

IN THE NEWS..... WITH DSPS

Spring 2010

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A Note From The Coordinator: Beth Viersen

Disabled Student Programs and Services is continuing its efforts in providing an informative newsletter to Administrators, Faculty, Staff and Students. Our topic for Spring 2010 is **“Teamwork”**. How can we, as a family, handle the waves of hard economic times and remain true to our cause, “serving our students.” Below is a quote by Henry Ford:

*“Coming together is a beginning. Keeping together is progress.
Working together is success.”*

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Teamwork has and will always be the theme for any organization. When a group of people come together to achieve a common goal it is very self-fulfilling. To succeed at the task in hand, everyone involved needs to combine their efforts. If everyone does their job well, it increases what the team can accomplish. Teamwork needs to be recognized by everyone and know that great things can happen if individuals master the fundamentals and work together as one unit. Everyone has their own unique role, but each person's individual role must be recognized and appreciated. When challenges arise (as they always do), the team needs to have the resources, accountability and commitment to deal with them in a constructive and positive manner. Below are a few concepts that create a framework for teamwork to be accomplished.

1. **Listening** - it is important to listen to other people's ideas. When people are allowed to freely express their ideas, these initial ideas will produce other ideas.
2. **Questioning** - it is important to ask questions, interact, and discuss the objectives of the team.
3. **Persuading** - individuals are encouraged to exchange, defend, and then to ultimately rethink their ideas.
4. **Respecting** - it is important to treat others with respect and to support their ideas.
5. **Helping** - it is crucial to help one's co-workers, which is the general theme of teamwork.
6. **Sharing** - it is important to share with the team to create an environment of teamwork.
7. **Participating** - all members of the team are encouraged to participate in the team.
8. **Trusting** - you need to be able to trust the other members of your team; this makes it much easier to work together as a group.

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.

Alexi Dare Front Office Assistant

We are excited to have Alexa join our DSPS team this semester. She is planning on attending Cuyamaca College and is interested in taking classes in Health Care. She also wants to become a Substance Abuse Counselor for troubled teens. One of her hobbies is Art and she loves children. She is engaged and has a 2-year old son named Mikey. Alexa is warm-hearted, creative, and loves to learn!



Read about and take a look at the video clips to see what two incredible and inspirational people with disabilities have done and can do!

<http://rightfooted.com/index.php/footage/taking-flight-video/>

<http://rightfooted.com/index.php/potential-clients/watch-jessica-speak/>

<http://blog.beliefnet.com/moviemom/genre/biography/>

<http://www.notablebiographies.com/newsmakers2/2006-Ei-La/Grandin-Temple.html>

Reaching Out...A Vietnam Experience

By Kari Crawford

Financial Aid Advisor/Study Abroad Liaison/F.A. Outreach Coordinator

On a recent trip to Vietnam, I visited a few organizations aimed at helping people with different abilities. Although in the U.S. (and Vietnam) these people are usually referred to as "disabled," these organizations see it very differently.

The first organization I visited is called Reaching Out, located in Hoi An, Vietnam. This fair trade organization has evolved since 2000 and is a handicraft workshop staffed by people with different abilities, ranging from physical and mobility disabilities, to Learning disabilities and Down Syndrome. Established by Binh Nguyen Le (who is in a wheelchair) and his wife, Quyen, Reaching Out produces beautiful, hand-made, authentic Vietnamese handicrafts and provides their employees with more than adequate pay and benefits. His grassroots efforts have not only improved the conditions of people in Vietnam, but have touched international hearts as well. Their "social business" has been so well received and successful (they are featured in Lonely Planet); in addition to the employees, they also have an international volunteer program. I spent about 1 1/2 hours in the handicraft shop (which is relatively small compared to U.S. shops) and was amazed by the beautiful artistry of the paintings, ceramics, table runners, clothing, etc. I was also inspired by the workers in the workshop (located next to the shop in which you are allowed to walk through). The positive energy you could feel from the workers, volunteers and shoppers reminded me of the solidarity of humankind and brought tears to my eyes.

For more information, visit www.reachingoutvietnam.com.

Adaptive Software and Student Success: How the Two Fit Together

Adaptive software is software designed for people with disabilities, to lessen the impact of a disability on their life. Adaptive software can help students with vision, hearing or mobility limitations to participate fully in academic activities. These reasons are why the DSP&S High Tech center has a number of different adaptive software products available for student use. Below are three of our most used adaptive software products and how they can help students.



The website for Kurzweil 3000 describes their software as “the comprehensive reading, writing and learning software solution for any struggling reader, including individuals with learning difficulties, such as dyslexia, attention deficit disorder or those who are English Language Learners.” Kurzweil 3000 is adaptive software that allows students to hear text. Students can scan handouts, articles or book pages directly into the program and hear the text read aloud. They can also create essays or papers in word and bring them into Kurzweil to hear what they have written; however, it is more than just a text reader. Kurzweil also allows students to highlight text in different colors, hear definitions of words, spell-check, hear a word spelled out, add footnotes, hear synonyms, enlarge text, add text notes and voice memos and more. Not only does Kurzweil offer a plethora of study options, it also allows for customization of the way it reads text. A student can choose different voices, change reading speed and style and adjust magnification. Kurzweil 3000 is an extremely useful study tool for many types of students.



The second adaptive software is Dragon Naturally speaking. Though its primary purpose is to assist students whose physical disabilities make typing difficult or impossible, it can also be useful to other students. Dragon allows students to use a headset with microphone to turn speech into text. Students speak into the microphone and Dragon translates their words onto the screen, with relatively few errors.



Dragon Naturally Speaking has more of a learning curve than some software so it requires persistence and time for students to come in and train the software, sometimes repeatedly. For students with physical limitations, Dragon Naturally Speaking can turn writing essays and papers from a frustrating, painful chore to a positive learning experience.

The third software is Zoom Text; this is a software program to help students with low vision or vision impairments. Zoom Text is literally a screen magnifier; it allows a student to enlarge all items on their computer screen, from web pages to other software programs. Instead of changing screen resolution, which can impact other users of the computer, a student merely opens the zoom text program and sets the magnification. When finished, they turn off the software and the screen returns to normal. Zoom Text offers a full range of magnification levels up to 36x which makes Zoom Text suitable for students with a wide range of vision issues.



Any student who is in the DSPS program at Cuyamaca College is welcome to come to the DSPS High Tech Center in Room C-102 and try out the adaptive software to see if it can help them meet their learning goals.

Need a Little Extra Help?

The DSPS High Tech Center has three special assistants for students with disabilities.
Each assistant will offer one on one specialized instruction for DSPS students.

Amal Odesh

Amal will assist students with Math, Business Office Technology and Computer Information Science questions.
Amal is available: Monday-Thursday 9:00 - 1:00

Evana Massey

Evana will assist students with grammar, organizing and writing class papers for career technical education classes.
Evana is available: Monday, Thursday 11:00 - 2:00
Wednesday 2:00 – 5:00

Jonas Weeks

Jonas will assist students with writing class papers, and general tutoring for career technical education classes.
Jonas is available: Monday, Wednesday 12:30 - 4:30
Tuesday, Thursday 12:00 - 5:00

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

DSPS Counseling Workshops Spring 2010 Location A-112

Counseling Workshops with Katie Morris

Probation/Disqualification April 5th 11:00am-1:00pm
Career April 12th 11:00am-1:00pm
Advising April 19th 11:00am-1:00pm
Advocacy April 26th 11:00am-1:00pm
Anxiety May 3rd 11:00am-1:00pm

Counseling Workshops with Rachelle Flores

Probation/Disqualification April 9th 10:00am-12:00pm
Career April 23rd 10:00am-12:00pm
Advising April 30th 10:00am-12:00pm
Advocacy May 7th 10:00am-12:00pm
Anxiety May 14th 10:00am-12:00pm



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

DSPS at the One-Stop

Beth Viersen	DSPS Coordinator
Mary Asher-Fitzpatrick	Learning Disabilities Specialist
Margaret Jones S	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