

THE OFFICE OF ACCESSIBILITY

QUARTERLY NEWSLETTER

VOLUME 8, ISSUE 4, SPRING 2020



Jessica DeFago, Associate Director, participates in Facebook Live Q&A for prospective students and their families.

LETTER FROM THE DIRECTOR

KATHLEEN (KELLY) KULICK, M.ED., CRC

Dear Students,

I hope each of you are well. As I am writing my Letter from the Director, saying that things have changed at The University of Akron, and in the world, would be a serious understatement.

I have had the privilege of talking with many of you as we migrated to online classes due to COVID-19. I have been impressed with your resolve to make the best of this situation.

"We rise together" is not just a tag line, but a description of what you are doing as you continue to work with your professors, embrace new technology and interact with all the campus resources that continue to be available to you remotely. Instead of walking into an office on campus, you are emailing the office. It is our hope that you are still feeling a connection with the Office of Accessibility staff that goes beyond the physical campus.

As we wrap up this spring semester and begin the summer semester, rest assured that the team in the Office of Accessibility will be there for you. Whether we are physically back in our offices, or the stay in place order continues a while longer; we continue to be here for you, every step of the way. Your disability specialist is looking forward to working with you as we look forward to a new semester. Feel free to email your Disability Specialist to let your them know how you are doing, and if you have any questions about your classes.

I wish each of you good health and look forward to another semester to working with you.

We rise better together!

Kelly

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THE OFFICE OF ACCESSIBILITY'S REMOTE OPERATIONS

The Office of Accessibility staff continues to work hard to support students with disabilities remotely. The OA has adapted their practices and services to best serve students virtually.

What does this mean for you? Your disability specialist is still available to meet with you virtually for academic support sessions, individual student appointments, intakes, and information sessions; your accommodations can still be accessed remotely; and you can still "walk in" via Microsoft Teams live chat for assistance with general inquiries, STARS, and to schedule appointments.

Information regarding the Office of Accessibility's remote services can be found online at: <https://uakron.edu/access/temporary-closure-fags>. We will keep this page up-to-date with the most current and accurate information about the Office of Accessibility's remote operations during the temporary campus closure.



EMPLOYMENT OPPORTUNITIES ON HANDSHAKE

Are you seeking internship, co-op, or job opportunities? Check out The University of Akron's networking and job board: Handshake.

For assistance with applying including a resume review, cover letter review, mock interview and more, students can contact Career Services at 330.972.7747 or career@uakron.edu.



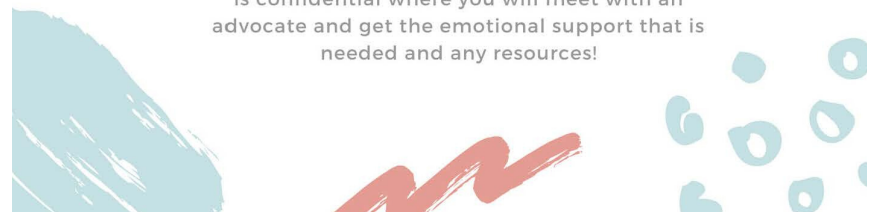
HOPE AND HEALING SURVIVOR
RESOURCE CENTER

Virtual Office Hours

A chance to speak with a
advocate virtually to receive
emotional support during our
time at home.

EMAIL US AT: INFO-RCC@SCMCBWS.ORG

You will receive your own virtual meeting room that
is confidential where you will meet with an
advocate and get the emotional support that is
needed and any resources!



COLLEGE2CAREERS VIRTUAL/PHONE SERVICES AVAILABLE

Opportunities for Ohioans with Disabilities (OOD) has an OOD College2Careers counselor available for eligible students with disabilities at The University of Akron!

What is Ohio College2Careers?

OOD is the state agency that helps individual with disabilities obtain and retain employment and provide career development services. OOD serves individuals with physical, intellectual, sensory, and mental health disabilities. This new partnership is between Opportunities for Ohioans with Disabilities, Ohio's state college and university system, including the University of Akron, and Ohio businesses. This new partnership includes a C2C counselor located at 15 universities statewide. An OOD College2Careers counselor is available to Zips at The University of Akron, Career Services - Student Union #211.

What a C2C Counselor can provide to eligible UA students:

- Provide additional supports for UA students with disabilities who are eligible for OOD services.
- Career exploration & career counseling
- Assistance navigating Ohio Means Jobs resources
- Assistive technology
- Internships & employment resources
- Connection to an expansive employer partner network

Contact OOD C2C at The University of Akron to schedule a phone or video/virtual appointment:



Mara Byers
Email: Mara.Byers@ood.ohio.gov
Phone: 330-972-2163

Follow us on Twitter at:
<https://twitter.com/OhioC2C>



For further information online, please visit:

<https://ood.ohio.gov/Students-14/Ohio-College2Careers>.

<https://www.uakron.edu/career/faq>.



A STUDENT'S GUIDE TO LEARNING FROM HOME

- SET YOUR SPACE**
Find an area in your house where you can sit comfortably and focus.
Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.
- PLAN YOUR DAY**
If you have one, follow the schedule provided by your school.
If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.
- TAKE NOTES**
Stuck in a webinar zoning out? Note-taking keeps your mind engaged.
- LESSEN DISTRACTIONS**
Harness your imagination and picture that you're at school and not at home.
Lock your phone away if you need to - don't be afraid to ask your parents to intervene.
- CHANGE IT UP**
You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.
- TAKE BREAKS**
Get up once in a while. Have a snack.
- SPEAK UP & ASK FOR HELP**
When things get tough, don't just push through it. Ask your parents, or reach out to your teacher.
- JOURNAL IT**
Use a journal to track your progress or any questions you might want to ask your teacher about the work.

STAFF CONTACT INFORMATION

During the temporary closure, email is often the most efficient way to get in touch with the Office of Accessibility staff. Their contact information is listed below. If you do not know who your disability specialist is, you can find their name on your STARS dashboard under "Primary Advisor".

Kelly Director
Kulick kkulick@uakron.edu

Jessica Associate Director
DeFago jld4@uakron.edu

Tess Disability Specialist
Miller tmiller1@uakron.edu

Ashley Disability Specialist
Haas ahaas@uakron.edu

Heather Disability Specialist
Rose hrose@uakron.edu

Leigh Adaptive Technology & Service Coordinator
Sveda lab10@uakron.edu

Natalie Office Manager & Testing Coordinator
Bendel nab87@uakron.edu

SUGGESTION BOX

What would you like see in future issues of the Office of Accessibility Newsletter? Send your ideas to nab87@uakron.edu.



OFFICE INFO

Office of Accessibility

Simmons Hall 105
The University of Akron
Akron, Ohio 44325-6213

Hours:

Spring: M-F 8AM-5PM

Summer: M-F 8AM-4:30PM

Phone: 330-972-7928

TDD: 330-972-5764

E-mail: access@uakron.edu

self advocacy SKILLS

COMMUNICATE
WITH YOUR
PROFESSORS

BE
CONFIDENT

GET TO KNOW
YOURSELF

SET
GOALS

KNOW YOUR
RIGHTS

GET
INVOLVED

KNOW YOUR
RESOURCES

FIND A
COMMUNITY

ASK FOR
HELP

CELEBRATE
YOUR
SUCCESSSES

E-TUTORING

Remote tutoring options are available for students online through etutoringonline.org.

Need help navigating e-tutoring? Message us on Teams during virtual office hours. Virtual office hours schedules can be found online at <https://uakron.edu/access/temporary-closure-faqs>.

