

# THE OFFICE OF ACCESSIBILITY

## LETTER FROM THE DIRECTOR

JESSICA DEFAGO, M.A.

The staff in the Office of Accessibility extends our encouragement and support to you, our students, and as this busy semester comes to a close! We are hopeful everyone is finding success this semester while also persevering through set-backs. To think, a break from classes is just around the corner, \*phew\*!! While it might take a bit more motivation to power through the final few weeks of the semester and the next few weeks are going to be stressful, let's just keep our eyes on the prize and power through! Before final projects are due and you sit for final exams, here are some motivational tips to help you get in the right mindset!



1. Make the most of class time and attend all class sessions, pay close attention to lectures, and consult with your instructor and seek clarification.
2. Take advantage of faculty office hours if you're having trouble with a specific topic, in most cases, your professor can help!
3. Find a good study spot, free of distractions, and silence your devices and turn off notifications. These steps will help you maintain your ability to focus for longer stretches of time.
4. Switch up the class you're studying for and rotate course work to avoid loss of concentration or prevent learning fatigue.
5. Tap into your support network! Tutor's, friends, peers, family, or medical doctor's may be able to support you through increased times of stress. Ask for help and support along your educational journey to build your support network.
6. TAKE BREAKS!! Give your mind and body a chance to reset and refresh. For every 30 minutes you study, take a short break to recharge and refocus by standing up, stretching your legs, getting fresh air, and having a snack before hitting the books again.



Warm wishes to you all!!

## SUBMIT FINAL EXAMS REQUESTS IN STARS

It's not too early to start submitting your final exam test requests in STARS to secure your testing appointment for final exams week! Submitting your final exam test requests early allows us the notice we need in order to make sure we are adequately staffed and ready to meet your testing needs. As a reminder, all final exam requests need to be submitted in STARS at least 1 full week in advance. Because finals week is so busy, it is likely we will not be able to accommodate late requests.

Not sure when your finals are? Check your syllabi, talk to your professor, or checked the University's final exam schedule at

[<https://www.uakron.edu/registrar/dates/springexams.dot>].

Need help submitting your final exam requests? Check out our user guide here [<https://uakron.edu/access/docs/stars/How%20to%20Schedule%20Modify%20Cancel%20Exam.pdf>], or give us a call (330-972-7928) and one of our staff members can walk you through it.

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### EMPLOYMENT OPPORTUNITIES ON HANDSHAKE

Are you seeking internship, co-op, or job opportunities? Check out The University of Akron's networking and job board: [Handshake](#).

For assistance with applying including a resume review, cover letter review, mock interview and more, students can contact Career Services at 330.972.7747 or [career@uakron.edu](mailto:career@uakron.edu).

### TUTORING OPPORTUNITIES

Tutoring opportunities are available through the Office of Academic and Retention Support (OARS) for General Education classes as well as Math, Science, Engineering, and Medical geared courses. Please call (330) 972-7760 or email [STEM@uakron.edu](mailto:STEM@uakron.edu). You can also ask your Disability Specialist for a current tutoring schedule or for more information.



# MOVE-OUT DONATION DRIVE

## Consider donating these items before you leave campus!

- Lamps
- Storage binds
- Irons
- Small end tables
- Toasters
- Shelves
- School Supplies
- Small chairs
- Desk items
- Pots/Pans



No clothing, rugs, pillows, beddings, futons, shoes, or cloth items will be accepted. Please consider donating these items to the Salvation Army. Bins to donate to the Salvation Army will be placed in each residence hall parking lot.

Load your new and excellent condition items into the box truck at your hall or bring them to the Orr Lounge.

## COLLEGE2CAREERS

### What is Ohio College2Careers?

OOD is the state agency that helps individuals with disabilities obtain, and retain employment and provide career development services. OOD serves individuals with physical, intellectual, sensory, and mental health disabilities. This new partnership is between Opportunities for Ohioans with Disabilities, Ohio's state college and university system, including The University of Akron, and Ohio businesses. This new partnership includes a C2C counselor located at 15 universities statewide.

### What a C2C Counselor can provide to eligible UA students:

- Provide additional supports for UA students with disabilities who are eligible for OOD services.
- Career exploration & career counseling
- Assistance navigating Ohio Means Jobs resources
- Assistive technology
- Internships & employment resources
- Connection to an expansive employer partner network

Contact UA's C2C counselor, Mara Byers, at:  
Email: [Mara.Byers@ood.ohio.gov](mailto:Mara.Byers@ood.ohio.gov)  
Phone: 330-972-2163



## ADAPTIVE SPORTS OHIO

Adaptive Sports Ohio offers community-based and interscholastic sports for individuals with physical disabilities. At Adaptive Sports Ohio, we remove barriers to ensure that individuals with physical disabilities have a chance to play, and utilize sport to elevate ability and empower futures.

Their community-based sports are open to all ages with program locations throughout Ohio. Multiple sport opportunities are offered including wheelchair basketball, track and field, tennis, cycling, power soccer and more. Reach out to get started today and learn what is available in a community near you.

[info@adaptivesportsohio.org](mailto:info@adaptivesportsohio.org)

**330-601-1400**

# STAFF CONTACT INFORMATION

Need to get in touch with your Disability Specialist or an OA staff member? Please see their contact information below!  
Not sure who your Disability Specialist is? Check in STARS for your Primary Advisor, or give us a call at 330-972-7928.

**Jessica DeFago** Director  
jld4@uakron.edu

**Leigh Sveda** Adaptive Technology & Service Coordinator  
lab10@uakron.edu

**Tess Miller** Associate Director  
tmiller1@uakron.edu

**Natalie Martin** Office Manager & Testing Coordinator  
nab87@uakron.edu

**Heather Rose** Disability Specialist  
hrose@uakron.edu

**Rachael Kosar** Captioning & Service Coordinator  
rkk11@uakron.edu

**Office Information** Front Desk: 330-972-7928  
Office Email: [access@uakron.edu](mailto:access@uakron.edu)

## SUGGESTION BOX

What would you like see in future issues of the Office of Accessibility Newsletter?  
Send your ideas to [rkk11@uakron.edu](mailto:rkk11@uakron.edu).



## OFFICE INFO

**Office of Accessibility**  
Simmons Hall 105  
The University of Akron  
Akron, Ohio 44325-6213

Hours:  
Fall/Spring: M-F 8AM-5PM  
Summer: M-F 8AM-4:30PM

Phone: 330-972-7928  
E-mail: [access@uakron.edu](mailto:access@uakron.edu)

## AFTER HOURS PHONE SUPPORT FOR STUDENTS

Students who desire emergency counseling support in the evening and on weekends may now call the **Counseling and Testing Center at 330-972-7082** to speak with an on-call counselor.

**Call 330-972-7082 and choose option 2 for immediate assistance.**

## CRISIS AND SUICIDE HOTLINE

**National Suicide Prevention Lifeline:**  
call 1-800-273-8255 (TALK)

**Crisis Text Line:** text "HOME" to 741741

**Portage Path Crisis Hotline:** call 330-762-6110

Walk-ins available at:  
10 Penfield Avenue  
Akron, Ohio 44310

<https://www.portagepath.org/our-services/emergency-services/>