

Accessibility Services Newsletter

A publication for students, faculty and staff
at North Shore Community College

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SPECIAL POINTS

- We are now Accessibility Services
- First ever grant funded DAPi project!
- Easy ways to destress
- Steps to incorporating Universal Design

Director's Corner

By Susan Graham

I am pleased to share with all of you the spring edition of the Accessibility Services Newsletter. Yes, you have read that correctly! In late December our department name officially changed from Disability Services to Accessibility Services. As I mentioned in our Fall Newsletter, the new name better reflects the mission of our office and the college by providing equal and equitable education for all.

This edition of our newsletter showcases several articles that we hope you will find both valuable and informative. I encourage all to take a moment out of your very busy day to read through this most current issue, and as always, your feedback is welcomed.

We are here to provide support to faculty, students and staff so as to offer the best possible services for our student population. For further infor-

mation about our services please visit webpage at Accessibility Services. Faculty and staff can find more information in Campus Pipeline under **My Northshore Tab > College Departments > Accessibility Services.**

Best wishes for the remainder of your semester!

Happy Spring!

Susan Graham



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Delta Alpha Pi
Honor Society
launches its first
ever grant funded
project on April
5th!

Get a sneak peak
of the Pass It On
film footage by
visiting DAPi's new
Instagram page,
[@dapi_nsc](https://www.instagram.com/dapi_nsc).

Pass It On

by Aillie McKeever, DAPi Advisor

On April 5, 2017, the Delta Alpha Pi Honor Society (DAPi) will launch its first grant-funded project. The initiative, called Pass It On, was designed by DAPi members to reach middle school students and awaken a more inclusive educational culture for kids in their formative years. Pass It On has four elements:

- A short **film** that broaches the difficulty of difference in middle school, re-frames disability, and provides reassurance that the hardship of difference can ultimately lead to success
- A **publication** designed by NSCC's Graphic Arts Department and written by ten DAPi students who describe their distinctive personal transformations from middle school to college
- An engaging **contest** that challenges middle school readers to react to one story in the publication through poetry, artwork, or another creative form of expression
- An interactive **presentation** to launch the entire project that includes experiential learning stations and giveaways for a group of 50 middle school students from Higgins Middle School in Peabody. All of the materials will also be posted online and shared with middle schools in NSCC's service area.

We invite you to attend our **Post-Launch Party** for the NSCC Community on **Wednesday, April 5** from **1:30-2:00 pm** in **Danvers MS 119**. Watch the film on the big screen, hear from its creators, enjoy snacks, and snag your own copy of DAPi's professionally-printed magazine. Celebrate with faculty and staff from multiple departments who have contributed their expertise to this project. There is nothing to buy and a good deal of fun to be had by all. Full classes, as well as individual faculty, staff, and students are encouraged to attend.



DAPi Students clockwise from top left: Kaela Noyes, Steve Peguero, Jared Socolow, Joe Ruggiero, Alex Schlecht, Liz Guay, Kelsie Verdini, Lisa Legner, Lissette Orellana, Tai Man. Not pictured: Dany Acosta, Max Donovan, Nicole Dustin, Christine Heard, Alexandra Hitchcock, John Kandres, Asher Kurtzman, Angline LoBrutto, Nancy Lyons, and Terry Weaver.

“The energy of the mind is the essence of life” ~ Aristotle



For more information, click these links:

[Five Ways to Beat Stress Anytime, Anywhere](#)

[The Connection between Mind and Body](#)

Try these Tips!



Introducing: The Wellness Pages

Tips and information for stress reduction and mind-body health

Mind-body Connection By Michele Almeida

Have you ever noticed when you take really deep breaths, your thoughts seem to slow down? Or, when you picture a beautiful sunset, your heart rate slows and you feel a little happier, even if just for a few minutes? If you’ve experienced moments like these, you’re feeling the mind-body connection at work.

The mind-body connection has been acknowledged going all the way back to Hippocrates, who stated that good health depends on the mind, body and environment being balanced. In the 1920’s, Dr. Walter Cannon labeled the fight-or-flight response, when hormones like epinephrine cause your heart to race

and breathing to quicken, in preparation to escape or to confront a threat. Dr. Hans Selye is considered an innovator in the area of stress research and noted the effect stress can have on the body, especially if it’s being dealt with for a long period of time.

Thanks to Dr. Herbert Benson, founder of the Mind/Body Medical Institute at Massachusetts General Hospital, we now know there are strategies we can use to de-stress, to slow down our breathing and heart rate, and relax our muscles from the tension of the day or to help cope with life stressors.

We’ll be covering more specific techniques and strategies in future news-

letters, but for now, we’ll just review the basics. Mindfulness techniques have been shown to reduce physical and psychological symptoms of stress. A mindfulness technique is anything that brings your attention back to the present moment, on purpose and without judgment. This can range from focusing your breathing, to taking some time to (literally) stop and smell the roses, and many options in between. Guided imagery, a process of envisioning a beautiful, peaceful scene such as a beach or meadow, uses the power of imagination to heal and has been shown to reduce pain and anxiety symptoms.

For a quick boost of positive energy and to beat stress whenever or wherever you feel it, try one of the following techniques:

1. **Take ten deep breaths**—Deep breathing relaxes your body, mind and spirit
2. **Take a brisk walk**—Even just a few minutes in the fresh air can work wonders
3. **Laughter**—Share a joke with a friend or watch a funny video
4. **Affirmations**—Say a short, positive phrase to yourself over and over to come back to the present moment
5. **Positive Thinking**—If you find yourself thinking a negative thought, stop for a moment and check in, ask yourself if it is true

A Journey of Tips to Create a Less Stressful and More Organized Semester in College by Rita LoGrasso Agnello

As a student, there are certain times throughout the semester that are stressful and just plain overwhelming. It's not always the toughness of the class that is the stressor but rather the organization. When unorganized, it takes much longer to prepare for a class which may allow less time for assignments or studying. This is why it is important to stay organized throughout. If this seems like a journey you would like to embark on and take part of, please follow along this image.



Start your Organizational Journey

First Step



Find an organizer that works for you. Examples below

1. Download a College Scheduler APP such as Class Manager-Homework organizer
2. Purchase a Planner
- OR
3. Use Google Calendar



Second Step

1. Review Syllabus
2. Input all dates from syllabus for Readings, Assignments, Projects, Quizzes, and exams into an organizer of your choice



Destination



Your Journey is complete with less stress and more organization by utilizing and completing these tips.

“For every minute spent organizing, an hour is earned.”

~ Benjamin Franklin

“There is no try.

There is only DO, or do not.”

~ Yoda

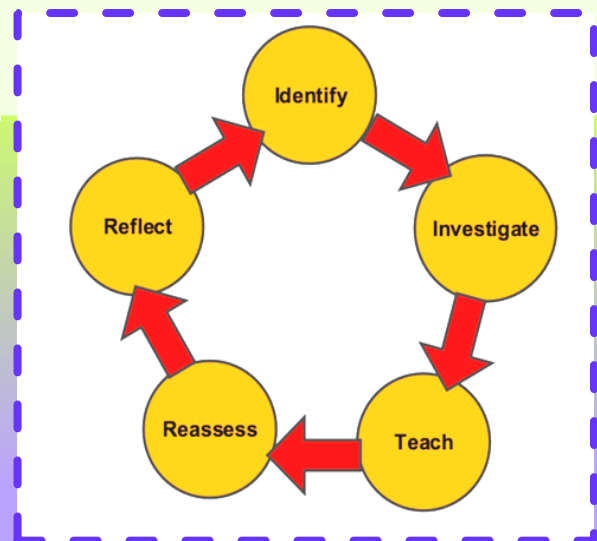
“Time is a created thing. To say ‘I don't have time’ is to say ‘I don't want to’.” ~ Lao Tzu

A Process for Incorporating Universal Design for Learning in your Course Design

by Lucy Bayard

Implementing Universal Design for Learning (UDL) in course design is a process that includes making changes to curriculum design and teaching practices in stages. It is a marathon, not a sprint! UDL is a research based framework for developing inclusive course design. The three learning guidelines to incorporate UDL in course instruction include providing multiple means for students to access the content, demonstrate knowledge learned, and engage with the content. It is helpful to identify a specific learning outcome like a challenge students face in a course or a particular lesson to adapt. Assess the newly employed strategy by incorporating student feedback after implementation and identifying how students demonstrated their understanding of the content. The diagram here is a suggested process for implementing UDL.

- **Reflect** on the needs of your students. *"What are my students struggling with?"*
- **Identify** a principle or checkpoint that addresses that need. *"How might I use this checkpoint to meet the needs of my learners?"*
- **Investigate** and create new methods or strategies. *"What brings this principle or checkpoint to life?"*
- **Teach** a lesson using the new method or strategy. *"What does this principle or checkpoint look like in my teaching environment?"*
- **Assess** the new method or strategy. *"In what ways did my students demonstrate knowledge or skills?"*
- **Reflect** on how the new method or strategy worked. *"How did the principle or checkpoint enhance my students' outcomes?"*



Source:

Nelson, L. L. (2014) Design and deliver: Planning and teaching using universal design for learning
http://udloncampus.cast.org/page/udl_gettingstarted#.WL2-VjgpV-F

Please share examples for developing inclusive course design with Accessibility Services. We will share your ideas and experiences with implementing UDL in future newsletters.