



Services for Students with Disabilities Newsletter

SUMMER 2007

This newsletter is available in alternative formats upon request.



MAKING THE TRANSITION



Over the next few months you will be making big changes to your life. Your first year in college will be the most challenging and memorable in your academic career. You will have the opportunity to meet a variety of people and participate in a multitude of activities that can have a profound affect on the rest of your life. We encourage you to take advantage of the opportunities and resources that are available to you here at Morrisville State College. This newsletter is designed to help you do just that.

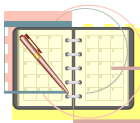


BE YOUR OWN BEST ADVOCATE!!

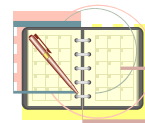


When you were in high school, your parents and teachers worked to make sure the services you needed were in place and were being used. In college, that responsibility is yours. I cannot encourage you enough to advocate for yourself in college to ensure the services you may use are in place.

This begins by contacting Disability Services. During your application and acceptance process you should have arranged to have your most recent documentation (504, I.E.P., S.E.S., etc.) sent to the Disability Services office of the campus you are attending. If you have not done this yet, please do so as soon as possible. It is important to note; unlike high school, your academic accommodations will not automatically happen. Each semester you will meet with Disability Services to arrange for your academic accommodations.



SEMESTER TIMELINE (What **YOU** need to do when)



- Decide where you are going.
- Apply and receive your acceptance.
- Arrange to provide appropriate documentation to Disability Services office at your campus.
- Contact Disability Services provider with questions you may have regarding semester start-up.
- Attend orientation.
- Meet in person with Disability Services provider, at orientation.

Morrisville Campus

July 10th-13th

Norwich Campus

August 21st

Dave and Jeri will be in their offices during that time, no need for an appointment

SEMESTER TIMELINE *continued*

- ☒ Bring your schedule (student detail schedule view) to meet with the Disability Services provider to arrange for your academic accommodations (i.e. e-Text, note-taker, etc.). NOTE: E-texts can only be ordered once your books have been purchased.
- ☒ CLASSES START
- ☒ Stop in to finalize accommodations and get notification sheets for your instructors.
- ☒ Arrange to meet with your instructors to provide them with your notification sheets and to discuss the academic accommodations you will be using.
- ☒ Stay in contact with the Disability Services office for e-Text books, check out tutor schedule (also available on-line) or to receive tutoring services as needed.
- ☒ Let the Disability Services office know when you have exams where you will be using accommodations. You will need to make appointment for exams at least one day before the test. This is especially important for those who are having tests read.
- ☒ At semester end, please remember you must turn in any equipment issued to you (ie. E-Text, keys, etc.) during the semester.



HOW DO I WORK WITH MY INSTRUCTORS

(from (<http://www.sa.sdsu.edu/sds/all6.html>))

June 6, 2007



You may be new to the concept of advocating for yourself and discussing your academic needs and accommodations with your instructors. The following are tips, techniques and examples of how to initiate and discuss your needs in the classroom.

1. **Make an appointment with each of your instructors early in the semester to discuss with them any accommodations you may wish to use.** Tell them you have a certified disability and be prepared to show some documentation. Your "Notification Sheet" is provided to you by Disability Services for these types of situations.
2. **Describe any other accommodations you may need, explaining the rationale for their use if possible.** Answer any questions or concerns they may have by providing the information yourself and/or referring them to the Disability Services office.
3. **Ask for any advice they might offer on learning the material, studying for exams, or performing well in the class.** Then, listen to the advice and follow it--at least on a trial basis.
4. **It is also appropriate to share with them what helps you (or doesn't help you) in the course and to compliment them on any techniques that you find aid learning:**
 - a. Example: "Your quick reviews after every lecture are very useful for me in organizing and remembering the material...."
 - b. Example: "When you are writing on the board, I miss part of the lecture because.... Could we work out a way to...."
5. **Use your Disability Service and Academic counselor as a resource for discussing any other questions or concerns you have about talking to instructors about your disability.**



HELPFUL WEBSITES



www.exceptionalnurse.com

www.howtostudy.org

www.readplease.com

www.gomath.com

www.projectgutenberg.org

www.vesid.nysed.gov



CAMPUS LIFE



There are a number of clubs and activities available to students, covering a number of different interests. Check out the Student Life website (http://www.morrisville.edu/student_life/) for more information.



COUNSELING SERVICES at STUDENT HEALTH CENTER



Personal as well as drug and alcohol counseling are available via appointment only. Clinically trained master's level counselors meet with students, one-on-one, to help with social, personal, or academic concerns. The decision to use alcohol and drugs, how to form healthy relationships, and questions or problems with domestic partners are examples of issues that can be confusing and cause personal stress, as well as interfere with a student's ability to be successful as a college student. Counseling can help students sort out their feelings and support the changes students are making in their lives in a confidential, respectful, and safe environment. Outreach activities are also performed by the counselors. Counseling appointments are available from 9:00 am. – 3:00 pm. If you would like to make a counseling appointment, please call 1-315-684-6078, Health Center is located on main campus behind Student Activities Building.



VESID



A resource that would be worth investigating. If you are a VESID sponsored student, please contact your VESID counselor before you enter school. If you are interested in finding out more, contact your local VESID office (www.vesid.nysed.gov).



SPECIAL DIETS



If you have any special dietary needs, Dining Services would like to help you make good food choice. Please bring any recommendations from your health care provider and share them with the dining hall manager. Questions in regard to special diets may be directed to 1-315-684-6593



HELPFUL THINGS TO BRING TO COLLEGE WITH YOU...



Highlighters

A dictionary

Stapler

Tape

Pens, pencils and erasers

A pencil sharpener

3-hole punch

A daily planner (bring the one you are using)

CD's, 3 1/2 in floppies or other storage device



CHECKLIST FOR THE FIRST WEEK OF EVERY SEMESTER



As we have mentioned before it is important to remember that you must meet with your Disability Service provider before each semester to make sure that academic accommodations are in place. This should be done within the first week of classes. You should be prepared to:

- Meet with Disability Services to review/set accommodations (bring with you any updated documentation)
- Purchase your books, bring to meeting with Disability Services (for students utilizing e-Text)
- Take notification sheets to your instructors



CONTACT INFORMATION



Morrisville State College supports two Disability Services offices. For students attending the Morrisville Campus, Disability Services is housed in the Academic Support Center in Onondaga Hall. David Symonds is the Coordinator of Services for Students with Disabilities and the ADA\Section 504 Compliance Officer.

The Norwich Campus Disability Service provider is Jeri O'Bryan, Coordinator of Support Services. She can be found in the administrative office on the second floor of Roger W. Follett Hall in Norwich. Summer hours for both are outlined below:

Campus:	Morrisville Campus	Norwich Campus
Contact:	Dave Symonds	Jeri O'Bryan
Summer Hours:	8 am – 4 pm	8 am – 4 pm
	Monday-Friday	Monday-Friday
Out of Office	week of June 25 th and week of July 2 nd	week of July 2 nd and July 25 th – August 8 th

We hope everyone has a fun yet safe graduation. Take time to enjoy your accomplishments and look forward to the challenges ahead.

Have a great summer!

REMEMBER STUDENTS WITH DISABILITIES HAVE RIGHTS BUT THEY ALSO HAVE RESPONSIBILITIES.