

DSPS Newsletter

ADDRESSING THE ACADEMIC NEEDS OF STUDENTS WITH DISABILITIES
AND ENSURING AN EQUITABLE ENVIRONMENT.

Disability Diversity in Education

People with disabilities are the nation’s largest minority, and anyone can join at any time. If you do not currently have a disability, there is a 20% chance that you will become disabled at some point in your life. People with disabilities cross all racial, gender, educational and socioeconomic lines. While diversity normally centers on gender and race, limited attention is given to people with disabilities even though they are the world’s largest minority group.

Diversity embraces acceptance and respect of others by understanding that each individual is unique, bringing their own quest for knowledge to Cuyamaca College. A disability is defined as a physical or mental impairment that substantially limits one or more major life activities. The American with Disabilities Act (ADA) of 1990 protects qualified individuals with disabilities from unlawful discrimination in the workplace, including access to training and career development.

Education is the cornerstone of realizing the ADA’s goals of full participation, independent living, economic self-sufficiency and equal opportunity. The American Association of People with Disabilities (AAPD) is committed to promoting access to education from preschool through post-graduate work. They take a

comprehensive approach to educational access, including advocacy, partnerships with education institutions, and programs designed to break down barriers to education. (www.aapd.com)

Including Disability as Diversity in teaching can involve any number of factors, such as making classes accessible to students with disabilities, having lecture notes and PowerPoints available, accommodating your own disability in class, and even including disability studies perspectives in the course content. Let’s work together to create an environment that will empower students with disabilities to act as independently as possible in a supportive atmosphere that promotes self-reliance.

(original article at Disability Diversity in Society, www.disabled-world.com)



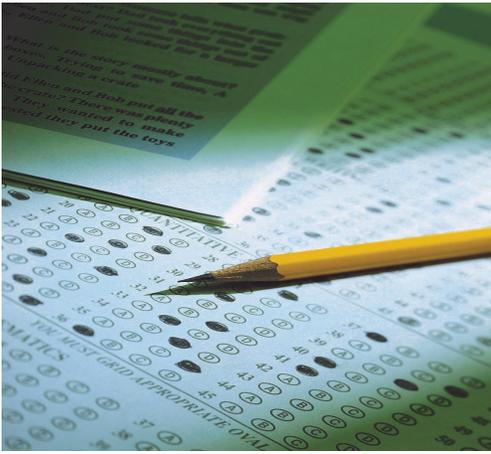
Hours

The DSPS main office (A-113) is open:

Monday: 8:00 am - 6:00 pm
Tuesday: 8:00 am - 5:00 pm
Wednesday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 5:00 pm
Friday: 9:00 am - 1:00 pm

The DSPS High Tech Center (C-114) is open:

Monday: 8:00 am - 5:00 pm
Tuesday: 8:00 am - 6:00 pm
Wednesday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 5:00 pm
Friday: 9:00 am - 1:00 pm



Stressed Out by Tests?

The DSPS Test Proctoring office helps students manage test anxiety by providing a calm, peaceful environment to help students stay focused and succeed in their academic studies.

Located in the DSPS High Tech Center (C-114), the testing rooms have individual study carousels that offer privacy and a distraction-free setting. It's the ideal place for DSPS students to take their exams.

All DSPS students are entitled to test taking facilitations which are described on their Academic Accommodations. A low-stress

quiet environment, and extra time are especially recommended for those who struggle with ADD or ADHD, autism, have concentration difficulties or want an alternative to the pressure of taking tests in the classroom. In addition, we have text-reading software for students who are auditory learners, have dyslexia, or simply understand better when they hear the words.

If you are a current student with DSPS, see Roberta in the High Tech Center to sign up for test proctoring or call her at 660-4577. If you are not registered with DSPS, please call the office at 660-4239 for information.



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900 Rancho San Diego Parkway
El Cajon, CA 92019

Phone:
619-660-4000

See us on the web at:
www.cuyamaca.edu

Top 5 Tips to Reduce Anxiety

Take control of your life - don't let fear run you.

Everyone has frightening or anxious moments. This particular feeling can be detrimental to you because it may stop you from living a normal life. Barton Goldsmith, Ph.D. (excerpt from Psychology today)

- 1. When you wake up tomorrow start doing something right away, and keep busy all day.** Taking action by doing something, almost anything, will help you work through your anxiety. Sometimes it's doing the dishes or working in your garden. Other times it's reading or meditating. Just sitting around and thinking about your worries won't make them go away.
- 2. Anxiety will grow if it's not directed into some positive action.** Find someone who needs you and lend him or her a helping hand. It will almost always take your mind off your problems and fears. Helping others is actually a way of taking action and responsibility for your own healing.
- 3. The opposite of fear is faith.** When you are anxious, a great way to get out of it is to find some faith. Believing that things will get better is sometimes all it takes to make it better. It also helps to never underestimate the power of positive prayer or visualization, if it can cure cancer it can also reduce your anxiety.
- 4. Exercise is another good way to keep from letting your fears overwhelm you.** Sometimes gentle forms of exercise like walking and yoga can be better than a hard workout at the gym. Do what works best for you at the moment and don't worry about breaking your normal routine, that change may actually help reduce your anxiety.
- 5. Courage is not the absence of fear, but taking action in spite of fear.** Doing something new or confronting a fear by taking some baby steps is much more positive than doing nothing. If you need a better reason pick an action that will be helpful to someone else.