



▶ What is DSPS1

| ◦Spring | ◦2012

DSPS Newsletter



▶ ADHD in College Students2



▶ Club Abled 3

▶ Test Anxiety4

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

*A chat with the Coordinator:
Beth Viersen*

What is DSPS?

Disabled Students Programs and Services (DSPS) provides support services, specialized instruction, and academic accommodations to students with disabilities so that they can participate as fully and benefit as equitably from the college experience as their non-disabled peers.

Currently, DSPS is the only categorical program that cannot “cap” its student population due to state and federal mandates. This means that DSPS cannot turn students away, unlike other categorical programs, who can limit the number of students they accept into their program.

During 2010-11, we served 1,115 students with verifiable

disabilities. We are seeing an increase in Veterans, refugees and students with psychological disabilities.

Each new student meets with a DSPS Specialist for an Orientation that begins with a Student Educational Contract (SEC) linking goals, curriculum, and Academic Accommodations. This is part of our mandated services. Each disability is linked to specific Academic Accommodations that are shown in the text box.

If you have any questions or concerns don't hesitate to contact the DSPS Coordinator, Beth Viersen, at the Main DSPS Office at (619) 660-4239. We are here to serve you.

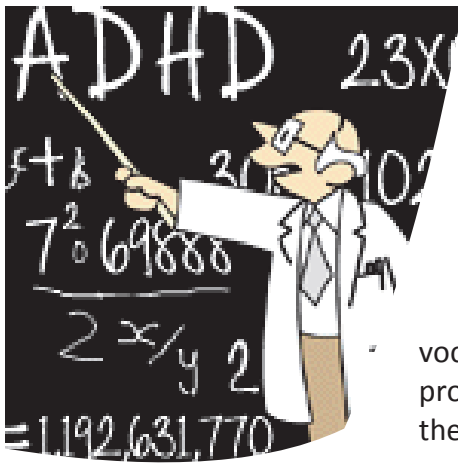


DSPS is your key to success

Academic Accommodations

- ◆ Alternate Media
- ◆ Adapted Technology
- ◆ Test Proctoring
- ◆ Preferred Seating
- ◆ Cart Service
- ◆ American Sign Language Interpreters
- ◆ Note-taking

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable. -- Christopher Reeve



ADHD in College Students

What is ADHD?

Attention Deficit Hyperactivity Disorder ([ADHD](#)) is one of the most well-recognized childhood developmental problems. This condition is characterized by inattention, hyperactivity and impulsiveness. It is now known that these symptoms continue into adulthood for about 60% of children with ADHD. That translates into 4% of the US adult population, or 8 million adults. However, few adults are identified or treated for adult ADHD.

Effects on College Students

Students with ADHD may have difficulty following directions, remembering information, concentrating, organizing tasks or completing work within time limits. If these difficulties are not managed appropriately, they can cause behavioral, emotional, social,

vocational and academic problems, as described in the box.

Diet Can Help

While there are medications to help people with ADHD, many people don't like to rely on them due to side effects.

It is the synthetic additives in foods, drinks and candy that are the big offenders, not the sugar
JANE HERSEY

Steering clear of certain unhealthy foods may make a difference, a new review shows. *Pediatrics* recently looked at the role diet plays in treating ADHD in children, which would also carry over to adults and students.

The article recommends steering clear of fast foods, red meat, processed foods, potato chips, high-fat dairy foods and soft drinks. "It is the synthetic additives in foods, drinks and candy that are the big of-

fenders, not the sugar," says Jane Hersey, Director of the Feingold Association.

Replacing these ADHD-linked foods with healthier choices, including fish, vegetables, fruit and whole-grain cereals may help improve some of the symptoms. What makes the most sense is to

look at your diet and see what changes would be healthy in general and may also help improve ADHD symptoms. As an example, try cutting back on sodas for two weeks and see if you feel better. In any event, cutting out some recommended foods can have the added benefit of losing a few pounds and feeling better. Give it a try! *

**APRIL IS
AUTISM
AWARENESS
MONTH**



Other Important Dates in April

- Apr. 7: World Health Day
- Apr. 17: Income Tax day
- Apr. 16-22: Astronomy Week
- Apr. 16-22: National Volunteer Week
- Apr. 22: Earth Day



Students with ADHD can show the following behavior:

- * Chronic lateness and forgetfulness
- * Anxiety
- * Low self-esteem
- * Trouble focusing
- * Difficulty controlling anger
- * Impulsiveness
- * Poor organization skills
- * Procrastination
- * Low frustration tolerance
- * Chronic boredom
- * Difficulty concentrating when reading
- * Mood swings
- * Depression

DSPS Walk in Hours for Summer 2012
 Monday, April 30th: 8:30 a.m. -5:30 p.m.
 Tuesday, May 1st: 8:30 a.m. - 4:30 p.m.

*WebMD.com <http://www.webmd.com/add-adhd/news/20120109/is-there-an-adhd-diet>

