

IN THE NEWS..... WITH DSP&S

Spring 2009

Volume 2, Issue 1

A Note From The Coordinator: Beth Viersen

Here at Cuyamaca College we are experiencing major enrollment growth, while unveiling several new buildings. Once again, our goal is to introduce our staff and services and provide disability awareness to the Cuyamaca community.

First, I would like to share 10 ways you can relieve the stress in your life:

1. Identify stressors.

Many people feel totally stressed; some of the emotional symptoms of stress are anxiety, fear, mental pain, frustration, anger, and hopelessness. Focusing on the sources of stress can help you develop ways to better cope with it. Writing down a list of the things that cause you stress is a first step to reducing stressors. The act of writing down a stressor forces you to acknowledge it as a problem. While some problems cannot be easily resolved, others can be easily removed by focusing on solutions.

2. Set priorities.

Some people feel stressed because they have just too many things going on in their lives. Since everyone has a limit of only 24 hours in a day, sometimes you will have to say “no” to some of the demands on your time. Deciding what is most important to you and your family, and then making those things your priorities, will help you to decide which stressful things can be eliminated.

3. Learn to control reactions.

People differ in how they react to stress in their lives. Reactions are really the key to dealing with stress. If you are constantly overreacting to small stressors, your body is already taxed when more serious problems come along. Learning to deal with minor irritations at work and at home in a more relaxed manner can help you save your energy for major troubles. Visualize different problems that you face and think of various reactions you could have and what the results would be.

4. Learn to let go.

Some problems that cause endless stress are often not really that important. By identifying problems that cause you stress, you will be able to let go of the minor irritations that are bothering you. If you feel you always have to be in total control of your life, you are bound to experience stress as things happen that you can't control. If your life has become tied to a strict timetable, try letting go of just 5 or 10 minutes of each day to do nothing. Step outside and look at the trees and flowers, feel the sun on your face, listen to the sounds around you, and just relax.

5. Exercise.

Stress can cause serious physical problems in your body. Often people who don't show strong reactions internalize stress, which can lead to hypertension, indigestion, insomnia, headaches, or other ailments. Keeping your body in good physical shape is important even if you're not under stress, and in stressful situations it's even more important to be healthy. Exercising can be a great stress reliever.

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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.

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Stress Relieving Techniques... Continued

6. Watch your diet.

In stressful situations it's often easy to skip breakfast, grab whatever's most available for lunch and keep going with coffee and sugary snacks. This wreaks havoc on your body, as your blood sugar and energy go up and down all day. Plan your diet in advance to allow for small meals frequently, such as cheese, fruit, veggies, and whole grains, and try to avoid excessive caffeine, sugar, and alcohol. Eat breakfast, keep healthy snacks in your desk drawer at work, and eat frequently. When your blood sugar is low, your attention span suffers, so don't go all day without eating; that just adds to your stress, and when you're starving, it's easy to make unhealthy choices.

7. Laugh.

If you don't see anything funny about your life, you need a good laugh. Laughing is good for the body and the soul, and humor can help relieve stress. Watch funny movies, read comic strips, or look up some jokes on the Internet. Humor is a good way to relieve stress.

8. Pet your pet.

Dogs, cats, and other animals can be great stress relievers. Petting a purring cat, throwing a ball for your dog to retrieve, or going on a jaunt on your favorite horse can make you feel calm and peaceful. Pets can be comforts to those who have stressful lives. Coming home and finding a loyal pet waiting for you is reassuring and allows you to unwind in the company of a totally nonjudgmental friend. If your building doesn't allow pets, walk a friend's dog or volunteer at an animal shelter, or just go watch the fish swim around at the pet store.

9. Find a hobby.

Many people who have stressful lives find hobbies relaxing. Having a hobby allows you to change focus and forget about problems that are causing stress in your life. If you're facing a lot of stress, taking up a hobby that you enjoy can help you unwind at the end of the day.

10. Sleep.

Not getting enough sleep can lead to stress, as you will feel groggy and unfocused the next day after tossing and turning all night. As insomnia can be a symptom of too much stress in your life, getting enough sleep is very important if you want to relieve it. Most people need at least 7 or 8 hours of sleep each night to function properly the next day; if you get more or less your performance can suffer. Deep sleep is especially important, and if you wake up frequently this can be impaired.



Elyse Cornett Front Office Assistant

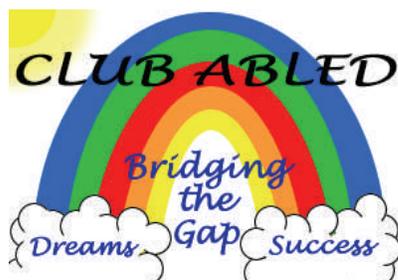
Elyse is a San Diego native and has been working at Cuyamaca College for almost two years. She is currently in her last semester at Grossmont College, and will be attending SDSU in the Fall with a major in International Business. Her love for traveling will be taking her to China this summer to teach English to middle and high school students. In her free time, Elyse likes to figure skate and be surrounded by her family and friends.

Paige Newman Specialized Instruction

Paige assists DSP&S students with writing class papers. She has a Bachelor's in English: Creative Writing and has many published articles on vegetarian travel and other topics. Paige taught English as a Second Language for four years in San Diego and Ecuador. In addition to Cuyamaca College, Paige works with refugees at Somali Family Service.

Jessica Yakou: Front Office Assistant

Jessica has been working at Cuyamaca in General Counseling for almost a year and recently joined the DSP&S family at the start of the Spring 2009 semester. She loves her job, because she is able to help people and learn something new about our campus everyday. In addition to working, Jessica is a full-time student at Cuyamaca, majoring in Mathematics. Outside of school, she loves to spend time with her family and friends.



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

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Disabled Students
Programs & Services
Department

DSP&S at the One-Stop

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Counselor, Adjunct

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Center Specialist
Test Proctor

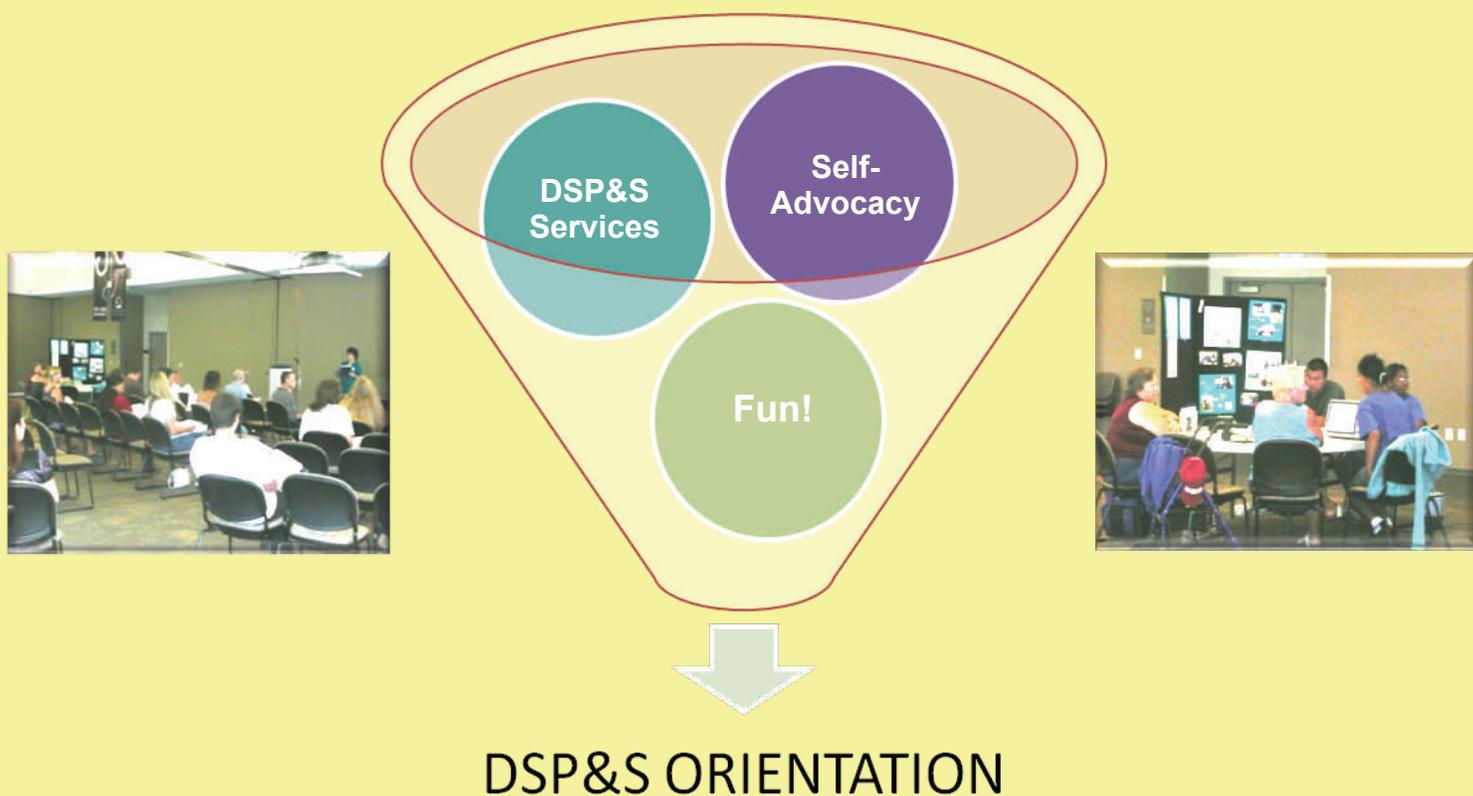
DSP&S Orientation

Spring 2009

On January 23, 2009, DSP&S hosted its Spring Student Orientation. Both new and returning students took part in this fun-filled event. Faculty and staff provided valuable information on DSP&S services, as well as giving students opportunities to display their knowledge of self-advocacy.

Students also participated in a raffle drawing, winning prizes such as computer accessories and Cuyamaca College backpacks. After the event, students were treated to pizza and had the opportunity to speak to various DSP&S faculty members further about their services.

The Spring Student Orientation was a success, and DSP&S is excited to do it again next semester!



Need a Little Extra Help???



Amal Odesh and **Paige Newman** will offer one-on-one specialized instruction for DSP&S students in the High Tech Center...

Amal will assist students with Math, Business Office Technology and Computer Information Science Questions.

Paige will assist students with grammar, organizing and writing class papers. She is also able to answer English and communication questions.

**Amal is available Monday 11:00-2:00pm
Wednesday 11:00am-3:00pm
Tuesday and Thursday 9:00-1:00pm**

**Paige is available Monday 10:30-5:00pm
Wednesday 9:30-5:00pm
Thursday 9:30-5:00pm**

DSP&S High Tech Center
Room C102 in the Library
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