



Disability Support Services Newsletter

Please visit our website: www.ctcd.edu/disability-support

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Contact Information

DSS Office Location, Phone & Fax Numbers:

Building 111, Room 207
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DSS Office Hours:

Mon.-Thurs. 7:30 am.-5:30 p.m.
Fri. 7:30 a.m. -11:30 a.m.

DSS Team:

Dr. Christy Shank, DSS Director

Wilma Brown-Smith, DSS
Coordinator

Ron Porter, DSS Coordinator

Stephanie Rawlins, DSS Office
Specialist II

Upcoming Events

- March 11-15th, Spring
Break
- March 19th: CTC's
Veterans Benefits Expo
- April 3rd: CTC's Wellness
Fair
- April 17th: CTC's Career
Fair

Spring 2019 semester is underway! As we prepare for another busy and productive semester, the office of Disability Support Services (DSS) would like to introduce our first quarterly newsletter. The purpose of this publication is to provide staff, faculty, and students with information regarding events and disability related topics.

This issue will introduce our staff, hours, mission of the office of Disability Support Services, and definition of a disability. Future issues will include information on accommodations, various disability topics, dates to remember, and more! We also offer tips and strategies for the classroom environment, ways to enhance the academic experience, and supportive links.

It is our goal to use this newsletter to disseminate useful information. If there are topics that you would like to see in the future, or if you have suggestions for the newsletter, please submit those to DSS and we will do our best to cover those suggestions in our upcoming newsletters.

Any questions, comments, and suggestions can be sent to:
srawlins@ctcd.edu

Quote of the month -

**“Discipline is the bridge between goals and
accomplishments.”**

-Jim Rohn



What is a Disability?

The Americans with Disability Act (ADA) defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activity. Major life activities include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. A major life activity also includes the operation of a major bodily function, including but not limited to, functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.

Did you know...

The DSS office provides accommodations to students worldwide at all CTC campus locations! To learn more about how students may request accommodations for a documented/qualifying disability, visit our website at www.ctcd.edu/disability-support

Tips and Strategies for Students:

- Get organized! Keeping your class papers and books in an organized manner helps you not only find what you need, but also helps you stay focused for the class and tasks at hand. Keep each class's paperwork, syllabus, handouts, homework etc. in its own folder. It is easier to locate what you need for any work, and easier to pick out what you need for the next day.
- At the beginning of the school year, you can buy folders for as little as 10 cents each! Buy ten, that's only \$1.00! Notebooks and other supplies are very inexpensive at the beginning of the school year as well.

DSS Mission Statement

DSS is committed to assuring that people with disabilities are provided an equal opportunity to participate in, contribute to, and benefit from all college programs, services, and activities. DSS supports individuals with disabilities in achieving their academic potential to the greatest extent possible by coordinating reasonable accommodations and facilitating services. We are committed to providing equal access to higher education for academically qualified individuals with disabilities.

Supportive Links:

ADA Law for Postsecondary Education: <https://www2.ed.gov/policy/rights/reg/ocr/edlite-34cfr104.html#E>

Students with Disabilities Preparing for Postsecondary Education: <https://www2.ed.gov/about/offices/list/ocr/transition.html#reproduction%20>