

THE ODA CONNECTION

Volume 7, Issue 1



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Breaking Bad Star to Speak at UNT During Disability Awareness Month

By Ashley Boyd, University Relations, Communications, & Marketing

DENTON (UNT), Texas – The University of North Texas will host RJ Mitte, an actor from the highly-acclaimed TV series, *Breaking Bad*, as part of the 2015-16 Mary Jo and V. Lane Rawlins Fine Arts Series. The event will be held at 8 p.m. Oct 29 (Thursday) in UNT's Murchison Performing Arts Center, 2100 N. I-35E. Denton.

Mitte will speak to students and faculty about the challenges he faced growing up with a mild form of cerebral palsy.

Cerebral palsy can be a form of paralysis, believed to be caused by brain injury, which normally occurs during birth. Most affected by the disorder have difficulty controlling their muscles and voluntarily using their motor skills.

Mitte will discuss how he confronted his disorder growing up in southern Texas and Louisiana and how he learned to use his disability in Hollywood to raise awareness of the importance of equality and diversity.

Mitte began acting lessons in 2005, upon moving to Hollywood. His acting career began with background roles on TV series such as *Hannah Montana* and *Everybody Hates Chris*. He defines his role in *Breaking Bad* as the big break that gave him the perfect opportunity to educate a wider-range of publics about people with disabilities.

Ron Venable, director for UNT's Office of Disability Accommodation, said that a speaker like Mitte represents a relatively new trend in Hollywood where more people with disabilities have regularly recurring, more positive roles on our screens.

"Disability is a natural part of life, as much as 19 percent of the U.S. population has a disability according to 2010 U.S. Census data -- that's one in five people, upwards of 56 million Americans," Venable said. "So, it's essential that our campus provide mandated accessibility and programming. Moreover, providing access for people with disabilities and educational programming benefits everyone."

Venable stated that his office would be advertising for the appearance among students and staff.

"I'm sure there were many challenges along the way for RJ and hearing his perspective can encourage us all to be more aware of physical and attitudinal barriers we can all play a part in eliminating," Venable said.

UNT students get into the event for free, but must reserve their ticket by contacting the Murchison Performing Arts Center. More information on Mitte's speech and other events throughout the year can be found at the Fine Arts Series Facebook page at www.Facebook.com/UNTFineArtsSeries.

What: RJ Mitte, actor and advocate for actors with disabilities, visits the University of North Texas to present "Overcoming Adversity: Turning a Disadvantage into an Advantage." Mitte will discuss the challenges of living with cerebral palsy and overcoming adversity as part of the 2015-16 Mary Jo and V. Lane Rawlins Fine Arts Series.

When: 8 p.m. Oct. 29 (Thursday)

Where: UNT's Murchison Performing Arts Center, 2100 N. I-35E.

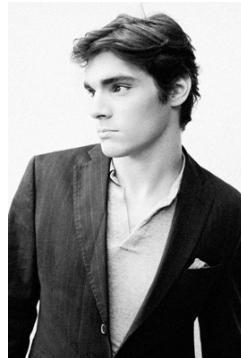
Cost: UNT students get into the event for free, but must reserve their ticket by contacting the Murchison Performing Arts Center. Ticket prices are \$10 for the general public and are \$5 for faculty, staff and alumni. Tickets for events at the Murchison Performing Arts Center can be reserved or purchased online at TheMPAC.com.

More information: More information on the events throughout the year can be found at the Fine Arts Series Facebook page, www.Facebook.com/UNTFineArtsSeries.

If you need a reasonable accommodation because of a disability to fully participate in this event e.g. Sign Language Interpreter, please email Ron.Venable@unt.edu. Please make the request as soon as possible to allow sufficient time to arrange the accommodation.

For more disability awareness events see:

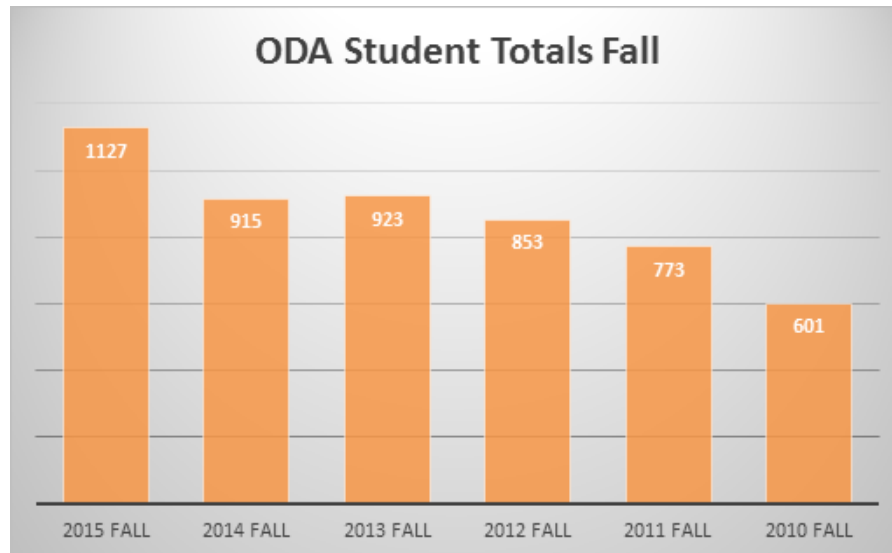
<https://disability.unt.edu/disabilityawareness2015>



RJ Mitte, who starred in the highly-acclaimed *Breaking Bad* TV series, speaks at UNT about confronting the obstacles of living with a disability.

ODA Experiences Record Growth

Fall 2015 ODA numbers increase to the highest total in 11 years



The ODA has experienced a 23% increase in students over last year. We are thrilled to share this with the campus community as it demonstrates UNT excels at accommodating students. Further, the barriers that often keep students from using an office like ours have been reduced. We're also happy to report that our administrators in the Division of Student Affairs have helped us find ways of meeting the increased need so we can sustain high levels of satisfaction from you all. We hope this is an indication that we are becoming a destination school for students with disabilities and directly contributing in some small way to your success!

71% of the students served by our office have invisible disabilities. The number of students with Psychiatric disabilities has risen dramatically and is now the highest group served. This is a testament to the efforts UNT has made to address mental health challenges on campus through the CARE Team (studentaffairs.unt.edu/care), the Mental Health Task Force (speakout.unt.edu) and several other personal/academic supports on the campus. Students are asking for help with these issues and the campus is responding!

Student Services: Your Guide to Supports on Campus

Student Services offered by the University of North Texas are available for you to ensure your success while pursuing your academic goals. These services are covered in the student fees you pay each semester; therefore you are encouraged to use them.

Student Money Management (Chestnut Hall 313)- will help you create a budget and stay on it as well as providing information for emergency loans and scholarships.

Counseling and Testing (Chestnut Hall 318) – provides counseling for various situations from personal to academic including counseling for test anxiety. Testing services are for the GRE, GMAT, MCAT, LSAT and any other standardized test you are interested in taking.

Career Center (Chestnut Hall 103) – Assistance in finding employment on or off campus, full or part time. They can also help you refine your resume along with preparing you for future job interviews and full time employment after you graduate.

Psychology Clinic (Terrell Hall 171) – Provides Therapy/counseling services to students at a reduced rate. They also provide educational evaluations to determine Learning Disabilities. This service can have a waiting list so get your name on it early if you're interested in having a new evaluation done.

Student Legal Services (Stovall Hall 136) – Provides legal counsel for students of UNT from help with apartment leases to insurance as well as any legal questions students might have.

The Learning Center (Sage Hall 315) – This office provides tutoring in most courses, as well as providing a Reading and Study Skills Lab (RASSL) that will help you improve your performance as a student and will provide you with skills to take into different areas of your life in the future.

Office of Disability Accommodation (Sage Hall 167) – Students registered with ODA are given accommodations to give them equal footing with the rest of the students in each of their classes. Accommodations are determined on a case by case basis and each student is accommodated based on individual need.

TRIO Discovery program (Sage Hall 215) – A program provided to qualifying students that provides one on one services such as tutoring and academic and career counseling.

Delta Alpha Pi

Delta Alpha Pi Needs YOU!



Delta Alpha Pi (DAPI) is an international honor society for students with disabilities. Members display pride in their academic achievements as honor students who happen to have a disability. DAPI members strive to change the negative perception that students with disabilities cannot achieve academically. Through public recognition, leadership, and visible participation in educational activities, DAPI members counteract such prejudice.

Requirements for joining Delta Alpha Pi

Students must be registered with the Office of Disability Accommodation and be currently enrolled in class to be eligible for the UNT Alpha Nu chapter.

Undergraduate students must have completed a minimum of 24 credits and earned an overall GPA of 3.10 on a 4.00 scale.

Graduate students must have completed a minimum of 18 credits and earned an overall GPA of 3.30 and a 4.00 scale

Current Delta Alpha Pi Officers.

President-Jessica Lowe: jessicalowe@my.unt.edu

Secretary- Joy Eaton: stich4joy@gmail.com or 213-450-2666

Time Management Doesn't Hurt...I Promise

By Randi Johnson, ODA Student Services Coordinator

When I'm meeting with the new student one of my questions is "Do you get your assignments turned in on time?" and another question is "Do you follow a calendar consistently?" The reason I'm asking is to see how organized a student is. The more organized you are, the easier it is to be a student, but still have a life. Time management is a big part of organization that helps you see both the big picture and short term goals and the goals you have already accomplished. It helps to ensure that you're turning in really good work. It also helps reduce your stress level.

The good thing about being a student now is that you have all of the technology at your fingertips to help you be an organized student with good time management skills. Yahoo, Google, and Hotmail all have calendar features that you can use that will link directly to the app that comes with your smart phone. On the first day of class, if you put your syllabus in your calendar, it will send the reminders to alert you to what work needs to be done. If you use your computer for your weekly, or monthly visual and use your phone for your daily plans you will be able to get yourself organized. For example: Suppose you have a research paper due October 15, you put the assignment due date on October 15 on your computer and you count back five weeks to the beginning of September, that needs to be your project start date. You can start planning each week to get components of that paper finished so that you can get it proofread to make sure you're not missing anything and are able to turn in an "A" project.

The learning center is also a good place to go to learn time management in their study skills lab workshop on the subject. Make sure you're talking with your professors as you go through your projects in getting them done in a timely manner. Have a good semester!

ODA At UNT Career Fairs

The ODA will have a table at the following events where you can ask questions about accommodations and employment!

Fall 2015 UNT Engineering & Computer Science Internship & Career Fair- 10/1/2015 11:00 AM-3:00 PM

-Discovery Park

Fall 2015 Journalism, Media, Communication & Design Internship & Career Fair-10/7/2015 1:00 PM- 4:00 PM-

Gateway Center Ballroom

UNT Fall 2015 Graduate/Professional School Day-10/12/2015 10:00 AM-2:00 PM- Willis Library Forum

Fall 2015 KHPR and Health Professions Expo- 10/22/2015 1:00 PM-3:00 PM- Chestnut Hall 120 A&B and Rotunda

*The Department
Of Assistive and
Rehabilitative
Services*

*(DARS) is an
agency that helps
individuals with*

*disabilities reach
vocational
goals*

*The Denton DARS
Field Office*

*can be contacted at
(940) 384-7901.*

Welcome To Student Spotlight

Each newsletter we will feature a different student to include in our student spotlight. This month we shine the spotlight on Tess Rasmussen. For Fall 2015, Tess begins her first year in the UNT Master of Science Program in Rehabilitation Counseling.

We asked Tess to tell us a little bit about why she chose UNT and the program in Rehabilitation Counseling. She said, "I was very excited when I was accepted in to University of North Texas' Rehabilitation Counseling program because of its successful reputation and its top ranking in the state and the country."

Tess explained that she really likes UNT because of the friendly atmosphere, "I am new to the area, so like most new students, I had some questions. Every department I have visited looking for answers, I have met very friendly, helpful people."

Tess was excited to share some of the things that she likes best about UNT so far. She said she likes the many student activities that are available on campus, "UNT has great programs for musicians, artists, scientists, engineers, teachers, counselors and everyone in between, making the student population a unique, diverse group of people." Tess added, "The Mean Green Fling was a lot of fun and First Flight is the perfect way to figure out which of the over 300 student groups I want to check out to get involved. Student Activities provide a sense of belonging and they are a great way to meet new friends."

UNT's terrific music program is also something that Tess likes. While sharing some of her personal interests, Tess pointed out that she really likes being at a top notch music school saying, "I enjoy listening to music and I'm excited to hear some of the great music performances at UNT."

Showing her Mean Green Pride, Tess concluded our interview, "It is really impressive to me how such a large school already feels like a tight-knit community. I am really looking forward to my time at UNT and to being a Mean Green Eagle!

Thanks Tess for visiting with us! We hope that you will enjoy being at UNT as much as we do!

If you would like to be featured in our spotlight, let us know and we'll see if we can include you in a future edition of Student Spotlight!



Need Help With Research In A Specific Subject?

There are **SUBJECT LIBRARIANS** here to help.

Please see the following url for specific colleges/subjects:

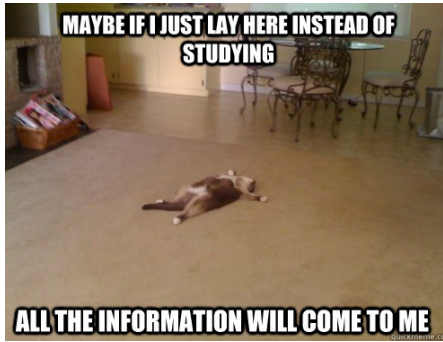
<http://www.library.unt.edu/subject-librarians>.

Subject Librarians work in partnership with one or more academic departments, schools or colleges to enhance the Libraries' collections and increase faculty and student access to library resources in all formats through research, teaching and technology.

They can also help you find research on a paper or a project.



Top 5 Study Tips



1. Time Management

- Give yourself enough time to study and finish homework.
- Try to take advantage of breaks.
- Review your syllabi for important due dates.
- Plan ahead for when you will study. Avoid procrastination.

2. Organization

- Organize your study space.
- Organize your files, use notebooks, and plan how to take notes.
- Break your work into small chunks.
- Organize class information so it makes sense to you.

3. Reading Skills

- Set goals and monitor progress. Seek feedback from others.
- Remove distractions.
- Improve on your memory study skills: Use reviewing methods, graph, or cue cards. Read through skimming, scanning, mind maps.
- Skimming is quick reading that text to get the general gist of the content. Scanning is quick reading but seeking out specific information
- Visualization is using words to visualize the meaning of the text.
- Review past papers.
- Test yourself so you are familiar with similar test materials.

4. Group Work

- Take advantage of peer mentoring, tutoring, and meeting professors for help with class.
- Organize study groups with friends.
- Talk to peers about school work or ask for support.

5. Exercise and Eat Lots of "Brain Food"

- Eat well, get plenty of sleep, exercise.

For more information you may access these websites: <https://dus.psu.edu/academicsuccess/studyskills.html> http://www.ucc.vt.edu/academic_support_students/study_skills_information/

ODA Programs

10/8/2015- Getting Ahead In The Employment Game: Resume and Interview Tips- 12:00 PM

10/15/2015- Should I Tell My Employer About My Disability?- 11:00 AM

10/22/2015- Screening of documentary on the history of the Disability Rights Movement, Lives Worth Living- 12:00 PM

10/28/2015- Disability Awareness Program 12:00 PM

11/2/2015- Accommodated Testing at the ODA: Answers to Frequently Asked Questions for Faculty and Staff 12:00 PM

11/18/2015- Real Connections: Making Distance Learning Accessible- 11:30 AM

12/3/2015- Here's To Your Health- 11:00 AM

All programs are in Sage Hall 167

FREE PIZZA!!!!!!