

FALL
2011

Insider Newsletter

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**Fall 2011
Walk-In Schedule
Hours:
9 am—4 pm**

Mondays:

Emily Shryock

Tuesdays:

Lauren Kinast

Wednesdays:

Justin Rogers

Thursdays:

Kelli Bradley

Fridays:

Rotates among Staff

Letter from Director:

For returning students, welcome back to UT Austin! We hope you had a wonderful summer! Welcome as well to those of you who are new to campus and to SSD. We have had a busy summer planning for the upcoming academic year and are looking forward to working with you. We hope you find the 15th edition of our newsletter, the *Insider*, useful and informative. Included you will discover: important dates and deadlines, workshop information, staff introduction, and more!

In addition to our general welcome back we have some exciting news – we have **MOVED!** Over the summer SSD relocated down the hall to SSB 4.206, previously the Student Government suite. With this move we:

- Established a more accessible and welcoming receptions area.
- Centralized our services.
- Improved our testing space.
- Incorporated the lab into the same suite as the rest of SSD.
- Increased storage and staff work space.
- Created a work station for interpreters.

The new space is **AMAZING!** If you have not already had the opportunity to check it out we would love for you to come by.

We will also be hosting an open house during October as part of our Disability Awareness Month events as well as a brown bag with the Law/Graduate schools, an exhibition by the Austin Stampeded, a co-sponsored event with Voices Against Violence and more! Be sure to check our Web site or your e-mail for details.

Once again, welcome back and best wishes for a successful semester!

Stephani Wolfe, LCSW

Executive Director, Services for Students with Disabilities

SSD Resource Center

SSD is excited to announce that we have created a disability-related Resource Center in our new office space. We now have a place to advertise internships, research opportunities, support groups, and upcoming events, as well as other great information that may be of interest to our students. The Resource Center is located in the corner of the SSD office next to the student computer and will be updated frequently with new opportunities and information.

Since not all SSD students come into our office on a regular basis, we have started a Campus and Community Bulletin that is sent out via email six times per year. The Bulletin will contain some of the same information as the Resource Center, but will specifically focus on current events and opportunities.

Please take a moment to check out the Resource Center next time you stop by the SSD office and be sure to watch for the Campus and Community Bulletin that will be sent out in the coming weeks. We are excited about the opportunity to connect students with resources that may be useful on a personal, professional, and educational level.

October is Disability Awareness Month!

Coffee Chat with Rachel Mazique, NAD Miss Deaf America Ambassador, UT English Department Assistant Instructor and Graduate Student Tuesday, October 4, 2011—5:30 to 7:30PM, SSB 4.206

Come to a Coffee Chat with Rachel Mazique, the National Association of the Deaf's Miss Deaf America Ambassador, 2010-2012 and UT Assistant Instructor and Graduate Student with the UT English Department. Join us to learn about the NAD and Rachel's experience teaching and being the only Deaf teacher and graduate student in UT's English Department.

Brown Bag : Law and Graduate School

Thursday, October 13, 2011— 12:00 to 1:00PM, SSB 4.212

SSD and the Law and Graduate Schools together will host a brown bag lunch for SSD students to meet with and ask questions of staff and students who are currently in these programs.

Rugby Stampede

Wednesday, October 12 2011— 6:00 to 7:30PM, Anna Hiss Gym

Come watch the Texas Stampede Wheelchair Rugby team in action at UT! The Texas Stampede has athletes who have competed on National level teams, including several Paralympic athletes. Wheelchair rugby, also known as Murderball, is a fast-paced full contact sport and this event will give you the chance to meet the team and watch them in action. Come on out and see wheelchair rugby at its finest!

Student Forums

Tuesday, October 4, 2011— SSB 4.212

1:00 – 2:00PM Medical / Mobility / Visual

2:00 – 3:00PM ATEC

3:00 – 4:00PM LD / ADHD

Thursday, October 6, 2011— SSB 4.212

2:00 – 3:00PM Deaf/HH

3:00 – 4:00PM Psychological / ASD

These forums allow students to directly connect with those responsible for accommodating students and keeping the university in compliance with the Americans with Disabilities Act. This is an opportunity for students to ask questions, share ideas, and provide constructive criticisms to those organizational bodies designed to accommodate students with disabilities.

Voices Against Violence Theatre for Dialogue

Thursday, October 20, 2011—7:00 to 8:30PM, RLM 4.102

The VAV Theatre for Dialogue program uses trained Peer Theatre Educators to present realistic scenarios demonstrating situations of relationship violence, sexual violence and stalking. This performance will highlight unique dynamics that may be part of relationship violence when an individual has a disability. For more information about VAV Theatre for Dialogue: http://cmhc.utexas.edu/vav_peertheatre.html

Film Screening: Front of the Class

Wednesday, October 26, 2011—5:30 to 7:00PM, JES A115

Sanger Learning & Career Center and Services for Students with Disabilities are hosting a screening of the film "Front of the Class". The film is based on a true story of a man with Tourette's Syndrome who overcame discrimination because of his disability and was later selected as Georgia's First Year Teacher of the Year. For more information and to RSVP for this event, please go to:

<http://www.lifelearning.utexas.edu/events.php?a=detail&0lim=5&id=609>

Services for Students with Disabilities Staff

Services for Students with Disabilities had several staff changes, so we wanted to take this opportunity to provide you with current staff positions and bios to assist you when requesting specific support from our office.

Stephani Wolfe, LCSW, Executive Director

As director, Stephani supervises all staff in SSD, oversees the coordination of services, manages a student caseload, serves as the liaison to the ADA Coordinator, and participates on related committees. She received her master's in social work at The University of Texas at Austin and began working in SSD as a Disabilities Services Coordinator in 2007. Prior to coming to SSD she served as a mentor to undergraduate students and completed her final field placement at Seton Shoal Creek Hospital. As the director of SSD Stephani really enjoys her continued work with students on an individual basis while also being able to make sure the interests of students with disabilities are being recognized at an organizational level.



Lauren Kinast, Assistant Director for Deaf/Hard of Hearing Services Program

A transplant from California, Lauren has worked with UT/SSD since 2006. Lauren coordinates services and campus access including sign language interpreters and captioners for Deaf/HH students, staff, faculty, and campus visitors. Prior to working at UT, she worked at San Diego Community College District and CSU-Northridge. She enjoys working with diverse students and is proud UT goes 'above and beyond' with being the best for students using accommodations/services!



Craig High, Coordinator of Assistive Technology and Testing Programs

Craig has been with UT Austin since 2007 and has been working with assistive technology for over twenty years. He grew up in Spring, Texas and moved to Austin in 1990 after graduating from Sam Houston State University. Craig is a veteran who served with the USN and USMC. He serves on the campus Veterans Committee and remains active in veteran issues. When asked what he likes about his job at UT, Craig will be quick to tell you that assistive technology is always changing and exciting.



Emily Shryock, Disabilities Services Coordinator

Emily works with students who have medical, mobility, or visual disabilities. Her service dog, Morey, is also a member of the SSD Team. Emily (and Morey) moved from Indiana in order to work at UT and to play wheelchair rugby with the Texas Stampede. Her favorite part of working with college students is the diversity and variety that is a part of working in a university setting. Just as "disability" covers a broad range of abilities and limitations, the group of "college students" is very diverse as well.



Services for Students with Disabilities Staff Cont.

Justin Rogers, Disabilities Services Coordinator

Justin has been with the SSD office since December of 2010 and enjoys working at one of the most prestigious research institutions in the nation. Justin's background started in Student Affairs and continued after completing his Master's degree in higher education in 2005. Justin has devoted his career to working with college students and has worked for Texas State University and The Princeton Review. When asked what he likes most about his job at UT, Justin says he enjoys watching his students achieve success and eventually graduate with an education that can truly make a difference in the world.



Kelli Bradley, Disabilities Services Coordinator

Kelli has been with the SSD office since January 2011 and is a graduate of UT. Originally from Houston, she moved back to Austin after receiving graduate degrees in social work and business at the University of Houston. In her spare time, Kelli volunteers as a Victim Services counselor for the Pflugerville Police Department. When asked what she likes most about her job at UT Austin, Kelli says she loves the energy of the UT campus and helping students with disabilities reach their educational goals.



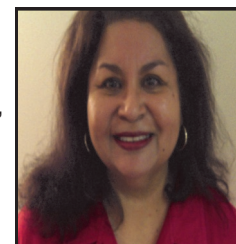
Sabaa Kashmiri, ATEC Lab Manager

Sabaa works with students who require Assistive Technology and textbooks in alternative formats. She manages the ATEC Lab located in the SSD. Originally from Mumbai, India, Sabaa came to the University of Texas, Austin to pursue a degree in Psychology. She enjoys yoga, discovering food trailers around Austin and free swims at the Barton Springs pool. Sabaa's favorite part of working with the SSD is seeing students become more independent while harnessing their true potential.



Dora Villanueva, Administrative Associate

Dora has been working in SSD for 7 years after retiring from the State. She is originally from Houston and grew up in Milwaukee, Wisconsin. Dora moved to Austin 42 years ago. She enjoys spending time with her children and grandchildren, reading, music, dancing, and making quilts. Working in SSD has given me the opportunity to see challenged students reach their educational and personal goals.



Heather R. Kaplan, Administrative Assistant

Heather has been with SSD since November of 2009. Originally from the northeast, Heather moved to Austin to experience life in the Live Music Capitol of the World and pursue her American Sign Language skills in one of the most active Deaf communities in the country. She enjoys working in roles of service to others. When asked what she likes most about her job at UT, working at a university gives her access to a world of opportunity and a feeling of gratification knowing that every day her efforts help students receive fair treatment in their classrooms, thereby enabling them to be the best students they can be.



Important Dates to Remember

August 29	(Monday) Last day of the official add/drop period; after this date, changes in registration require the approval of the department chair and usually the student's dean. (See General Information, chapter 4, for details.)
Sept 5	(Monday) Labor Day holiday.
Sept 9	(Friday) Twelfth class day; this is the date the official enrollment count is taken. Last day an undergraduate student may add a class except for rare and extenuating circumstances.
Oct 19	(Wednesday) Last day a graduate student may change registration in a class to or from a credit/no credit basis.
Oct 20-21, 24-26	(Thursday–Friday, Monday–Wednesday) Academic advising for continuing and readmitted students for the spring semester.
Oct 24	(Monday, 2:00-12:00) Priority registration
Oct 24 - Nov 4	(Monday–Saturday, Sunday–Friday) Registration for the spring semester for continuing and readmitted students
Nov 18	(Friday, by 5:00PM) Course Load Reduction Deadline
Nov 24-26	(Thursday–Saturday) Thanksgiving holidays.
Dec 2	(Friday) Last class day. Last day a graduate student or a law student may, with the required approvals, drop a class or withdraw from the University.
Dec 3-4	(Saturday–Sunday) Fall graduation ceremonies in the colleges and schools.
Dec 5-6, 11	(Monday–Tuesday, Sunday) No-class days.
Dec 5-10, 12-16	(Monday–Saturday, Monday–Friday) Fall semester final examinations in the School of Law.
Dec 7-10, & 12-13	(Wednesday–Saturday, Monday–Tuesday) Fall semester final examinations except in the School of Law.
Dec 17	(Saturday) Official graduation date. (No public exercises.)

Time Management Workshops

Not enough time in the day to get it all done?
Have trouble keeping track of things?
Don't turn in assignments because you forgot they were due?
Have difficulty getting to appointments on time?

*If you answered YES to any of these questions the
SSD Time Management Workshop may be right for YOU*

Tuesday, September 20th from 3:30 – 5:00 (SSB 4.212)
Wednesday, October 5th from 3:30 – 5:00 (SSB 4.212)

At this workshop we will:

- ✦ Discuss strategies that have been helpful to past students
 - ✦ Brainstorm ideas to help with areas of difficulty
- Share what has worked for you and how to build on those successes

Question? Comments? RSVP to Stephani Wolfe at swolfe@austin.utexas.edu

Recommended Website:***UChicago News: Writing About Worries Eases Anxiety & Improves Test Performance***

<http://news.uchicago.edu/article/2011/01/13/writing-about-worries-eases-anxiety-and-improves-test-performance>

Introduction taken from the article:

Students can combat test anxiety and improve performance by writing about their worries immediately before the exam begins, according to a University of Chicago study published in the journal *Science*.

Researchers found that students who were prone to test anxiety improved their high-stakes test scores by nearly one grade point after they were given 10 minutes to write about what was causing them fear, according to the article, "Writing about Testing Boosts Exam Performance in the Classroom." The article appears in the Jan. 14 issue of *Science* and is based on research supported by the National Science Foundation.

The writing exercise allowed students to unload their anxieties before taking the test and accordingly freed up brainpower needed to complete the test successfully — brainpower that is normally occupied by worries about the test, explained the study's senior author, Sian Beilock, an associate professor in psychology at the University.

In other research, Beilock has shown that pressure-filled situations can deplete a part of the brain's processing power known as working memory, which is critical to many everyday activities. Working memory is a sort of mental scratch pad that allows people to retrieve and use information relevant to the task at hand. But it is a limited resource, and when worries creep up, the working memory people normally use to succeed becomes overburdened. That can sap the brain power necessary to excel.

Other research has shown that expressive writing, in which people repeatedly write about a traumatic or emotional experience over several weeks or months, is an effective technique for decreasing worries in depressed individuals.

In the current research, the scholars wanted to determine if students could benefit from writing in the classroom, so they first tested college students to determine if writing about their anxieties improved their performance on a mathematics test.

To continue reading/see the full article—please go to the website url given above.

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**The SSD Staff wishes
everyone a great Fall 2011 Semester!**