR HOME BOARD** Time: All day Location: Various locations Around Campus



### MONDAY, SEPTEMBER 19TH

#### CARIBBEAN DAY

Time: 11:30am- 1:00pm

Location: Student Union 335

Hispanic Heritage Month

#### HEALTHY TEENS SUMMIT PROGRAM

Time: 11:00am-1:00pm

Location: Student Union 2nd Floor Concourse

#### SAFE ZONE! BECOMING A GENDER/SEXUAL

#### MINORITY ALLY

Time: 1:00pm- 3:00pm

Location: Simmons Hall 306

#### CULTURAL PRESENTATION- LATIN AMERICA

Time: 3:00pm

Location: Student Union 310

### TUESDAY, SEPTEMBER 20TH

#### TAI CHI

Time: 8:00am-10:00am

Location: Coleman Common Labyrinth

#### SALSA DANCING CLASS

Time: 4:00pm- 6:00pm

Location: Student Union 335

#### LGBTU MEETING & LIFE-SIZED GAME OF LIFE

#### SCAVANGER HUNT

Time: 7:00pm- 9:00pm

Location: Student Union Theatre

### WEDNESDAY, SEPTEMBER 21ST

#### MOSAIC: WOMEN OF COLOR

Time: 11:00am- 12:00pm

Location: Simmons Hall 306

#### DIVERSITY FEST

Time: 12:00pm- 2:00pm

Location: Student Union Piano Lounge

#### UNITY MIXER

Time: 6:00pm- 8:00pm

Location: Student Union Ballroom A

#### GENDER SPLENDOR: GROUP WORKSHOP

#### WITH KATE

#### BORNSTEIN'S MY GENDER WORKBOOK

Time: 6:00pm- 8:00pm

Location: Student Union 310

### THURSDAY, SEPTEMBER 22ND

#### DIVERSITY EXHIBIT- WE HAVE FAITH

Time: 8:00am- 5:00pm

Location: Student Union Piano Lounge

#### SPANISH CONVERSATIONS

Time: 12:00pm-1:00pm

Location: Student Union Piano Lounge

#### WALL OF OPPRESSION - TEAR DOWN RALLY

Time: 1:00pm

Location: Student Union Piano Lounge

#### KITE FLYING

Time: 5:00pm-7:00pm

Location: Coleman Common

### SOCIAL IDENTITY DRIVEN LEADERSHIP STUDENT WORKSHOP

Time: 7:00pm- 8:30pm

Location: Student Union 312

### FRIDAY, SEPTEMBER 23RD

#### DIVERSITY EXHIBIT- WE HAVE FAITH

Time: 8:00am-5:00pm

Location: Student Union Piano Lounge

#### MEN & MASCULINITIES DISCUSSION

Time: 12:00pm- 1:30pm

Location: Student Union 335

#### OVERCOMING THE MISCONCEPTION:

#### DISABILITIES

Time: 12:00pm- 2:00pm

Location: Student Union 2nd Floor concourse/

Piano Lounge

#### SALSA DANCING CLASS

Time: 4:00pm- 6:00pm

Location: Student Union 335

#### CONSTITUTION DAY CELEBRATION AND OATH

#### FOR NEW CITIZENS

Time: 4:00pm

Location: Akron- Summit County Public Library

#### PIN YOUR HOME PRESENTATION

Time: 4:00pm

Location: Bierce Library 154

#### ZPN FILM SERIES: SPARE PARTS

Time: 6:00pm

Location: Student Union Theatre

## Important Reminders

### Testing in The Office of Accessibility, Counseling Center and CBA&E:

- ◆ If you have an alternative testing accommodation and are testing in the OA or the Counseling Center, please remember to schedule your test at least **4 business days** prior to the day you would like to take the test. Tests can be scheduled by the student through the STARS website, <https://andes.accessiblelearning.com/Akron/>, under the Alternative Testing tab. For assistance in scheduling tests, please contact our office.
- ◆ If you are taking a test in the Computer Based Assessment and Evaluation center, you must confirm with the instructor at the beginning of the semester that they will be using their exam accommodations. You will also need to provide CBA&E with a copy of your accommodation letter. Accommodation letters may be printed from STARS.
- ◆ Due to the large volume of testing accommodations, some students may find that their testing location has been moved to the Counseling Center-Testing Services. If you are one of the students whose testing location has been moved, you will be notified by your Disability Specialist. If you have any questions or concerns regarding your testing accommodations, please contact your Disability Specialist.

### Request your accommodations:

- ◆ Make sure to request your accommodations at least **1 week prior** to the beginning of classes for the upcoming semester.
- ◆ If you are receiving transcribers or interpreters as an accommodation for next semester, it is recommended that you submit these long term transcriber and interpreter requests at least **six weeks prior** to the beginning of the semester.

### Notetaking accommodations:

- ◆ If you are utilizing notetakers as an accommodation this semester, please remember to only request notetakers for courses in which they will be needed. This does not include out of classroom experiences (labs, online, recitations, etc.). Please contact the Notetaker Coordinator at [ooaga1@uakron.edu](mailto:ooaga1@uakron.edu) if you need assistance.

### Order your textbooks:

- ◆ Make sure you order your textbooks before classes start so you can be prepared for your first day of classes.

### Important Dates

**August 29, 2016**  
Fall Semester 2016  
classes begin

**September 5, 2016**  
Labor Day Holiday-  
University Closed

**October, 2016**  
Spring 2017  
registration begins

**November 24-27,  
2016**  
Thanksgiving Recess

**December 11, 2016**  
Final Instructional  
Day for Fall 2016  
classes

**December 12-18,  
2016**  
Finals Week

**December 16-17  
2016**  
Fall 2016  
Commencement

**December 20 2016**  
Final Grades Due

## Updated OA Student Handbook

The Staff in the Office of Accessibility strives to provide students with the most current information regarding the provision and coordination of academic accommodations. In continuing these efforts, the staff asks that you please take the time to read through the Office of Accessibility's Student Handbook, provided below. After reading the handbook, you will be required to sign the Student Handbook Agreement in STARS before navigating through your account. Once you log into STARS, you will see a pop up box which reminds you to sign the Student Handbook Agreement. Should you have questions regarding the Student Handbook or the Student Handbook Agreement, please contact your Disability Specialist.

Link to the Office of Accessibility's Student Handbook:  
<http://uakron.edu/dotAsset/743584.pdf>



# Meet the OA Staff!

## **Kathleen (Kelly) Kulick, M.Ed.,CRC**

Kelly is the Director for the Office of Accessibility. Kelly has 17 years of experience working with students with disabilities in higher education. Kelly earned both her Undergraduate and Master's degrees from Kent State University and is a Certified Rehabilitation Counselor. Kelly has worked extensively with the Bureau of Vocational Rehabilitation in Akron as well as other community agencies that work with individuals with disabilities. Kelly enjoys being part of The University of Akron family.

## **Jessica DeFago, M.A.**

Jessica is the Associate Director whose area of specialty is working with students with learning disabilities and ADHD. An alumnus of The University of Akron, Jessica has a Masters Degree in Higher Education Administration. Jessica is dedicated to helping students learn how to navigate and succeed in higher education through developing study skills and self-advocacy skills. Jessica also works closely with University students, faculty, staff and area high schools through department outreaches and educational opportunities.

## **Ashley Poulos, M.Ed.**

Ashley is a Disability Specialist and Service Coordinator for the Office of Accessibility. She works primarily with students who have physical disabilities, visual impairments, and chronic health disabilities. She received a Bachelor of Arts in psychology from Kent State University and received her Masters of Education in Community Agency Counseling from Cleveland State University.

## **Melissa Simmons, M.Ed.**

Melissa is a Disability Specialist and the Notetaker Coordinator. She received a Bachelor of Science degree in Human Development and Family Studies from Kent State University and a Masters of Education degree in School Counseling from the University of Cincinnati. Melissa has 5 years of experience working with students with disabilities and feels passionate and dedicated to partner with students in helping them reach academic success.

## **Victoria Colella**

Victoria (Tori) Colella is a Disability Specialist and Service Coordinator with the Office of Accessibility. She received a Bachelor of Science degree in Education from Kent State University and majored as an Intervention Specialist Moderate to Intensive. She also received a Masters of Education with a Transition to Work endorsement. Tori had previous experience in her graduate program working with individuals with disabilities in higher education and is very excited to be joining the Office of Accessibility. She believes that everyone deserves the opportunity to succeed and hopes to help students reach their goals in higher education.

## **Leigh Sveda**

Leigh is the Adaptive Technology and Service Coordinator for the Office of Accessibility. She graduated from The University of Akron with a Bachelor of Arts degree. She is responsible for the administration and implementation of alternative media for students with disabilities, the supervision of student assistants and administration of STARS. Leigh also oversees the adaptive technology lab housed in the office.

## **Maddie Schulz B.A.**

Maddie is the Graduate Assistant at The Office of Accessibility. She has a Bachelor's of Arts in Interior Design from The University of Akron. After working in the field for a few years, she decided to follow her true passion of helping others. Maddie is currently a graduate student at The University of Akron in the Speech-Language Pathology program. She works as an advocate for students with disabilities as they pursue their academic goals in higher education.

## **Rita Hammett**

Rita Hammett is the Test Monitor for the Office of Accessibility. Rita has 6 years of experience working in the testing environment with The University of Akron. She is responsible for coordinating testing for students who are registered with Office of Accessibility and receive testing services. Rita is excited to work with both faculty and students to make alternative testing an easy, smooth process. In addition to her testing duties, Rita will be working the front desk, helping students become registered with our office, answering questions, managing student workers and assisting students in becoming comfortable with our office. Stop in and say hi to her!

## Meet the OA Student Assistants!

### Emily Lather

Emily is the office assistant and has been an employee at the Office of Accessibility for two years. She is a senior biology major with a minor in chemistry. She is preparing for a career in the medical field as a family physician and intends on opening her own practice.

### Taylor Foster

Taylor has worked at the Office of Accessibility for 1 year. A communication major, she is focusing her studies toward public relations and is pursuing a minor in Professional Writing. She is currently a junior and expects to graduate in Spring 2018.

### Cora Bair

Malia is a Junior at The University of Akron. She is currently earning a Bachelor's Degree in Biology while also working on campus at the Office of Accessibility as a Student Assistant. In her free time she enjoys reading books about anti utopian societies and watching Orange Is The New Black on Netflix.

### Kelsey Davis

Kelsey is a 2nd year graduate student in Speech and Language Pathology. As a member of the Consortium of Listening and Spoken Language, she is specializing in working with children with hearing loss and their families. Kelsey completed her bachelor's degree in Communication Sciences and Disorders from Ohio University.

### Megan Hanft

Megan is brand new to the Office of Accessibility! She is a sophomore pursuing a degree in Public Relations with a minor in Spanish. She hopes to one day have a career in an embassy.

### Laura Hurst

Laura is a new employee at the Office of Accessibility. She is a junior majoring in International Business with a focus in German. In the future she hopes to study abroad and graduate her senior year.

## Disabilities Awareness Week

Come join The Office of Accessibility for Disabilities Awareness Week:  
October 31st— November 4th, 2016!

**Monday**  
October 31

**Photo Booth**  
with Zippy!!!

Student Union Lounge  
10am—2pm

**Tuesday**  
November 1

**Note-taking**  
**Apps!**

Student Union Market  
and Bierce Library  
11 am—2 pm

**Wednesday**  
November 2

**ACCESSIBILITY**  
**AWARENESS**  
**SCAVENGER HUNT**

Office of Accessibility  
Simmons Hall 105  
9 am—3 pm

**Thursday**  
November 3

**SPREAD THE WORD**  
**TO END THE WORD**

Student Union Market  
11am—2 pm

**Friday**  
November 4

**WagTime Therapy**  
**Dogs**

Bierce Library  
10 am—2 pm

## Suggestion Box

We want your feedback! Email [ooaga1@uakron.edu](mailto:ooaga1@uakron.edu) with comments about the current newsletter or ideas you would like to see in future newsletters.

Office of Accessibility  
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E-mail: [access@uakron.edu](mailto:access@uakron.edu)

Fall & Spring Office Hours:  
Monday- Friday 8 a.m.-5 p.m.



Simmons Hall at The University of Akron