

Access Issues

Feather River College: DSPS Digital Newsletter

March 2024 Edition



Above “Encourage one another” image. [Click here to go to online this source.](#)

“Every time we encourage someone we give them a transfusion of courage.” Chuck Swindoll

OVERVIEW OF DSPTS SERVICES

The Disability Support Programs for Students (DSPTS) assists those with disabilities access technologies, aides, academic adjustments, and services to support their success at FRC. A few examples of our services include testing accommodations, access to audiobooks, and assistance with class notes. The DSPTS Director and the student work together to determine appropriate accommodations, and create a personalized Academic Accommodation Plan.

IF YOU HAVE ANY OF THE FOLLOWING VERIFIABLE DISABILITIES, YOU MAY QUALIFY FOR SERVICES:

- | | |
|--|---|
| <ul style="list-style-type: none">• Mental Health (anxiety, depression, PTSD, etc.)• ADHD/ADD• Learning Disability• Autism Spectrum Disorder• Blind/Low Vision | <ul style="list-style-type: none">• Acquired Brain Injury• Intellectual Disability• Physical Disability• Deaf/Hard of Hearing• Inquire about other disabilities |
|--|---|

To access DSPTS services students must contact Sarah Dimick, Director of DSPTS and WorkAbility III. You will need to provide verification of your disability (IEP, 504 Plan, documentation from a doctor, etc.). **For more information, [please click here to see our website](#), or contact at sdimick@frc.edu.**

Spotlight on: Cameras in DSPS



Above photo is an illustration of a security camera in DSPS

DSPS TESTING POLICIES

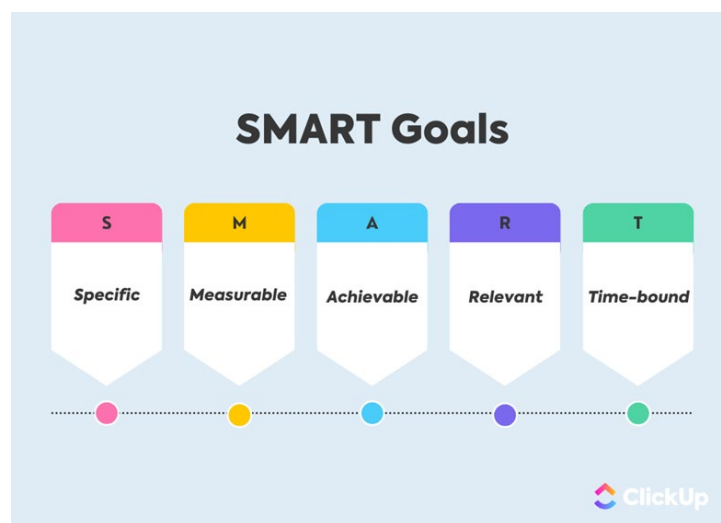
DSPS students with approved test accommodations may come in
Monday-Friday between 8:00 and 3:30

Non-DSPS students taking make-up exams--please text 530-293-7518 to make an
appointment. Make-up proctoring hours are Monday/Tuesday/Thursday 10-3

****Photo ID is required for all students****

Set SMART GOALS

Leila Cruz, a Content Partnership Specialist, describes in her online article, “10 SMART Goals for College Students (Goal-Setting Tips and Examples).” Cruz states that, “Setting collegiate goals is an effective way to create an overarching vision, and specific action plans to make it all happen.”



Smart goals acronym: specific, measurable, achievable, relevant, and time bound.

DSPS STUDENT WORKERS PAGE

Starting FRC Classes: Tips and Tricks by Jasmine Wear

- Create a schedule
 - Outlining classes and time to do homework. Get into a routine
- Get familiar with canvas and online portions of the class
 - Spend time at the beginning of the semester familiarizing yourself with online platforms. This can help you navigate and better understand the tools available.
- Check out Student Support Services
- Many programs are designed to help students succeed. [Click here to view Student Support Services.](#)
- Make Friends
 - Making friends in your classes, or joining a club are great ways to create community at college. Friends make great study groups. [Click here to view Clubs at FRC.](#)
- Learn to navigate the FRC library database

Spotlight on Back to School Routine

[Admissionsight](#) is an online source that argues establishing a routine is necessary.

Here's what they suggest:

Tips for Developing a Routine

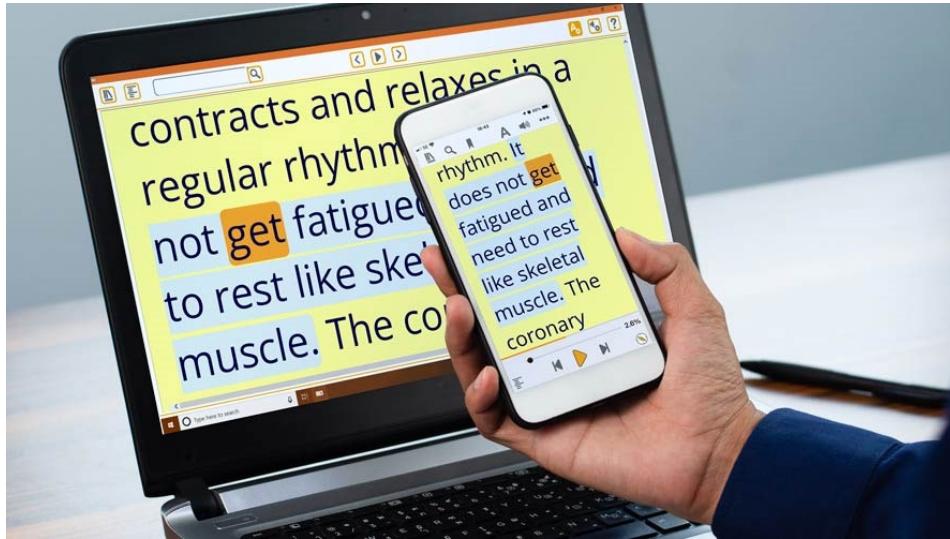
- 1. Identify Your Priorities:** Begin by listing your personal priorities, such as academics, extracurricular activities, social life, and self-care.
- 2. Schedule Your Time:** Create a daily schedule that includes time for classes, studying, breaks, meals, and other important activities. Use a planner, digital calendar, or time-blocking app to help you stay organized.
- 3. Be Flexible:** Recognize that your routine may need to change.
- 4. Stay Consistent:** While flexibility is essential, it is also crucial to maintain consistency in your daily routine. Try to wake up, eat meals, and go to bed at the same time each day to promote better sleep and overall well-being.

[Click here to go directly to the above source](#)

Here's What's Going on With the DSPS Office:

We are aware of how environments impose disabilities, so we provide a calming environment that will put you at ease. Come check it out and discuss how we can serve you.

We have programs to eliminate learning barriers



Above illustrates text to speech program reading on a pc and mobile phone device

Assistive Technology Spotlight: Dolphin Easy Reader:

A free app that adapts to your literacy needs

- ✓ Read text out loud
- ✓ Text to speech highlighting

[Contact DSPS to try it out](#)

DSPS is seeking article submissions to give voices to disabilities.

Submissions must be 12 point font, 1.5 space, and emailed as a Microsoft Word attachment. [Click here to submit your article.](#)

Newsletter Vision Statement:

The intention of this newsletter is to provide a bird's eye view of the nature of disabilities in order to increase awareness. The value of awareness is that it helps us to make decisions that affirm the value of another human.



The DSPS Office is located straight up the path (shown above) from the main parking lot. The office is also directly across from the FRC Campus Center.

DSPS OFFICE STUDENT STAFF



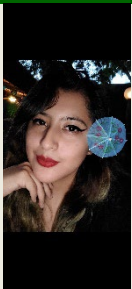
Jasmine Wear

Jasmine Wear is a senior at FRC who is studying Farm and Ranch Management with the goal of receiving her Bachelor's degree. Jasmine grew up in Mendocino County, California and aspires to use her degree for beef cattle production. She enjoys spending time in nature, hanging out with friends, and has a passion for animals and disability awareness.



Violet Heyman-Fratus

Violet Heyman-Fratus is a freshman at FRC who is majoring in Equine Science. She enjoys hanging out with her friends and trying new things. Her favorite thing to do on weekends is ride her horse into town and get pizza! A fun fact about Violet is she used to be a competitive dancer.



Alix Camelo

Alix Camelo is a freshman at FRC, she will be receiving her Associates degree in Business by 2025. She loves talking to people and helping others. She plans to transfer to a 4 year university to get her Bachelors and then Masters. She enjoys getting lost in conversation, the beach and sunny days. She is from Los Angeles, California. She has also started an ASL club to pursue her dream of learning Sign Language. Her favorite saying is "Yesterday was a gift, today is a blessing, and tomorrow is a mystery." Never forget that life is short, so live it to the fullest and don't worry about the things you can't control.



Sean Cvengros

Sean Cvengros is a first semester student at FRC. His major is Psychology with the goal of ultimately becoming a therapist in the future. He loves to spend time outdoors, fishing, backpacking, hiking, surfing and so much more! Sean has a passion for mental health awareness, animals, and Ecology.

DSPS OFFICE STAFF



Sarah Dimick

Sarah Dimick is the Director of Disability Support Programs for Students, and WorkAbility III. She attended FRC before transferring to CSU Chico to pursue her bachelor's and master's degrees. Sarah was diagnosed with a disability while in graduate school, and had to quickly learn how to navigate school while also focusing on her health. While this was incredibly challenging, she was able to complete her degree with the support of her instructors, and mentors. Sarah is grateful to be able to use her experience as a student with a disability to help others achieve their goals. She lives at Lake Almanor with her husband and two cats, and spends her time reading and starting crafts that she will most likely never finish.



Heather Robinson

Heather Robinson lives in Quincy with her teenage daughter. She attends Chico State University's online Social Science program, working towards a BA with an emphasis on career and life planning. Heather has worked as a caregiver for those with disabilities for about 15 years, as she enjoys assisting others to gain and maintain their independence. Heather loves spending time in the forest and enjoys crystal hunting.



Danielle Westmoreland

Danielle Westmoreland has worked as the DSPPS Assistive Technology Specialist since 2007. She returned to Quincy to marry her husband after earning her BA at CSU Chico. During her attendance at FRC she was in many student leadership roles. She is the club advisor for the campus sign language club, Sounds of Signs. She is passionate about helping dsps students to achieve their educational goals. Her ability to empathize with others comes from her background of having a traumatic head injury when she was thirteen. She is also author of two books everyone can relate to: "Tapping out Beats" and "Covid Chronicles with Dee and Flower," which both showcase how we need the spirit of connection to inspire growth. She is also working toward her third book.

DSPPS STAFF CONTACT INFORMATION:

DSPPS OFFICE MAIN EXT. 255

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