

IN THE NEWS..... WITH DSPS

Fall 2010

Volume 3, Issue 2

A Note From The Coordinator: Beth Viersen

Disabled Student Programs and Services is contributing its efforts in providing an informative newsletter to Administrators, Faculty, Staff and Students. Our topic for Fall 2010 is **“Ten Common Sense Ways to Communicate Better:”**

1. LISTEN
I mean really listen. Don't let your mind wander; concentrate on what the person is saying.
2. IF YOU WONDER WHETHER OR NOT TO SAY SOMETHING—DON'T
We have all done this. When you should be listening, you are having an internal debate within your head... “should I say this...maybe not.” If you debate it, don't do it.
3. IF YOU DON'T UNDERSTAND, ASK!
Have you ever agreed with someone, maybe even nodded your head in agreement but really had no idea what the person was talking about?
4. SPEAK THE LANGUAGE OF THE LISTENER
We all are different listeners with varied backgrounds and educations. Talk in terms that they can understand.
5. BE SENSITIVE TO THE RESPONSE OF THE LISTENER
Watch folks as you talk to them. Do they understand what you are saying, or are they just agreeing with you? Are they really listening or are they thinking about what they want to say when you stop talking?
6. CHANGE YOUR TONE AND TEMPO
Vary your voice, tone, and pitch. Sometimes talk fast, then slow. The pause is most effective. And if you really want folks to listen, just whisper.
7. DRESS FOR SUCCESS
Think about your audience and your message, and then choose your attire properly. Your attire will help you deliver your message in an professional manner.
8. BE BRIEF AND KEEP IT SIMPLE
There is no reason to say, “I lament my prorogation” when you can say, “I'm sorry I'm late.” Brief and simple works.
9. ANSWER, “WHAT'S IN IT FOR ME?”
This is what everyone is subconsciously asking. Tell your audience what you have that will benefit them.
10. MAKE THE OTHER PERSON FEEL IMPORTANT
Show a genuine interest in what the person thinks, says, and does; and you will make a positive impression on everyone. Communicate well, one person at a time, and you will continue to prosper.

Inside This Issue

Coordinator's Message	1
DSPS Welcome	2
New Course	2
Who's New in DSPS	2
Disabilities Awareness	3
Counselors Update	3
Free Workshops	3
DSPS Specialized Tutors	4
Club ABLED Faculty/Staff	4

If you have any questions or concerns regarding students with disabilities please contact our main office at ext. 4239. We are here to assist you.

DSPS Welcomes our new Interim President
Robert Garber
 and Vice President of Student Services
Julianna Barnes



**DSPS is hoping to offer a new Self-Advocacy course
 in Fall 2011:**

PDSS 081

Below is the course description from the Cuyamaca College catalog:

Self-Advocacy for Students With Disabilities 1 unit

Prerequisite: None

Corequisite: None

Recommended Preparation: None

1 hour lecture

Designed for students who want to learn more about self-advocacy. Involves prescriptive instruction emphasizing personal empowerment, support systems, understanding one's strengths, and legal and ethical issues including awareness of disabilities. *May be repeated for a maximum of 4 units. Pass/No Pass only. Non-degree applicable.*

Who's New In DSPTS

Lena Nakkash

Front Office Assistant

Lena is the newest member of the DSPTS family. She is currently enrolled in the Interpreter Training Program at Palomar College and working towards getting a Bachelor's degree in ASL/Deaf Studies. Lena is also a Mentored Teaching Assistant for American Sign Language (ASL) and an ASL tutor at Cuyamaca College. In the spare time that she has, she fulfills her duties as the Vice President of the Cuyamaca College Sign Language Association (CCASLA) and performs in the Cuyamaca College American Sign Language Choir (CCASLC). When she finishes her education, Lena would like to become an ASL teacher, specifically with children.

Would you like to learn more about SSI or SSDI?

The **Disability Help Center** offers free seminars.
Students, you can contact them directly for an appointment.

1831 4th Ave. San Diego, CA 92101
(619) 282-1761 www.ssdhelpcenter.org

Join us in Celebrating Disabilities Awareness Week October 25-29

13th Annual Wheelchair Basketball Game
Location: Cuyamaca Gym
October 27th 2010
12:15-1:15pm
"S.D. Xpress" vs. Cuyamaca
Visit the Club Abled Information Booth



DSPS Counselors become LD Specialists

DSPS Counselors **Rachelle Flores** and **Katie Morris** spent the last two years flying to Northern California for trainings to become Learning Disabilities Specialists. Last month, after completing a year-long assignment, our two counselors were certified by the California State Chancellor's Office. We, at DSPS, are excited to have their additional expertise in our program to provide the extra support for our students.

Please join our department in congratulating Rachelle and Katie.

By Beth Viersen

DSPS Free Practical Workshops for Students Fall 2010

Location: High Tech Lab (C-102)

November 15th	3:00 pm-4:00 pm	English Basics: Essay Structure
November 17th	12:00 pm-1:00 pm	Math Basics: Word problems tips and tricks
November 18th	11:00 am-12:00 pm	Computer Basics: File management

All students are welcome to attend.

Workshops are being taught by experienced tutors and will offer question and answer opportunities.

Need a Little Extra Help?

The DSPS High Tech Center has three special assistants for disabled students. Each assistant will offer specialized one-on-one tutoring for DSPS students.

AMAL ODESH

Amal will assist students with Math and Business Office Technology questions.

**Amal is available: Monday, Tuesday & Thursday 9:00am - 12:00pm
Wednesday 12:00pm - 3:00pm**

TAGHRID SITTO

Taghrid will assist students with English and English writing, Child Development, and Computer Science questions.

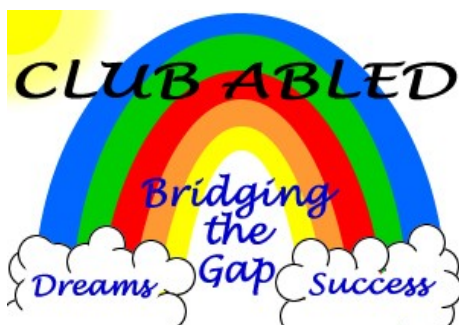
**Taghrid is available: Monday & Wednesday 9:00am - 1:00pm
Tuesday & Thursday 10:00am - 2:00pm**

DANA NEWTON

Dana will assist students with English and English writing, and Computer Science

**Dana is available: Monday-Wednesday 2:00pm - 5:00pm
Thursday 3:00pm - 5:00pm**

**DSPS High Tech Center
Room C102 in the Library
Phone (619) 660-4299**



Club ABLED is a campus club to support our college students with disabilities and any other interested Cuyamaca College students. We would like to make people aware of us and support those who need support. We are always looking for new students to join.

If you would like to join CLUB ABLED, please contact the Club Advisor:

Mary Asher-Fitzpatrick mary.asher@gcccd.edu

DSP&S at the One-Stop

Beth Viersen	DSP&S Coordinator
Mary Asher-Fitzpatrick	Learning Disabilities Specialist
Margaret Jones	Speech & Language Specialist
Monica Farris	Student Service Specialist
Rachelle Flores	Counselor, Adjunct
Katie Morris	Counselor, Adjunct
	Editor, DSPS Newsletter

High Tech Center

Brian Josephson	Alternate Media/HTC Specialist
Jennifer Moore	Learning Assistance Center Specialist
Roberta Gottfried	Test Proctor

Grossmont-Cuyamaca Community College District Governing Board Members:

Rick Alexander, Greg Barr, Bill Garrett, Mary Kay Rosinski, Deanna Weeks ♦ Student Trustees: Christopher Enders, Charles Taylor III
Chancellor: Cindy L. Miles, Ph.D. ♦ Grossmont President: Sunita V. Cooke, Ph.D. ♦ Cuyamaca Interim President: Robert Garber