

# The Voice The Office of Accessibility Resources and Services

## Student Spotlight

This semester, OARS has had the pleasure of getting to know Charlotte Fawdry, an international scholar from the U.K. who is studying for a year at UNCG. Charlotte is an amazing young lady, and OARS recently sat down with her to learn a little more about her and her experience so far at UNCG.

When OARS asked Charlotte to tell us about herself and what she would like people to know about her as a person, Charlotte shared with us that she is by nature a caring person, a person who is passionate about causes and issues such as helping the sick and elderly and supporting the progression of civil rights. That's part of the reason she chose to study abroad and here in North Carolina. Charlotte wanted to see firsthand places that she had studied about that were instrumental in the history of civil rights.

When it comes to disability considerations Charlotte looks at how we can change peoples preconceived mindsets. Of course there are laws that protect the rights of individuals

with disabilities, but it's important that people fully appreciate the talents and abilities that individuals with disabilities have. Charlotte also wanted to stress that it's important that people with "hidden disabilities" are fully understood since it can be a significant struggle to accomplish things and be fully appreciated. Charlotte herself has been diagnosed on the Autism/Asperger's spectrum which can add considerations to how a person interacts and is successful. Because this is a "hidden disability", sometimes people even doubt the legitimacy of the condition, or minimize the impact and struggles the person with this disability deals with since they can't see the disability as obviously as when they meet a person who uses a wheelchair.

Despite the challenges Charlotte has faced, she has persevered and been successful. She is a world traveler who has been to many exciting locations, including

scuba diving in the Maldives Islands in the Indian Ocean with sharks! She is also an accomplished writer, and was kind enough to share some of her poetry for this article. (On pg. 3)

Charlotte has enjoyed her time here at UNCG and has met many interesting new people in her interactions with students, faculty and staff. She has found the post-secondary system here in the U.S. to be somewhat different than the U.K. For instance, Charlotte shared that in the U.K. there is a much more in-depth approach to civil rights and its impact on history. Having this emphasis in her education inspired Charlotte to actually want to see the places she had studied about.

Charlotte shared her philosophy of education by saying that, "We shouldn't just fall into education, we should rise into it." She explained it's not enough to just go, sit in a class and learn.

You should make an effort to do something with what you learn to make positive changes in the world.

Charlotte will be returning home soon for the holidays, and is looking forward to home comforts such as a "fry-up" for breakfast that consists of bacon, fried eggs, sausage, tomatoes, mushrooms and baked beans. (Doesn't that sound great!) She will return to UNCG for the spring semester and continue to expand her educational horizons. (Continued on pg. 3)

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## OARS Welcomes a New Assistant Director

The Office of Accessibility Resources and Services is pleased to welcome our new assistant director, Mr. Walter "Rusty" Rogers. Our new Assistant Director comes to us from the beaches of Florida and graduated from Florida State University. He has worked as a Teacher of the Visually Impaired for children from birth through high school, and then went on to work with adults. Before he and his wife moved to North Carolina, he taught college courses and has worked in Offices of Support Services for two colleges. He states that UNCG is the best school he has been a part of and is excited to continue helping students maximize their strengths.



# STUDENT CORNER

## Shaking things up at OARS



### Faculty Letter Pick-up

In attempt to make the faculty letter process more convenient for students, OARS implemented a new faculty letter process last semester! Previously registered students had the option to come in and pick-up their faculty letters without making the traditional faculty letter appointment.

Many Students have enjoyed the ease and convenience of this new process. We will continue to offer this option in the future, with some

minor adjustments. Be on the lookout for updates about this process.

### Name Change

Our name change went into affect officially during the Spring 2013 semester. We are officially the Office of Accessibility Resources and Services! Even though our name has changed, we are still dedicated to making sure that all students who need accommoda-

tions and services have access to those services.

### New Technology

We will be rolling out a new assistive technology software very soon called Read & Write Gold. This software offers a multitude of reading, writing, study, and research support tools to help enhance student learning. Stay tuned for updates about this new software!!

## Transition Planning: Be Ready for What's Next!



Many students begin college with the hopes of moving on to a successful career . However, few are actually prepared for the transition from college to work. This challenging process can be made easier. Here a few tips and things to remember that will help prepare you for this very important transition:

- **Look for opportunities to gain work experience.** Some examples include: Campus leadership opportunities, i.e. student government, mentoring programs, organization involvement, etc., work study positions on campus, internships, off-campus jobs that may be listed on Spartan Careers, summer jobs, talking to family and friends about job opportunities.

- **Develop job skills.** While you're gaining work experience, hone skills that will enhance your marketability, knowledge, and transferable skills. Some ways to develop job skills are to participate in job shadowing, finding a mentor or coach, researching specific skills needed to complete certain jobs, and getting hands on practical experience.
- **Understand the Job Culture.** Every company or organization has its own unique culture. The culture consists of widely held and often unspoken,

company rules, values and beliefs.

- **Remember that learning doesn't end after college.** As the new person in your office, you'll be busy learning how to do your job and fitting in with your company's culture. Ask questions about anything you don't understand. This is your chance to learn all the things your more experienced co-workers may take for granted. Be aware of the world around you; keep up on the news and current events. You may be surprised at how much events in the local and national news effect your life. (Continued on pg. 4)

## Testing with OARS



If you have testing accommodations through our office, you are welcome to utilize our office to take your exams. There are several benefits associated with taking your tests in the OARS office in-

cluding, a reduced distraction setting for testing, guaranteed time to complete your exam (as long as that is one of your accommodations and you follow our scheduling guidelines),

and pleasant smiling faces to help you through the process! We ask that if you are planning on taking a test with us, please be mindful of our operating hours, our seven day request policy, and our tardiness policy. (Continued on pg. 4)



## College STAR- ACCESS Program Update

ACCESS (Accessing Campus Connections and Empowering Student Success) is a 3-year clinical research project aimed at implementing and refining a campus-based treatment for college students with AD/HD. ACCESS is designed to give UNCG students with AD/HD the knowledge and skills necessary to be successful academically, personally, and socially, and to integrate and coordinate delivery of exist-

ing support services. ACCESS is the student support component of the College STAR Project at UNCG. College STAR will provide a network of supports for students who are capable of college success, but who might struggle academically because they learn differently. By weaving together direct support programs for students and professional development for faculty members, this initiative offers an

opportunity for students and faculty to learn together and put in place effective strategies for teaching students with learning differences in postsecondary settings. Over the last couple of years, the STAR project has helped a number of students access tools and resources to aid in their success. If you would like more information, please contact Kristen King, Ph.D., Assistant Director of ACCESS, at 336-346-3195, ext. 301.

## Student Health Services-An Invaluable Resource

Student Health Services aims to provide collaborative health care designed to empower students to develop lifelong skills that enhance their physical, psychological and wellness status in an inclusive and affirming environment. The Student Health Center houses The Medical Clinic, The Counseling Center, The Wellness Center, and the Pharmacy. Each facet of Student Health Services provides different services which collectively aid in student's overall health.

Here is a brief overview of each area of Student Health Services:

### The Medical Clinic

The Medical Clinic provides primary health care services for UNCG students, as well as convenient care for UNCG faculty and staff. As a health

organization operating within an academic institution, Student Health Services is committed to the support of the educational, research, and service missions of the university.

### The Wellness Center

The Wellness Center provides a variety of services and programs to aid in student awareness, health, and wellness. Some of the services provided by the wellness center include: AlcoholEdu for first year students, Peer Education, An array of wellness programs, Nutrition Counseling & Education, Massage Therapy, Acupuncture, Smoking Cessation and Sexual Violence Campus Advocacy.

### The Counseling Center

The Counseling Center provides a wide range of counseling and psycho-

logical services to currently enrolled UNCG students which may include: short term individual counseling, group therapy, crisis intervention, psychiatric services, consultation, and outreach activities. The goal at The Counseling Center is to support and challenge students' development in ways that enable them to take advantage of the personal, professional, and educational opportunities at UNCG. The professional staff includes licensed Psychologists, Counselors, and Clinical Social Workers as well as Graduate Trainees. The Counseling Center is committed to meeting the needs of people of diverse racial, ethnic and national backgrounds, gender, sexual/affective orientations, mental and physical abilities, religious/spiritual beliefs, and socioeconomic backgrounds as well as other types of diversity.

## Student Spotlight (Continued from pg.1)

The OARS staff has thoroughly enjoyed having the opportunity to meet and work with Charlotte. She has brought a lot into our lives. Folks should stay tuned for when Charlotte's works begin to be published. Thank you Charlotte for choosing UNCG to be part of your life's journey.

Please Enjoy one of Charlotte's Poems:

### Clock Tick

That is what I hear now as I sit here waiting.  
With pen poised;  
Ready to write.  
And the second hand moves slowly round,

Reaching the twelve and signaling my beginning!  
Now it is just myself words paper thoughts all streaming from the pen in my hand-  
Writing feverishly just as if it were racing Time till its end!

Has anyone noticed how our whole life is a continuous battle against Time:  
And this, this is no different

The movement of the neck upwards tells of the Time;  
How half has vanished already.

Pace quickens,  
Writing stunted,  
Words short and prickling!

A flick of the wrist gives view to the purple watch laying innocent, but still Ticking Time  
counts on...  
Until...

The cry comes,  
Wrist cracks;

The Clock Tick ends with the second hand halted in place.  
And there it remains until the Time begins again as the new venture!

## Transition Planning: Be Ready for What's Next (Continued from pg. 2)

- **Work on scheduling now.** College life often differs greatly from work life. You may be used to a flexible schedule where you can sleep in or nap when necessary, and stay up late into the night. Here are some things to help you get adjusted to what your schedule may be like once you enter the workplace. Try to get up and go to bed within the same hour or two every day, set up a bedtime routine that helps you achieve a restful evening of sleep, prepare for the next day ahead of time by packing your lunch, ironing your clothes, and making sure you have all of your materials for your next day of work. Starting to practice scheduling and routine while you are still in college, will help ease the stress of this change once you enter the workforce.
- **Form good spending habits.** This may be the first time you've ever had a paycheck large enough to live on. Here are some things to consider: Start good habits right away, like contributing to your 401(K)

or other savings plan. Since this money is taken out of your paycheck before taxes, it costs less to save more. Save as much as you can before you have a wedding, mortgage, or family to pay for. Resist the urge to splurge on everything at once. It is better to work out a reasonable budget for large purchases such as a new car, a house, a new wardrobe, a vacation or whatever you always wanted to buy during your years as a broke college student! Keep track of expenses (like going out to lunch). You will be surprised how much these items can add up. Look for ways to save, such as bringing your lunch to work. Make a practice of paying off your credit card balance each month to build a good credit history and avoid getting into more debt than you can afford. Keep an emergency cash fund in the bank in a savings or other readily accessible account; 2 months' salary should see you through most short-term emergencies.

- **Actively Search for Jobs.** Finding employment probably won't be easy. The harsh reality is that obtaining a job offer is very time-consuming and can be a lot of work. You have to spend time every day looking for

employment. Use all available resources, tracking down all job leads, and following-up on all leads and interviews. Generally speaking, the more quality work you put into your job-search, the better your results. One other thing to consider is that you should not overly rely on the internet and passive job-hunting such as a LinkedIn profile or online resume/profile (though helpful and important). The Internet should really receive only a small portion of your job-search time. Instead, most of your efforts should still be using the traditional methods of networking -- with family and friends, other students, alumni (especially recent alumni), professors, former co-workers and bosses, etc. While job searching and interviewing beware of appearing too full of yourself. A high G.P.A and attending a great school like UNCG are definitely selling points for you, but don't rely solely on these to get you the job. Focus less on why employers should be so impressed with your credentials and more on how you can use your talents and skills to contribute to the employer's bottom line.

**Don't give up!** The transition from a college student to a member of the workforce can be stressful, frustrating, and maybe even disappointing. However, with a realistic perspective and positive attitude, the transition can result in a new, successful and fulfilling journey.

### Testing with Oars (Continued from pg. 2)

All of this information can be found on our website , and on the back of your faculty letters. You can also come by or call the office to speak with one of our staff members to address questions or concerns.



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Inspire. Change.

### A Holiday Greeting from OARS to You!

As the semester closes, we hope that all your wishes of passing grades and completed assignments came true. We hope that your holiday season is filled with love, joy and happiness too! Please be safe and sound as you celebrate the season. Have fun and let loose, as long as it's within reason!

Happy Holidays from Our Hearts to Yours!



# Faculty & Staff Corner

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## UNCG

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WE'RE ON THE WEB:

[OARS.UNCG.EDU](http://OARS.UNCG.EDU)

In accordance with The ADA and Section 504 of the Rehabilitation Act of 1973, OARS works with departments across UNCG to ensure that educational programs and campus facilities are accessible to individuals with disabilities. In order to qualify for services, students with disabilities must provide our office with current, comprehensive documentation. Once qualified, students meet with OARS staff to identify reasonable accommodations which are then drafted into a Letter of Accommodation (also known as faculty letters).

It is the *student's* responsibility to provide their instructor with this letter in order to receive accommodations. Although accommodations are determined by the OARS staff, the application of these accommodations can vary in the classroom depending upon the faculty's teaching pedagogy. Our office encourages a collaborative relationship when discussing accommodations. If a student requests additional accommodations that are not indicated on their letter of accommodation, please consult OARS. Faculty are invited to contact OARS whenever there is a question about a student with a disability or their accommodations.

## OARS Test Accommodations: A Review of Policies and Procedures

About two years ago, OARS introduced the Online Testing Accommodations Form. This form replaced the original paper version of the form and was designed to ease the testing accommodations request procedure.

Before any student can take their test with accommodations, they must be registered with OARS and meet with a staff person. In this meeting, students and staff will co-create faculty letters outlining their approved accommodations for the semester. Students will then give those letters to the instructors of classes for which they require accommodations.

OARS strongly encourages stu-

dents to work closely with faculty to determine if the instructor is able to proctor the test. This is beneficial to the students because they are able to ask questions, if needed. Faculty also benefit from proctoring the exam as it reduces the amount of time required to communicate with OARS regarding the test.

If a faculty member cannot proctor a test, then OARS is prepared to proctor a student's test. OARS is available to proctor tests Mon.-Fri. from 8am-5pm. Please note that some students may have to schedule their test earlier or later in the day, depending on their class schedule, to accommodate their needs for extended test

time. Also keep in mind, tests must be completed by 5pm, so be sure to schedule accordingly.

In order to maintain the integrity of the testing process, it is **very important that faculty confirm their students' online test requests**. If faculty do not complete each request, then we are unable to determine if the testing situations have changed. For example, a student may be allowed to use notes for one test, but may not be allowed for the following test. Without a completed online testing form, OARS will not know how to proceed with proctoring the test for the student.

Please call OARS at 334-5440 if you have any questions.