

THE ODA CONNECTION

Volume 8, Issue 1



New Alternative Test Request Form (ATRF) Process

ATTENTION!

Starting August 29, 2016 the ODA will be implementing a new procedure regarding late Alternative Test Request Forms:

1. On the first instance, the student will receive a warning, but the form will be accepted at the discretion of the Testing staff.
2. On the second instance, the student must meet with their ODA Counselor prior to scheduling exams. The ATRF form will NOT be accepted until the Counselor approves by noting on the form.
3. On the third instance, the student must meet with the Director, Ron Venable, prior to scheduling exams. The ATRF form will NOT be accepted until the Director approves by noting on the form.

University of North Texas

Phone: 940-565-4323

Fax: 940-369-7969

1155 Union Circle

310770

Denton, TX 76203-5017

ODA Walk-in Hours:

Monday—Friday 3-4 PM

Website:

[www. disability.unt.edu](http://www.disability.unt.edu)

Vocal ID- Donate Your Voice

Many of you have probably donated blood, plasma, clothing and cars. But have you ever considered donating your voice? Over 10 million people worldwide live with limited voice or voicelessness due to conditions such as Cerebral Palsy, ALS, Parkinson's, throat cancer, or injury. Many rely on synthetic voices. At VocaliD a recipient's voice sounds are recorded then blended with a donor voice. This allows the recipient to have a unique vocal identity.

The creator Dr. Rupal Patel said "The inspiration for VocaliD came when I saw a young girl and older man communicating using their assistive devices but with the exact same adult male voice," said Dr. Patel, a professor at Northeastern University. "We wouldn't dream of fitting a little girl with the prosthetic limb of a grown man, so why then the same prosthetic voice?"

Donors will need a quiet place to record, log into Google Chrome and a good USB headset/microphone. 6-7 hours is needed but you may record in small increments.

For more information visit: www.vocalid.co

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Meet ODA's New Staff Members!

The ODA has added some new staff that are very excited to work with students! Please read their bios to learn more!

ODA Testing Coordinator, Ruben Cruz:

Ruben Cruz graduated from the University Of North Texas with a Degree in Applied Behavior Analysis with a focus on Early Intensive Behavioral Intervention for students on the Autism spectrum. He has returned to UNT as the new Testing Coordinator for the Office of Disability Accommodations. Ruben has experience working in both Public and Private schools working as an advocate for students who utilize ARD, IEP and 504 plans in K-12 schools. He also has experience working in Clinical as well as in-home settings across the DFW Metorplex. Ruben brings a variety of experience to the ODA and looks forward to working with students in Higher Education.

ODA Testing Graduate Assistant, Ashley Stults:

Ashley is a Graduate Assistant in the Testing Center in the Office of Disability Accommodations. Ashley graduated with her undergraduate degree in Rehabilitation Studies from The University of North Texas in May 2014. She is currently enrolled in the Counseling program at The University of North Texas and hopes to become a Licensed Professional Counselor with a focus in depression and anxiety.

ODA Text Conversion Graduate Assistant, Samantha Accettulli:

Samantha Accettulli is a first year student in the Counseling graduate program. She previously attended the University of Texas where she received her BA in Theatre and Dance. She is the new Graduate Assistant in the Text Conversion department of the ODA and is looking forward to assisting students with their course material accessibility needs.



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-Lauren Taylor- LaurenTaylor3@my.unt.edu

Treasurer- Jamie Shankle- jls0857@unt.edu

Secretary- Joy Eaton: stich4joy@gmail.com

2016 ODA Student Success and a Snack Talks (All Located in Sage Hall 167)

- 9/29/2016- Siri, Read My Textbook To Me- 10-11 AM
- 10/4/2016- Here's to Your Health- 2-3 PM
- 10/10/2016- How We (Really) Roll: Exploring Stereotypes and Strategies to Build Inclusion- 1-2 PM
- 10/11/2016- Disability Disclosure in the Employment Process- 1-2 PM
- 10/13/2016- Study Skills for Dyslexia and ADHD- 1-2 PM
- 10/18/2016- Mental Health Resources at UNT- 2-3 PM
- 10/20/2016- Tech Tools To Beat Learning Challenges- 2-3 PM
- 10/25/2016- Disability Disclosure to Professors- 2-3 PM
- 10/25/2016- Know Your Learning Style- 10-11 AM
- 11/30/2016- Test Taking Strategies- 10-11 AM

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 2016 UNT Engineering & Computer Science Internship & Career Fair- 9/29/2016 11:00 AM-3:00 PM -Discovery Park

Fall 2016 Journalism, Media, Communication & Design Internship & Career Fair-10/6/2016 1:00 PM- 4:00 PM-Gateway Center Ballroom

Fall 2016 Government, Non-Profit, & Criminal Justice Career Fair- 11/9/2016 1:00 PM-4:00 PM- Union Ballroom 314

Workforce Recruitment Program Starting Soon!

Are you concerned about landing that first job after graduation? Maybe you just need help finding an internship to get your foot in the door? The Workforce Recruitment Program (WRP) can be a great place to start. The WRP is a recruitment and referral program that connects federal and private sector employees nationwide with current college students and recent graduates. The WRP is managed by the US Department of Labor's Office of Disability Employment Policy (ODEP) and the U.S. Department of Defense's Office of Diversity Management & Equal Opportunity (ODMEO).

The WRP works by placing students in a database that can be accessed by federal agencies and federal contractors looking to hire qualified individuals with disabilities. Students are interviewed by a Department of Labor recruiter before being placed in the database about things like previous work experience and future goals.

In 2015 the WRP led to candidate employment in 38 states, Washington D.C, Puerto Rico, and military bases in Germany and South Korea with 19 federal agencies and 10 private employers.

So, what are you waiting for? WRP registration starts August 29th, 2016 with recruiter interviews taking place in late October 2016. Also, the WRP is specifically looking for veterans who may have experience and clearances that federal agencies are looking for.

Please contact ODA Student Services Coordinator Devin Axtman with any questions at Devin.Axtman@unt.edu, or visit www.wrp.gov for more information.



The 2016 DiversityInc Top 10 Companies for People With Disabilities

1. EY
2. Prudential Financial
3. Proctor & Gamble
4. IBM
5. KPMG
6. Merck & Co.
7. AT&T
8. Sodexo
9. Kaiser Permanente
10. Comcast NBCUniversal

For more information: <http://www.diversityinc.com/top-10-companies-people-with-disabilities/>

College Survival 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/



Counseling and Testing Weekly Workshops Fall 2016

Dog Breath

Mondays from 2:30 - 3:30, Chestnut Hall 311

Thursdays from 10 - 11, Discovery Park Counseling Office, C102C

Practice meditation with our furry friend, Buddy the therapy dog! Learn meditation skills that can be used to relieve stress and manage anxiety while spending time with a lovable pet.

Livin' The Dream

Tuesdays from 3 - 4:30, BLB 295

It feels overwhelming when you are expected to have everything figured out, and everybody else seems to have it together. Learn what the "dream" is and what it means to "live the dream" in your life, education, and career.

Mind Spa Instruction

Tuesdays & Wednesdays, 12:30 - 1 Chestnut Hall 311

Call ahead to make an appointment.

Learn how to relax your mind and body in our mind spa. This room encourages self-care at your convenience. Join us in a demonstration of our biofeedback software and learn how resources in the Mind Spa can help you with symptoms of anxiety, stress, and depression.

Party HARDish

Wednesdays from 12 - 1:30, Chestnut Hall 311

Partying too hard? Join us and learn how to cut back by partying HARDish with less of the headache!

Healing Arts

Wednesdays from 2 - 3, Chestnut Hall 311

This workshop provides a safe space for students to use art as a means of coping with stress and emotions. Students are encouraged to bring up anything they are wanting support on, while creating de-stressing art. No art experience is necessary, so come let your creativity, emotions, and energy flow!

Vets Connect

Wednesdays from 3 - 4:30, Sage Hall 123

The transition from the demands of military life to university life is sometimes confusing and can create a significant amount of stress. This group will be held at Student Veteran Services and offers Veterans a safe space to genuinely connect with and support one another.

Viewing Resiliency through Unbreakable Kimmy Schmidt

Wednesdays from 4-5:30, Chestnut Hall 324

Call ahead to schedule a group screening.

Come watch clips of the Unbreakable Kimmy Schmidt with us while learning how to use positive psychology to increase resiliency!

CAREfrontation

Thursdays from 12 - 1, Chestnut Hall 311

If you want to figure out how to better communicate with someone, this group is for you! If you're having a conflict, struggling to manage a relationship with a roommate, parent, or friend, or just want to figure out how to be more assertive, come and get support by determining strategies to communicate your wants and needs.

Stress Survival

Thursdays from 3:30 - 4:30, Learning Center, Sage Hall 315

Are you thriving or surviving? Come learn how to survive your stress and move toward success in school and life.

Missing Home and Need a Buddy?

Fridays from 10:30 - 11:30, Chestnut Hall 311

Coming to college and leaving family, friends, and pets behind can be hard. This group is great for students who are struggling to connect with others or are missing their home. Come get support and spend time with Buddy the therapy dog!

Mindfulness for OCD

To Be Determined, Chestnut Hall 311

If you have obsessive-compulsive disorder, anxiety and fears might significantly interfere with living your life. This group will teach you mindfulness techniques that will assist you in challenging unhelpful thinking and in living a peaceful and enjoyable life!

Counseling and Testing Therapy & Support Groups

Fall 2016

Appointment necessary!



Dr. Saucedá's Group

This group will highlight universal themes of the search for authentic self, setting relational boundaries, and identifying areas of connection and disconnection. A mixture of support and process, this group will serve as maintenance for some, supplementary treatment for others, and social skills practice for others.

Mondays from 1 - 2:30, Chestnut Hall 311

The Big Questions: Religious and Spiritual Doubt

This is an existential exploration group of student's unique spiritual and/or religious development and identity. In this co-ed process group, students of all faiths or lack thereof will have a safe place to explore doubt in the context of religious and spiritual identity without the pressure to join another's faith.

Mondays from 4 - 5:30, Chestnut Hall 311

Masculinity, Health, and Wellness

This group will offer a safe space for students struggling with issues related to masculinity, in relation to body image and self-esteem. If what you've been taught and told of what a real "man" looks is creating conflict and distress in your life, this is a great group to get support and challenge rigid body image and masculine ideals.

Tuesdays from 12 - 1:30, Chestnut Hall 311

Body Project

This is an evidence-based, six session psycho-educational group for students that uses a variety of activities to challenge the thin-ideal and decrease body dissatisfaction. The group has homework activities designed to help fight body shaming and ideals.

Tuesdays from 2 - 3, Chestnut Hall 311

Understanding Self & Others Jogging Therapy

Exercise has therapeutic effects that can help alleviate symptoms of depression and anxiety. This group is about a therapy experience, not running, training, or exercise. Students will explore and discuss patterns of relating to self and others by discussing acceptance and understanding. The group thrives on diversity while discussing topics such as relationships, family, substance abuse, and personal growth.

Tues. & Thurs. from 3 - 4, Chestnut Hall 311

Survivors of Sexual Assault

Our SOSA group was created to provide a healing and safe environment for survivors of sexual assault to learn about sexual trauma and connect with other survivors. Group members will have opportunities to learn information, share experiences, process thoughts and feelings, and learn skills to cope in their healing journey.

Men's Group - Tuesdays from 3 - 4:30, Chestnut Hall 311

Women's Group - Wednesdays from 4 - 5:30, Chestnut Hall 311

Our SOSA group was created to provide a healing and safe environment for survivors of sexual assault to learn about sexual trauma and connect with other survivors. Group members will have opportunities to learn information, share experiences, process thoughts and feelings, and learn skills to cope in their healing journey.

Of a Feather: Queer Support Group

This is an informal, unstructured, support group for students looking for a safe and confidential space to discuss issues related to being queer. The group will focus on establishing positive connections with others and exploring the process of integrating ones sexual and gender identities in authentic, self-affirming ways.

Wednesdays from 2:30 - 4, Chestnut Hall 311

Grief Support Group

A support group for students who want to explore and process feelings regarding the death of someone in their life. We will explore the impact of the loss and explore healthy ways of coping with and processing grief. Potential topics the group will explore include common grief reactions, the difference between depression and grief, physical, emotional, mental, and spiritual reactions to grief, and coping skills.

Thursdays from 1:30 - 3, Chestnut Hall 311

Women's Body Wellness

This group will offer a safe space to explore issues related to sexism, sizeism, body image, self-esteem, and food. If what you've been taught and told of what a woman should look like is creating conflict and distress in your life, this is a great group to get support and challenge rigid body image, sexism, and sizeism. Self-compassion and self-kindness will be woven in the group.

Thursdays from 3 - 4:30, Chestnut Hall 311