

Hello!

We hope summer finds you healthy and happy. Our second issue is full of tips, info on big changes, and success stories. Take a look at the fall classes that DSPS offers. And check out page 6 to learn more about our upcoming events and find out how students can play a bigger role in DSPS. Enjoy!

**Rita Zobayan,
Editor**

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STUDENT SPOTLIGHT

Meet Kay Rogers

My name is Kay Rogers. I have a nerve disorder that causes neuropathy (loss of feeling) in my legs and balance problems. I started taking classes at GCC because I was no longer able to work. A friend suggested GCC because they have good programs that serve students with disabilities. I have benefited from Student Development 143, the CABOT computer classes, Dance 150 and the Adapted Physical Education classes, as well as mobility accommodations.

There was a time when I rarely left my house and would never think of exercising, let alone do it.

I have grown by leaps and bounds over the last few years. There was a time when I rarely left my house and would never think of exercising, let alone do it. I have found an



inner peace and am able to calm my thoughts. When I first became disabled, I thought my life was over. Since going back to school, I have made new friends and accomplished things I never imagined. My overall quality of life has been greatly improved over the years. I am able to do much

more physically, and coping with my disability is easier. The Adaptive Physical Education teachers (Dr. Lee Miller Parks & Coach Laura Matsamoto) and the Dance 150 teacher (Victor Robles) are the best. The DSPS staff and counselors have been helpful as well. Everyone I have interacted with are sincerely interested in improving the lives of the students.

In addition to attending GCC, I enjoy paper crafts like making greeting cards. I also crochet blankets/scarves. Through the APE classes, I found some physical activities I *actually* like doing. Swimming is my favorite, but I practice yoga and Tai Chi as well. Dancing and listening to music, reading, and just spending time with family and friends bring me joy. My cats, I have three of them, are like my children, and I spend time playing with them.

FALL CLASSES ESPECIALLY FOR YOU!

Students, did you know that you can enroll in a multitude of fall classes offered by DSPS?

ADAPTED PHYSICAL EDUCATION (APE)

Dr. Lee Parks and Coach Laura Matsumoto, OTR, offer a variety of classes that are personalized to you and your abilities. Classes are transferable to CSU, UC, and USC. Since 2014, a study of GCC's adapted PE students indicates that engaging in these classes improves quality of sleep, enhances organizational abilities, and underscores improvement in student physical, cardiovascular, and health. **At GCC, every BODY can be active!** Please email lparks@glendale.edu or lauram@glendale.edu for more info.

PE 130 Adapted Activities

#1867, TuTh at 10:45am-12:10pm

This class introduces students to a variety of sport and recreation activities.

PE 131 Adapted Self Defense

#1928, MonWed at 12:20-1:45pm

Students are introduced to Tai Chi movement and its mental and physical health benefits. It's great for mindfulness, focus, and calm.

PE 132 Adapted Aquatics

#1868, MonWed at 9:10-10:35am

#1869, TuTh at 9:10-10:35am

This class offers swimming and aquatic exercise to all students, swimmers and non-swimmers alike.

PE 134

Adapted Wellness and Fitness

#1929, MonWed at 1:55-3:20pm

#1930, MonWed at 3:30-4:55pm

Students learn cardiovascular and strength workout programs that are personalized for them.

PE 135

Adapted Indoor Cycling for Fitness

#1931, TuTh at 1:55pm-3:20pm

This high-intensity exercise class focuses on each student's cardiovascular goals.

Dance 150

Physical Reintegration

#2807, Fri at 12:20-1:25pm

#2808 Fri at 1:25-2:50pm for the lab

Love to dance or just interested in exploring the chance to learn dance in a safe and supportive environment? Then you are invited to enroll in a class that centers on student's artistic, expressive, and emotional talents. (No dance experience is necessary!)

COMPUTER APPLICATIONS & BUSINESS OFFICE TECHNOLOGIES (CABOT)

KC Camp and David Midell are here to help you learn how to navigate technology. Both classes include instruction on Canvas, Canvas Ally (accessibility features for Canvas), and Zoom.

CABOT 92

also includes MS Word

3 units; #1436, TuTh at 10:45am-12:10pm

Recommended prep: Eng 191/100 or ESL 141.

CABOT 94

also includes MS Word, Excel, and PowerPoint

3 units; #3373, TuTh at 1:55-3:20pm

Prerequisite: Successful completion of CABOT 92 or demonstration of comparable knowledge and skills.

STUDENT DEVELOPMENT 143 (#3390)

This lab course offers students tutoring and student success strategies. Online tutoring for English and math is provided by the wonderful Mauricio and Elena via Zoom. In addition, students will receive guidance, progress monitoring, and academic success assistance from Ellen Oppenberg, Learning Specialist. To learn more, please email your counselor or Ellen at elleno@glendale.edu.

STUDY SKILLS

STUDY PLAN – A MUST FOR SUCCESS

by **Ellen Oppenberg,**
Learning Disability Specialist

As you prepare for the new semester, it is important to develop a study plan that will help you to earn the grades you are seeking. Follow these simple steps and enjoy being a participant in your own success.

- 1 Review every class syllabus the first week of the semester.
- 2 Look at the class requirements.
- 3 Know your most alert time and base your study time around it.
- 4 Know the extent of your attention span, and study in intervals accordingly (30 mins., 60 mins, etc.).
- 5 Design your study plan with these parts to follow daily:
 - A. Textbook reading (specify pages)
 - B. Assignments
 - C. Review of notes (reading and lecture)
- 6 Remember to cut up assignments and readings into doable parts. Don't try to get it all done in one study session.
- 7 Be mindful that reviewing daily strengthens memory and understanding of a subject. This requires looking over your notes in a "Building Block" fashion.
 - ~ 1st class session: study first class notes.
 - ~ 2nd class session: study first day of notes and then add on second day.
 - ~ 3rd class session: study first day of notes, second day of notes and then add on third, etc.

The Learning Specialist and
Tutors are here to help you with
great study tips!

APP SPOTLIGHT

SEEING AI

by **Scott Ziegler,**
Alternate Media Tech Service Provider

In recent years, developments in Artificial Intelligence (AI) have had a significant impact on the field of Assistive Technology. One notable example of this is the **Seeing AI** app for iOS that was developed by the Microsoft Corporation. The app was designed for individuals who are blind or experience limited vision, and utilizes AI to provide a description of a person's environment. This includes the ability to read any written text aloud, describe a live scene, identify people and products, identify colors and currency, and describe images.

The app is the result of an ongoing research project at Microsoft and it is expected that the recognition accuracy will improve over time as the technology becomes "smarter." Take a little time to download and experiment with **Seeing AI** and you'll likely be amazed by the ways that this application of technology has the potential to benefit so many people. Added bonus – it's **FREE!**



**A Look Back
at 2019-20**
by Rita Zobayan,
Counselor

Fall '19 started with a bang with our first ever Welcome Back Kick Off event. Almost 50 students mingled over

breakfast and lunch, and learned more about GCC and DSPS. A warm welcome from GCC President Dr. Viar began the day. With presentations from all the DSPS departments, as well as Student Services, the Scholars Program, Campus Police, the Multicultural Engagement Center, ASGCC, the Health Center, Student Equity, and EOPS, our students learned how to become active members of the GCC community. Vice President of Student Services, Dr. Schlossman, and then-Student Services Division Chair, Dr. Davis, joined in the fun, playing our get-to-know bingo game. We thank ASGCC and Student Equity for generously funding this event.

October was disABILITY Awareness Month. Our students shared their stories, thoughts, and feelings on having a disability, what they wish people understood, and what they want people to see beyond. Their writing was displayed in the library along with books that focus on disability experiences. Kudos to those students for helping to educate the campus!

DSPS welcomed Diana Carrillo, counselor, who joined us in mid October. We're so glad to have her!

The fall semester ended with a moving and fun recital by the Dance 150 students under the tutelage of instructor Victor Robles. Communication Fundamentals held its full-service luncheon in which students put their communication skills to use while enjoying delicious meal by Chef Feldman and the Culinary Department.

Spring 2020 brought unexpected challenges with the onset of COVID-19. DSPS, along with the rest of the College, sprang into action to make sure our students were managing in this new "norm." Our COVID-19 Resource Guide is available [here](#).

Throughout the year, the Communication Fundamentals, Gateway to Success, and Project Pair Up workshops helped unite and motivate our

students. We thank the Senate and Student Equity for funding these important groups.

Our first newsletter was published! [See it here!](#)

We bade Dr. Susan Hoehn a fond farewell after 18 years of incredible service.

Student Success!

The 2019-2020 school year saw DSPS students earn and graduate with certificates and/or Associates degrees, as well as transfer to universities.

Accounting
Administration of Justice
Armenian Language
Child Development
Communication Studies
Engineering Technology: CAD & Design Drafting
English
Fitness Specialist
IGETC
Italian Language
Journalism
Math
Media Arts
Pilot Training
Photography
Physics
Psychology
Registered Nursing
Restaurant Management
Social Science
Sociology

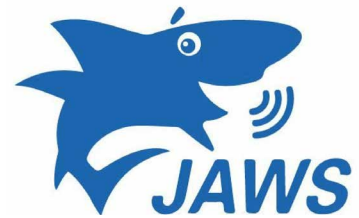
Agnes Scott College
CSU Fullerton
CSU Monterey Bay
CSU Northridge
CSU San Marcos
Grand Canyon University
UC Berkeley

We are so proud of them and their accomplishments, and know that they will continue to thrive and achieve. Congratulations!

Check out the DSPS video congratulating our students on their hard work and wonderful achievements! [Watch it here!](#)

INTRODUCING JAWS

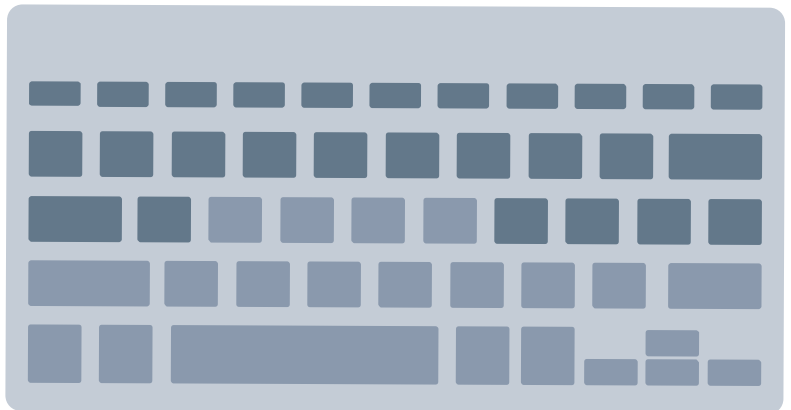
from Kathryn Camp, Technology Specialist



JAWS, Job Access With Speech, is the world's most popular screen reader, developed for computer users whose vision loss prevents them from seeing screen content or navigating with a mouse. JAWS provides speech and Braille output for the most popular computer applications on your PC. You will be able to navigate the Internet, write a document, read an email and create presentations from your office, remote desktop, or from home. Contact the ARC (see below!) for more information.

IAC + HTC = ARC

After many years of being neighboring centers on campus, the **Instructional Assistance Center (IAC)** and **High Tech Center (HTC)** have merged. We now have one name, one email, and one referral form: **Accommodations Resource Center, commonly known as ARC.**



While GCC is remote, please contact the ARC by emailing arc@glendale.edu.

SERVICES AND ACCOMMODATIONS

- Test Accommodations: contact ARC for a phone appointment with a Specialist at the beginning of the semester
- Assistive technology training
- Adaptive Computer Classes
(For Fall 2020, CABOT 92 and CABOT 94 including instruction in the use of Canvas, Canvas Ally (accessibility features for Canvas) and use of Zoom in addition to MS Word, Excel, PowerPoint, etc.
- Technology access evaluations
- Audio books
- Study skills and strategies
- Loaning out of Smart Pens and iPads
- Math tutoring:
contact Elena (elungu@glendale.edu) or Mauricio (mmelendez@glendale.edu) to schedule an on-line tutoring appointment

- English tutoring: contact Mauricio (mmelendez@glendale.edu) to schedule an on-line tutoring appointment
- SD 143 (tutoring + student success strategies with a Specialist + progress monitoring). Contact Ellen at elleno@glendale.edu
- Referrals to outside sources
- Liaison between student and instructor

Specialists

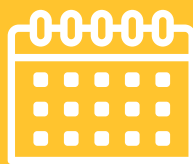
Kathryn (KC) Camp
Laura Matsumoto
David Midell
Ellen Oppenberg

Support Staff

Rozik Avanesian
Elena Lungu
Diana Markari
Mauricio Melendez

We look forward to working with you!

Upcoming Events



Contact Us



STUDENTS: we are forming a group for our students to meet, mingle, advocate, and organize. If you're interested in learning more, please email Rita at rzobayan@glendale.edu.

Join us!

Stay tuned for info on

- Virtual Welcome Back event in September
- disABILITY Awareness Month (October)
- Student panel on disabilities
- Lives Worth Living screening
- Crip Camp screening
- Disability Resources Fair (Spring 2021, if conditions allow)

Communication Fundamentals Workshops via

Zoom will resume in the fall. This group works on topics from making small talk to honing interview techniques. Guest presenters join the fun, too.

Email Rita at rzobayan@glendale.edu for more details.

Gateway to Success Adult Re-Entry Meetings

via Zoom will resume in the fall. Are you a non-traditional age returning student (ages 24 and up)? This group is for you. We support one another through meetings and discuss many different topics. **Email Ellen at elleno@glendale.edu for more information.**

Project PAIR UP (technology) via Zoom will

resume in the fall. This is a technology-based program that aims to help students discover which assistive technology programs and applications work best for them. The program is iPad-based, and consists of free iPad loans, technology/application seminars, and individual/group instruction.

Email David at dmidell@glendale.edu for details on loans/seminars/instruction.

We're on Instagram!

Follow DSPS at [@dsps_gcc](https://www.instagram.com/dsps_gcc)



Center for Students with Disabilities (CSD)

Diana C., Flora, Karmen, Rita, Tina, Tracey

csd@glendale.edu, ext. 5905

MON to FRI 8:00am to 4:30pm through Fall 2020

Accommodations Resource Center

(formerly the IAC and HTC)

David, Diana M., Elena, Ellen, Kathryn (KC), Laura, Mauricio, Rozik, and Stela

ARC@glendale.edu

MON to FRI 8:00am to 4:30pm through Fall 2020

Alternate Media

Scott

sziegler@glendale.edu, ext. 3366

MON to FRI 8:00am to 4:30pm through Fall 2020

Adapted Physical Education

Dr. Parks: lparks@glendale.edu Coach Laura:

lauram@glendale.edu

Intepreting Services

Kim

kweissman@glendale.edu

MON to FRI 9:00am to 3:00pm

Garfield DSPS

Jesse

jessev@glendale.edu, ext. 5027

MON 8:00am to 3:00pm

WED 8:00am to 2:30pm

FRI 8:30am to 4:30pm

Have questions or ideas about the newsletter? Contact the editor, Rita, at rzobayan@glendale.edu.