

ACCESS ISSUES

FEATHER RIVER COLLEGE: DSPTS DIGITAL NEWSLETTER

April 2023 EDITION

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. Students are the voices for the campus; therefore, we begin with insights from our student workers.

THE DSPTS STUDENT STAFF VOICES

Spotlight on ADHD

Controlling Emotions Intensified by ADHD By Kylie Askew

According to Sharon Saline, Psy.D., and author of the article, "How to Control Your Anger When ADHD Emotional Reactivity Kicks In," published online by Additude Magazine, Attention Deficit Hyperactivity Disorder (ADHD) is a common neurodevelopmental disorder that is usually diagnosed in early childhood. ADHD symptoms include: trouble focusing, fidgeting, failure to control impulses, and overly active emotions.

Saline describes the experience: "In an instant, a volcano of anger and negative emotion erupts. Before you can process what's happening, you say or do things that you will surely regret later" ([Click here to find out more from this source](#)). Those with ADHD often have a hard time controlling their actions when emotions run high. What is said or done is not processed before the person takes action. This makes controlling anger, and emotion difficult to handle, although there are tools and efforts to make this easier. First, look deep into yourself and identify your anger habits, change these old habits and gather new tools to slow anger. Identify when you are activated, on high alert and practice your new tools every day ([Click here to find out more from this source](#)).

How to Activate Your Goals By Kamish Wagner

Improvement depends on goal setting. I wanted to be able to rope more quickly, but my short term goal was to be able to catch the calves and steers more quickly first. Performing in a rodeo is about having long term goals and setting short term goals to achieve them. Recently, I performed in a rodeo, but it did not go as planned.

I performed in two events: Breakaway Roping and Team Roping. Breakaway Roping is about catching the calf around a bell collar catch, which is only around the neck and then the rope breaks off your saddle horn. By contrast, Team Roping is when you have a partner. The header catches the two horns, half head or neck and then turns the steer for the heeler, who catches the two back legs.

My improvement in rodeo depends on my ability to understand what did not work and why so I can perform differently next time. My reflection on my recent event was that I feel the breakaway could have gone better. Missing my start on Saturday really put me behind the calf. The reason I saw what I did was because the calves that day were not as strong as the day before, so I rethought my start.

Team Roping looks like this:



Kamish Wagner Team Roping

Breakaway Roping looks like this:



Kamish Wagner Breakaway Roping

Going into the Team Roping my goals were to catch both steers and have good handles and get the proper starts on both my steers. I think I was pretty set with that goal and I made it happen. My Team Roping partner and I were a little bummed because the first day we barely missed getting points in that round and the second go didn't go as planned for us. Overall we were bummed we didn't make the short go.

I learned many things even though I thought I had a pretty decent rodeo, I definitely learned that not every rodeo goes how you want it to be so just be humble and strive and make your goals happen. I felt like overall my horses all worked really well and I was really proud of each and every one of them on how they performed in each event. My highlight of the weekend was catching both steers and roping my calves.

Everything in life is a big consideration of what you want to achieve. Rodeo is a big event to do and we all need to take time to be dedicated to our sport. Strive to become better and reflect on your progress, as reflection is necessary for improvement.

World Multiple Sclerosis Day by Kamish Wagner

Do you know about Multiple Sclerosis? World Multiple Sclerosis Day falls on May 30. Generally, Multiple Sclerosis (MS) is a disease that slows people down. The National MS society web page also reports that “symptoms include muscle spasms, speech and swallowing problems, coordination and balance issues, depression, mood swings, and so forth” [Click here for more information from this source](#).

Do you know anyone who has MS? Chances are you do know someone.

I searched for news on celebrities with MS and came an article by [Francesca Bacardi](#). The article reports that Art Alexakis, lead singer of the band, Everclear, has had it for a while. Barcardi writes:

Alexakis first learned of his diagnosis weeks after an automobile accident when he went to the doctor complaining of numbness. What he thought was a pinched nerve was actually a form of multiple sclerosis (RRMS).

“I have had it for anywhere between 10 to 20 years,” he wrote. “It explains why I have had balance and gait problems for the last ten years, it helps explain why I have had a higher sensitivity to heat and cold, and why I don’t have the energy, vigor, and razor-sharp memory that I had ten years ago. I thought it was just me getting older.” [Click here to view Bacardi’s full article online](#).

How to Stay Resilient in the Sport of Rodeo By Nikki Saurman

In the sport of rodeo, many people may struggle with falling behind and not performing their best because of the difficulty of the sport and obstacles one might face along the way. Overcoming this difficulty is surely easier said than done; however, in this sport if we are not resilient, we are likely to fail and not be able to proceed. One of the biggest factors that drives cowboys and cowgirls to be their best is not failing and letting down their partner on four legs that works just as hard as we do.

Many rodeo athletes go through devastating injuries and losses and they feel the need to no longer compete, but they know if they do that they would be letting themselves and their partners down. We need to remember when the obstacles and challenges get us down, to re-establish our goals and remember why we are doing this in the first place. Our goals and passion are what drives us to be our best and to have resilience every time we get knocked down.

Once you overcome those initial obstacles, you can eventually use them to your advantage and find more drive and willingness to be a better athlete through them. Another way to get past challenges is asking for help and guidance from those who have overcome these same obstacles. We often forget that other athletes go through the same mental and physical hurdles that we face every day as well. Going to our coaches, assistant coaches and fellow teammates for advice can make such a huge difference in our athleticism and mental and physical abilities, giving us more resilience to push past any stumbling blocks.

Make a Wish Foundation by Lacy Ruegg

A young girl called Abby lost the function of her arms and legs. Special moments like going on a walk with her family or going down a slide are difficult. Abby dreamed of going on a family bike ride. Magic moments such as this were made possible by the organization. It made her wish come true by providing adaptive technology in which she sat in the front seat as her dad peddles. Special moments such as these are what make life better. The Wish-Granting Organizations around the world would like to invite you to celebrate April 29th as “World Wish Day.” [Click here to learn more from this source.](#)

Motivation and Manifestation by Danielle Barry and Kamish Wagner

Barbara Field, a writer for the motivation website called Goal Cast, asks the question, “How does manifestation work? Can you really manifest things like a dream job or partner?” Our student writers collaborated to report on Field’s findings. This is what they found from Field’s findings:

Motivation is the drive to achieve your goals or needs. Motivation is important to break old habits and to develop healthy ones. Many people struggle with getting and staying motivated, especially if they have mental health conditions such as depression or anxiety. Most people want to change at least one thing in their life. But it can be challenging to find the motivation just to make a start. It helps if you understand what motivation means to you, so you can find your own ways to get motivated. Why is motivation so important? There are many ways you could go about it that provides you with goals to work towards, helps you solve problems, helps you change old habits, helps you cope with challenges and opportunities.

How can I stay on track to achieve my goal? Make your goal part of your routine by using a diary or app for reminders. Positive self-talk is important and effective in managing depression or anxiety. Instead of saying 'I can't', say 'I can try'. Mindfulness helps keep you relaxed and focused. Start a class or join a support group. Support groups can be as effective as professional help. Reward yourself when you have completed a step or go.

The idea behind manifesting is that you can bring something into your life through thought, attraction, emotion and belief. The first step to manifesting is meditating with your higher self or the universe. It’s a deeper way to figure out your true goals. You have to stay positive and use your energy to motivate yourself about what you should and shouldn’t do. Field relates you can “Use manifesting to improve your life, feel confident, engage in self-care, and achieve your biggest dreams” [Click here to read more from this source.](#)

According to Barbara Field, there are 12 steps to manifesting anything you want. Here they are:

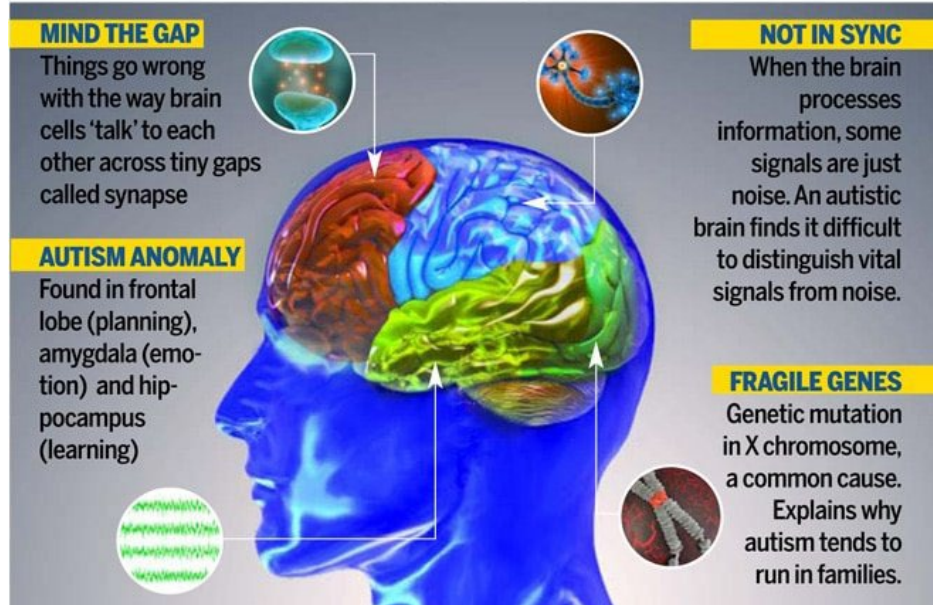
- | | |
|---------------------------------------|---|
| 1. Have a positive mindset | 8. Take action |
| 2. Be clear about your goals | 9. Be grateful and patient |
| 3. Begin with intention and attention | 10. Let go of resistance, negative self-talk and limiting beliefs |
| 4. Believe it | 11. Overcome obstacles |
| 5. Write it down | 12. Trust the process |
| 6. Imagine yourself in the future | |
| 7. Visualize and use affirmations | |

Transform your dreams into a reality!

What's your Superpower?

How does your mind work? How do you plan, organize, or achieve anything? Today, no doubt, you awoke with some idea in mind of how to use your time, but how exactly did you arrive from there to here? At some level you may have visualized what you wanted and then arrived there. Visualizing is a way of thinking. What is your superpower? Dr. Temple Grandin, one of the top 10 college professors in the country, offers her unique insight about how autistic minds have helped society. Dr. Temple Grandin's superpower is her autistic mind. It takes all types of people to make the world go 'round and Dr. Temple Grandin is one such person who makes the world better by being in it. [Click here to learn more about Temple Grandin.](#)

INSIDE THE AUTISTIC MIND



Above image provide an overview of inside the Autistic mind: Mind The Gap - Things go wrong with the way the brain cells 'talk' to each other across tiny gaps called synapse. Autism Anomaly - Found in frontal lobe (planning), amygdala (emotion) and hippocampus (learning). Not in Sync - When the brain processes information, some signals are just noise. An autistic brain finds it difficult to distinguish vital signals from noise. Fragile Genes - Genetic Mutation in X chromosome, a common cause. Explains why autism tends to run in families. [Click here to view the above image online.](#)

START MANIFESTING NOW!!!

Here's an idea: how about seeing Temple Grandin speak?

How about meeting her?

[Click here to find out how you can get tickets to a conference she is doing this summer!](#)

Kurzweil 3000 is for reading and writing.

- ✓ Reads textbooks in audio format on a mobile device or computer
- ✓ Provides synchronized text highlighting for tracking text
- ✓ Provides highlighting tools
- ✓ Provides visual brainstorming
- ✓ Enables you to extract text highlighting and notes

Eliminate Learning Barriers

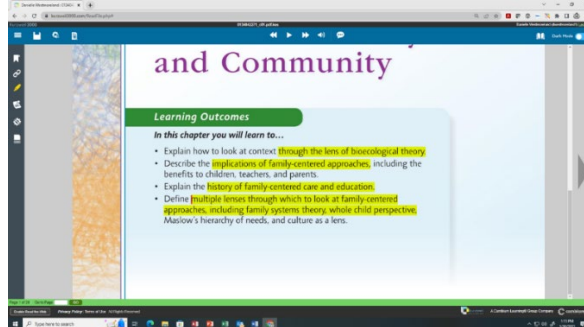
With technology that adapts to you.

Plan your success with DSPTS

Come check out how Kurzweil can work for you.

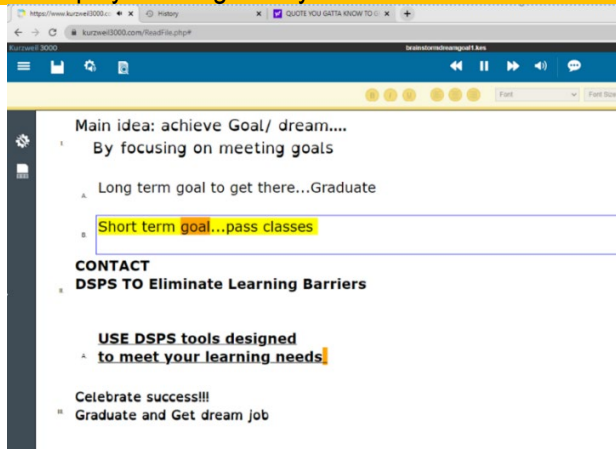
[Click here to Contact DSPTS](#)

Kurzweil allows you to highlight your textbooks.



Above shows what Kurzweil looks like with highlighted text you can extract into an outline to use later.

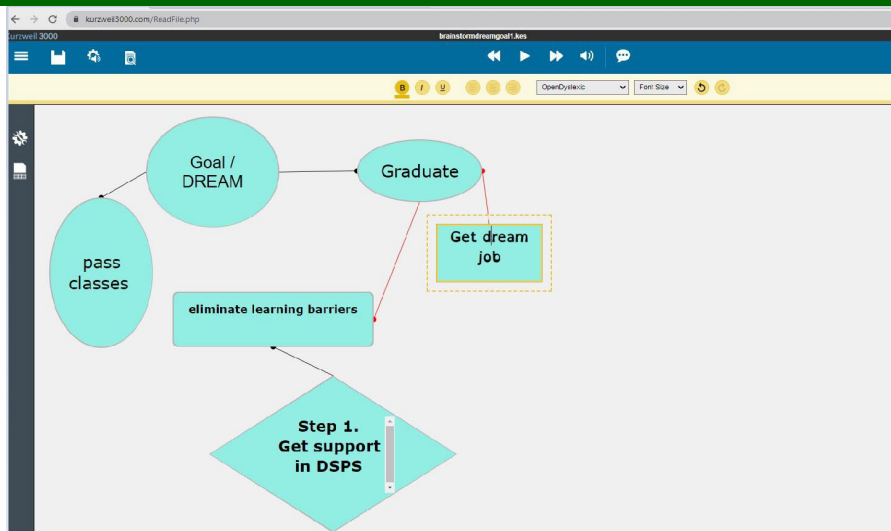
Kurzweil helps you to organize your ideas into an outline.



Above shows Kurzweil as it reads an outline in audio format.

The Insider View of DSPS

Achieving dreams starts with a vision.



The above image shows a small child thinking up a big vision for the future.

The above image shows how Kurzweil can allow you to capture ideas in shapes before putting them into an outline for a paper.

Kurzweil technology can help you brainstorm and outline your ideas.

Come check out our new Vision Board!



DSPS Staff, Heather Robinson and Kamish Wagner point to the Vision Board they created.

DSPS is seeking article submissions to give voices to hidden disabilities. Submissions must be 12 point font, 1.5 space, and emailed as a Microsoft Word attachment.

[Click here to submit an article.](#)

Coach Dee's reflections:



Above poster shows abstract images with encouragement:

“Activate your dreams by writing them down.”

Thoughts only matter when you make them matter. Activate your intentions with action. Set smart goals. [Click here to view a video on how to set Smart Goals](#)

DSPS OVERVIEW

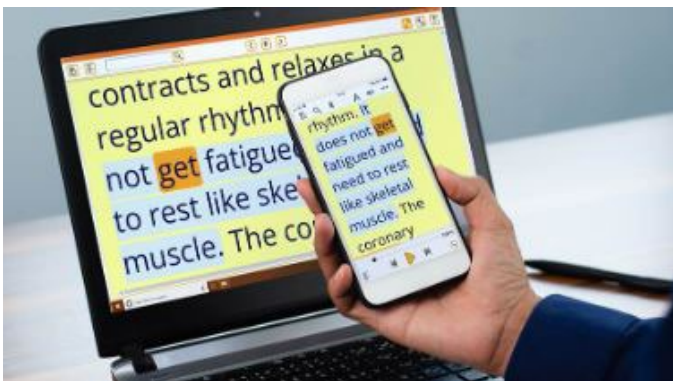
The Disability Support Programs for Students (DSPS) assists those with disabilities access technologies aides, academic adjustments, and services to support their success at FRC. A few examples of our services include testing accommodations, access to audiobooks and assistance with class notes. The DSPS 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 disabilities | <ul style="list-style-type: none">• Acquired Brain Injury• Intellectual Disability• Physical Disability• Deaf/Hard of Hearing• Inquire about other |
|---|--|

To access DSPS services students must contact Sarah Dimick, Director of DSPS 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 [Click here to contact Sarah Dimick](#).

Come ask about services.



**ELIMINATE
LEARNING
BARRIERS
WITH
DSPS TOOLS**

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THE DSPS OFFICE STUDENT STAFF



Kylie Askew

Kylie Askew is a senior at FRC and she will receive a Bachelor's degree in Ranch Management this coming spring. She is passionate about helping people achieve their goals and putting a smile on their face. Her other passions include horses, rodeo, and the outdoors. She believes in kindness and compassion.



Lacy Ruegg

Lacy Ruegg is a sophomore student at FRC who is majoring in Environmental Science. Her goal is to transfer next fall to a four year college to pursue her Bachelor's in Environmental Science. Her favorite activities are bicycling, playing board games, and building snowmen. Her favorite motto is: one day at a time.



Kamish Wagner

Kamish Wagner is currently completing the last part of her studies as an AG Major. Her goal is to pursue a career in Land Management. She enjoys rodeo and keeps pretty busy doing activities, such as Team Roping, Breakaway, and Barrel Racing. She also likes to do outdoor activities such as fishing.



Nikki Saurman

Nikki Saurman grew up in Southern California but moved up to FRC to be on the rodeo team here and get her bachelor's degree in Ranch Management and Equine Science. She has been doing rodeo since her senior year of high school and plans on continuing to rodeo after college as well. She would like to continue to pursue a job in agriculture after college as well.



Danielle Barry

Danielle Barry is taking transfer classes so that she may transfer to a four year school to study how to become a large animal veterinarian. She has been riding horses since she was three years old and is currently participating in the FRC Rodeo.

THE 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.



Danielle Westmoreland

Danielle Westmoreland, (or Dee), has worked as the DSPS Assistive Technology Specialist since 2007. During her attendance at FRC she was a student worker in the DSPS Office; an ASB Officer; and a participant of several other clubs. She is passionate about helping others achieve their academic goals. She transferred to, and graduated from, CSU Chico before coming back to Quincy to marry her husband and enjoy these mountains with her dogs.



Heather Robinson

Heather Robinson is a returning student who recently joined the DSPS Office. She is currently fulfilling the duties of a temporary position. She is friendly, people orientated, loves learning new things and enjoys writing. She is a Sociology major at FRC who will transfer goal to the Social Science program at Chico State University in the fall.

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