



Disability Support Services Quarterly Newsletter

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

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Contact Information

DSS Office Location, Phone &

Fax Numbers:

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DSS Office Hours:

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

DSS Team:

Dr. Christy Shank
DSS Director

Wilma Brown Smith
DSS Coordinator

Ron Porter
DSS Coordinator

Campus Holidays:

Spring Break: March 15 - March 19

Good Friday: April 2

This edition of the DSS Quarterly Newsletter, DSS provides information on CTC Live! Sessions, discusses hidden/invisible disabilities, and tips for online learning!

Our DSS staff is available to service our students, faculty, and staff during business hours. To schedule a virtual appointment or for assistance with accommodations, please contact one of the following DSS Coordinators:

*Wilma Brown-Smith: wbrown@ctcd.edu or 254-526-1863
*Ron Porter: ron.porter@ctcd.edu or 254-526-1822

Any questions, comments, and suggestions can be sent to:

DSS@ctcd.edu

DSS Mission Statement

DSS is committed to assisting the college so that individuals with disabilities are assured an equal opportunity to participate in, contribute to, and benefit from all college programs, services, and activities. DSS supports individuals with disabilities by coordinating reasonable accommodations and services. We are committed to providing equal access to higher education for academically qualified individuals with disabilities.

Quote of the Quarter

"It's Not Whether You Get Knocked Down, It's Whether You Get Up."
- Vince Lombardi

COVID-19 and CTC's Campus Resources for Students

- * COVID-19 updates and resources can be found at <https://www.ctcd.edu/covid-19-return-to-campus/>

CTC Live!

Various CTC departments are providing great information about campus resources for students. To learn more, you can view CTC Live! sessions via online at <https://www.ctcd.edu/students/ctc-live/>

WHAT IS AN INVISIBLE DISABILITY?

Not all disabilities are readily known or visible to others. Per this, a disability can be referred to as a hidden or invisible disability. The Invisible Disabilities Association (IDA) defines the term succinctly: "In simple terms, an invisible disability is a physical, mental or neurological condition that is not visible from the outside, yet can limit or challenge a person's movements, senses, or activities. Unfortunately, the very fact that these symptoms are invisible can lead to misunderstandings, false perceptions, and judgments."

Disabled-World.com puts it this way:

"Invisible Disability, or hidden disability, is an umbrella term that captures a whole spectrum of hidden disabilities or challenges that are primarily neurological in nature. Invisible disability, or hidden disability, are defined as disabilities that are not immediately apparent. Some people with visual or auditory disabilities who do not wear glasses or hearing aids, or discreet hearing aids, may not be obviously disabled. Some people who have vision loss may wear contacts. A sitting disability is another category of invisible impairments; sitting problems are usually caused by chronic back pain. Those with joint problems or chronic pain may not use mobility aids on some days, or at all. Although the disability creates a challenge for the person who has it, the reality of the disability can be difficult for others to recognize or acknowledge. Others may not understand the cause of the problem, if they cannot see evidence of it in a visible way."

Source: <https://www.accessibility.com/disabilities/invisible-disabilities>

TIPS FOR ONLINE LEARNING

- * Set goals and a schedule at the beginning of the semester
- * Create a positive/productive study space
- * Eliminate distractions
- * Stay organized
- * Keep track of due dates
- * Practice time management
- * Develop a routine and actively participate
- * Use the resources provided by the instructor and use campus resources
- * Check your student email regularly
- * Stay in contact with your instructors