



NEWSLETTER

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Destigmatize * Educate *
Empower
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MEET AND GREET

Meet some of our wonderful student employees!

Hi! I'm Natasha, and I've recently joined DSPS as a student worker. The services DSPS provide have been invaluable to me as a student with disabilities, so I'm grateful for the opportunity to contribute to the department!

My major is Child Development, and my long term career goal is to become an art therapist who specializes in working with neurodivergent youths and children experiencing chronic illness.

I'm an avid reader who is passionate about community building, social justice and disability advocacy. I'm also honored to serve as the APIDA student representative for the DEIA Committee at GCC. I enjoy quality time with friends, and for fun I like to make art, go to the library, and marvel at nature.



My name is Masaki, and I have been going to Glendale Community College for 5 months to learn business as an international student from Japan. The biggest reason why I came here is the organized education system, so that I can learn the things I want with a good environment. Last semester, I had a good opportunity to grow my business knowledge and English with good friends and professors. The experience I had is helping and supporting me to live in a new country.

I enjoy going to the gym to play basketball and meeting up with my friends. The beaches in California are so beautiful. I love Mexican food, and I'm finding different types of food that I haven't eaten before. I'm having a great time!

Caleb is one of our tram drivers. He shares that "Helping people has always made me feel incredibly happy, and through GCC I've been able to start making a career out of it! Starting college was a scary process, since I had been out of school for so long, but it turned out to be a lot easier than I thought! As I continue to work on my goal to become a therapist, I've been extremely lucky to be able to help out students with disabilities through working at the DSPS as a way to help people in the meantime. I love working here, and all of our counselors are incredible!"

CONGRATS, GRADS!

We are thrilled to announce that DSPS students were accepted to

California State University

Cal Poly Pomona
Channel Islands
Dominguez Hills
Fullerton
Long Beach
Los Angeles
Northridge
San Diego

University of California

Berkeley
Davis
Los Angeles
San Diego
Santa Barbara
Santa Cruz
and more!



DSPS students earned Associates degrees and certificates in

Accounting
Addiction Studies Counseling
Administration of Justice
Animation
Anthropology
Armenian Language
Art History
Biological Science
Business Administration
Ceramics
Child Development
Cinema and Editing
Communication Studies
Computer Engineering
Computer Programmer
Computer Software Technician
Early Childhood Education
Electronics Technology Technician
Elementary Teacher Education
English

Film, TV, and Electronic Media
Health Science
Machinist
Mass Communication
Mathematics
Medical Front Office
Music
Nursing
Physics
Pilot Training
Political Science
Psychology
Real Estate Broker
Restaurant Management
Social Science
Sociology
Studio Arts
Theatre Arts
Visual Arts

**Congratulations Class of 2024,
and way to go, Vaqueros!**

THE DISABILITY VOTE

With national, state, and local elections happening in November 2024, voters have a chance to cast their ballots. There are about 4.2 million Californians of voting age who have a disability, per the 2020 Census.(1) Those are significant numbers and the “disability vote” can have a big impact on results. However, according to the American Association of People with Disabilities, even though “there are over 38 million people with disabilities who are eligible to vote in the USA, access barriers keep many disabled voters from accessing their right to vote.”(2) Barriers might be physical access issues, such as steps with lack of an access ramp; visual impediments, such as a lack of ballots in Braille; personnel issues, such as barring an attendant who aids the voter. To learn more about voting laws and resources for voters with disabilities, go to

CA Secretary of State for Voters with Disabilities

Resources and information for voters with disabilities.

<https://www.sos.ca.gov/elections/voting-resources/voters-disabilities>



Disability Vote CA

Non-partisan campaign to eliminate barriers to voting, promote accessibility of voting technology and polling places; educate voters about issues and candidates; promote turnout of voters with disabilities across the state; engage candidates and the media on disability issues, and protect eligible voters’ right to participate in elections.

<https://disabilityvoteca.org/>



Los Angeles County Registrar-Recorder/County Clerk Rights for Voters with Disabilities

Information on voting methods, accessibility, rights, and laws.

<https://www.lavote.gov/home/voting-elections/voting-options/voting-accessibility/rights-for-voters-with-specific-needs>



National Disability Rights via the VOTERS WITH DISABILITIES ACTIVATED campaign

<https://www.ndrn.org/voting/>

US Vote Foundation

The California Voters with Disabilities Guide “provides valuable resources including information on accessible voting options, voter rights, and guidance on the voting process. This essential California guide empowers individuals to exercise their right to vote in a private, independent, and accessible way.”

<https://www.usvotefoundation.org/disabled-voter-guide/california>

United States of America government

Federal voter accessibility laws

<https://www.usa.gov/voter-accessibility-laws>



1 <https://calmatters.org/politics/2024/06/california-voters-access-visually-impaired/>

2 <https://www.aapd.com/disability-voting-rights-week/>

MESSAGE FROM PROF. OPPENBERG



Professor Oppenberg decided in high school that she wanted to be a teacher. Specifically, she wanted to help students who were challenged by academics and needed the taste of success. She stuck to her goal and taught in the K-12 system for 12 years. She then came to GCC and loved it so much that she has stayed for 32 years!

She has fond memories of the hundreds of students she has worked with and many that still stay in touch with her long after they graduated and/or transferred. She considers the wonderful DSPS staff as a second family to her, and she appreciates the many opportunities she has had at GCC to exercise her creativity in designing programs and services (the Food Pantry, Glendale Gateways to Adult Re-Entry and many more).

Prof Oppenberg is the well-deserved recipient of the 2023 Parker Award for Exceptional Service. With all this in mind,

we are sad that Professor Oppenberg has retired.

We are **deeply grateful** for all that Professor Oppenberg has done, will miss her terribly, and wish her all the best!



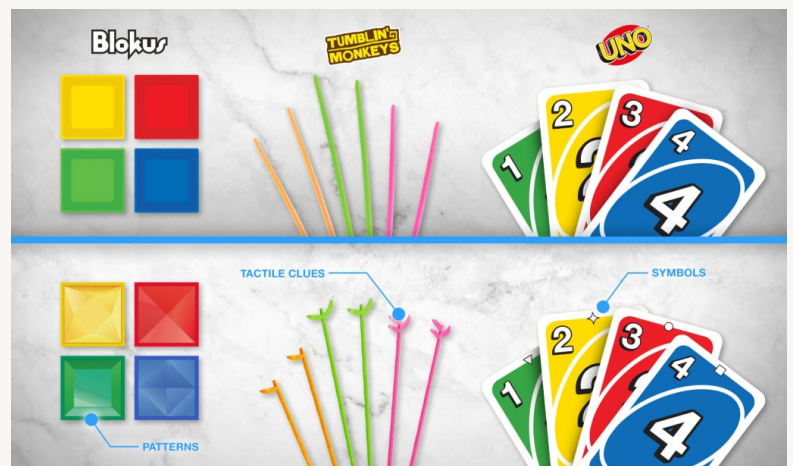
DISABILITIES IN THE NEWS

[From Fast Company Magazine June 27, 2024](#) and photo from Mattel:

Mattel is making its colorful card games, like Uno, accessible to players with color blindness. The toymaker announced this week that 80% of its global games portfolio will be color-blind accessible by the end of the year, a figure it says will reach 90% by the end of 2025.

For Uno, that means cards will have symbols in addition to colors and numbers (square for blue, circle for red, diamond for yellow, and triangle for green) so players can tell which color the card is without actually seeing the color itself. Blokus, a strategy board game, will add in patterns to differentiate colored game pieces. Mattel will also update Dos, Phase 10, Skip-Bo, and Ker Plunk by the end of the year.

[Read more about this topic](#) and accessibility changes in video gaming.



DISABILITY PRIDE

Students at our Garfield campus were treated to the DSPS Disability Pride display! The display featured information on disabilities, movies and shows that feature individuals with disabilities, books, quotations regarding disabilities, and important moments in the Disability Rights Movement.

Many thanks to counselor Jesse Villarreal for creating the display and for the photos.



What is Disability Pride?

Disability Pride Month is an annual observance to promote awareness of disability as an identity, a community, a culture, and the positive pride felt by people with disabilities. It directly challenges the systemic ableism and discrimination disabled people face. It originated in the USA to commemorate the passing of the landmark Americans with Disabilities Act (ADA) in July 1990. The concept of Disability Pride was born out of the Disability Rights movement and based on intersectional identity politics and social justice. Boston held the first Disability Pride Day in 1990 and the first Chicago parade was in 2004. Disability Pride parades are held worldwide from LA to NYC to the UK and New Zealand!

What is the meaning of the Disability Pride flag?

The faded black background represents the “anger and mourning over the eugenics and the neglect that disabled people have to fight against.”

Red represents physical disabilities.

Gold is for neurodiversity.

White represents invisible disabilities and undiagnosed disabilities.

Blue stands for emotional and psychiatric disabilities, including mental illness, anxiety, and depression.

Green is for sensory disabilities, including deafness, blindness, lack of senses, audio/visual processing, and other sensory disabilities.



Source: [https://en.wikipedia.org/wiki/Disability_Pride_Month#:~:text=It%20originated%20in%20the%20United,\(ADA\)%20in%20July%201990.](https://en.wikipedia.org/wiki/Disability_Pride_Month#:~:text=It%20originated%20in%20the%20United,(ADA)%20in%20July%201990.)

THE SQ4R STRATEGY



Dr. Maryam Hassani Golyakh, one of our Learning Specialists, shares a pro tip!

I know there are plenty of study techniques out there; nonetheless, let me present you with THE GAME CHANGER: SQ4R. Focus on how you can apply this technique in your studies and even in your professional life to save you time.

SQ4R*stands for Survey/Skim, Question, Read, Reflect, Recite, and Review. The crucial aspect is knowing when to complete the steps. The key is to take as many steps as you can before attending the lecture for any chapter. By pre-reading the chapter to be taught next week or 2-3 days later, you can ascertain that the content will be reviewed for you

by your instructor during the class instead of being a brand-new topic. Since you have already read the chapter, you can take better notes. Additionally, you may be able to identify any errors they make during the class. So, spend some time before the class, whether it is one week, two days, or two hours before the class, to Survey/Skim the chapter. (If you would like to know how to Survey/Skim a chapter, you can contact me.)

While you are skimming or surveying, ask "what, why, and how" questions about the content you are reading, and write them down on index cards (preferably). Then start Reading, trying to find the answers to those questions while thinking critically about how this information fits what you already know and how you can use it (Reflect).

Once you finished the chapter and you have prepared your stacks of cards, you Recite what you just learned to someone, or to your pet, or to your mirror, or record your voice, or write a summary of what you learned. Now you are ready to attend the class, raise your hand, answer the professor's questions, and feel like a study superhero by "knowing more than others." If you want to transfer that information from your short-term memory to your long-term memory, then you need to Review those cards daily, weekly, or monthly.

* "SQ4R Reading System", Utah State University, https://www.usu.edu/academic-support/files/SQ4R_Reading_System.pdf

YOU OTTER KNOW!



From Rogelio Ramirez, Assistive Tech Specialist



Available for our DSPS Students: Assistive Technology

Otter.ai is a note-taking tool that lets you record lectures and catch important moments by capturing images and embedding them as visual aids. Otter.ai automatically transcribes recordings and makes them searchable, making it easy to find and review parts of your lecture. The tool offers AI-powered features like summarization and keyword extraction. This provides you with valuable insights and summaries of your lectures. You can use this product as either a mobile app or a website, ensuring flexibility in usage.

SHOUT OUT AND DAI GROUP

A shout-out to the GCC Foundation!

DSPS thanks the GCC Foundation for its generous grant. Over the past three years, the Foundation has provided funds for DSPS guest speakers, student raffle prizes and “swag,” as well as supplies and food/beverages for student events. We are deeply grateful for the Foundation’s support!



Join our student organization, the Disability Advocacy Initiative!

Mission Statement: To provide a safe environment to facilitate self advocacy while empowering students with disabilities and allies. For more info, contact Club Advisors, Janelle Delgado at jdelgado@glendale.edu or Diana Carrillo at dcarrillo@glendale.edu.



RESOURCES

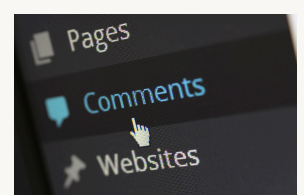
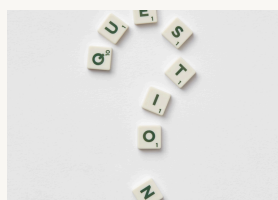
Do you know there’s a lengthy **list of disability related resources** on the DSPS webpage? We have resources on advocacy, education, employment and internships, scholarships, state and federal programs, transportation, and more!

Go to www.glendale.edu/dsps and click on

[RESOURCES from DSPS.](#)

NEWSLETTER IDEAS, QUESTIONS, COMMENTS?

Email Rita at rzobayan@glendale.edu



FALL 2024 DSPS CLASSES

Credit Classes in Fall 2024 at Verdugo

Adapted Physical Education (PE) classes are 1 unit and transferable to UC and CSU.

PE 130: Adapted Activities

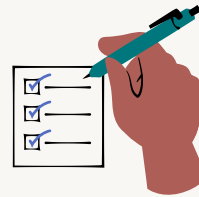
PE 131: Adapted Self Defense (Tai Chi)

PE 132: Adapted Aquatics (at the Rose Bowl Aquatics Center)

PE 134: Adapted Wellness & Fitness Lab

PE 135: Adapted Indoor Cycling (spin)

You can also check out Dance 150: Physical Reintegration (transferable to CSU only)



Student Development (ST DV)

St Dv 105: College Success for Students with Disabilities

Topics include effective study strategies, short and long-term goals, time management, self-advocacy, college academic regulations; associate degree options, including transfer; student services and specialized student support services. Transferable to UC and CSU. 3 units

St Dv 143: Study Skills Lab for study strategies and help with credit Math and credit English classes.



NEW CLASSES!

- **St Dv 190 Introduction to Adapted Word Processing** is designed to provide individualized instruction to students with disabilities. The course uses assistive computer technology and word processing programs to teach students how to prepare simple written documents. Note: This course is Pass/No Pass only, and is primarily designed for students who meet Title 5 eligibility requirements for Disabled Students Programs and Students (DSPS). This course may be taken up to four times for credit. This course was formerly known as and is equivalent to CABOT 93.
- **St Dv 191 Introduction to Microsoft Office 365/Google Suite** provides an overview of Microsoft Office 365 and Google Suite, including the core applications and features of both platforms. Students will learn how to navigate these tools, create and edit documents, collaborate with others, and organize their work efficiently. The course will also cover best practices for data security and privacy.
- **St Dv 192 Introduction to Assistive Technology** introduces students to the use of assistive technology. Students will learn about a variety of assistive technologies that can help individuals with disabilities to access, use, and control computer systems. This includes technologies such as screen readers, speech recognition software, text-to-speech, speech-to-text, note taking software, and alternative input methods. Through hands-on activities and discussions, students will gain an understanding of the benefits and limitations of different types of assistive technology, as well as the ethical and social implications of their use.
- **St Dv 193 Computer Technology Literacy** introduces students to the basics of computer technology, including hardware, software, and the Internet. Students will learn how to use common computer applications, troubleshoot basic computer problems, and stay safe online. By choosing disability-specific programs and/or the assistive technology best suited to their individual needs, students will set and work toward goals related to their education.

For more information, including dates/times and class codes to add, please go to the schedule and choose Fall from the term dropdown menu: [View Schedule of Classes \(glendale.edu\)](http://glendale.edu)

CONTACT INFORMATION

Center for Students with Disabilities (CSD) located in SG 128

Dafna, Dani, Diana C., Flora, Janelle, Karmen, Rita, Shauna, and Tracey
csd@glendale.edu, 818-240-1000 ext. 5905

Summer hours: MON to THURS, 8:00AM to 4:30PM and FRI, 8:00AM to 3:00PM for the office.

Counselors' days and hours vary.

Accommodations Resource Center (ARC) located in SG 108/112

David, Diana M., Elena, Laura, Maryam, Mauricio, Rogelio, Rozik, and Stela
ARC@glendale.edu, 818-240-1000 ext. 5530 and 5402

Summer hours: MON to THURS 8:00AM to 4:30PM and FRI, 8:00AM to 3:00PM for the office.

Specialists' and tutors' days and hours vary.

Alternate Media

Scott, sziegler@glendale.edu, 818-240-1000 ext. 3366
MON to FRI 8:00AM to 4:30PM



Lead Interpreter and Coordinator for ASL and CC/RTC Services

Kim, kweissman@glendale.edu
MON to FRI 9:00AM to 3:00PM



Adapted Physical Education

Coach Laura Matsumoto: lauram@glendale.edu
Dr. Lee Parks: lparks@glendale.edu

Garfield DSPS

Dani and Jesse
818-240-1000 ext 5035 or 5099
Counselors' days and hours vary.



Join the DSPS Canvas Shell

Receive official announcements, reminders, and more! Students registered with DSPS can contact Rogelio Ramirez at rramirez@glendale.edu to check if they are on the list or if they wish to join.

Follow our IG

Check it out to learn about workshops, scholarships, employment opportunities, fundraisers, conferences, webinars, deadlines, and more.

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

