



Access Issues

Feather River College: DSPS Digital Newsletter

November 2023 Edition

Spotlight on: Testing Policies

Testing Code of Conduct

- Official Photo Identification is **REQUIRED**
 - Acceptable forms of ID are: Student ID card, Driver's License or DMV issued ID card, military identification, or Passport
- No phones or electronic devices allowed
 - Cell phones must be turned off
- All personal belongings must be put in locker
 - Backpacks, purses, cell phones, etc.
- No food or drinks allowed
- Bathroom breaks must be approved and test left with testing center personnel
- No talking allowed, this is a reduced noise environment
- Any issues involving test or questions related to test are to be discussed with Instructor, not testing center personnel
- All scratch paper/ handwritten notes must be turned in with test

Fall 2023 Test Proctoring:

DSPS students with approved test accommodations may come in
Monday-Friday between 8 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****

Spotlight on Accommodations

Accommodations: An Unfair Advantage?

Do you turn on lights when you go into a room? Is turning on the lights an unfair advantage?

Do you know what it is like to be in the dark? Close your eyes. Presto, the environment you just created by closing your eyes has imposed a barrier to your vision. That is a disability. Open your eyes or turn on the light. The environment has changed. The light is an accommodation. It provides access to vision by removing the barriers created by the environment. Accommodations provide access to services for people with disabilities.

Principles of universal design are used to adapt to individual needs. Slopes on sidewalks are an example of universal design. The slope design provides access to the street for people navigating in wheelchairs or with baby carriages. Everyone benefits from universal design, and especially those who need the accommodation.

In other words:

- Accommodations adapt to individual access needs.
- Universal design helps everyone.
- Accommodations eliminate barriers!!

For more information on eliminating barriers:

[Click here for more information on universal design.](#)

Spotlight on: Immersive Reader

According to an online article on productivity applications:

Microsoft Outlook gives you a ton of customizable features so that you can read and write emails in a way that suits you best. One of these is the Immersive Reader. It works in both Outlook on the web and the desktop application, and it's ideal for people who want a bit more flexibility when writing emails.

What Is Immersive Reader in Microsoft Outlook?

The Immersive Reader is one of several of Microsoft's Learning Tools that are designed to simplify studying emails, paperwork, and other text. It is available with Outlook, Phrase, and Microsoft OneNote.

The Immersive Reader makes it easy for users to customize the text however they see fit. So, if you are writing or reading an email on a smaller screen. You can use Immersive Reader to adjust the font size and spacing according to your needs.

It's highly customizable, but you should know that availability varies depending upon the app, device, and version.

Microsoft Word: Windows, Mac, iOS, iPad, Office 365.

Microsoft Outlook: Desktop and online apps.

OneNote: Office 365, desktop, Mac, iOS, and iPad.

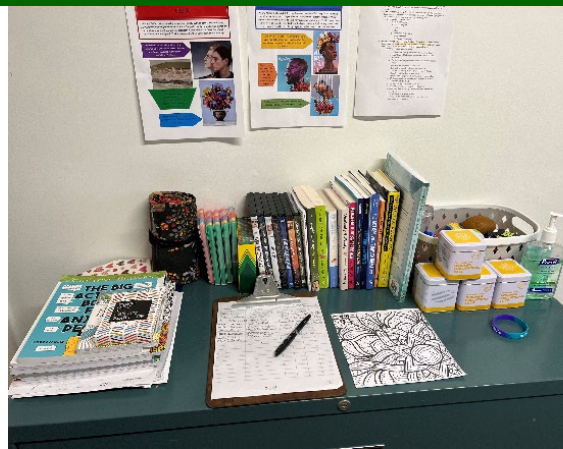
[Click here to go to the source of this article, "How to Use Immersive Reader in Outlook to Read and Write Better Emails \(makeuseof.com\)".](#)

DSPS has accommodations available to support you, so be sure to stop in.

Drop by for a snack, a quiet place to rest, do homework, or to talk about your ideas. All are welcome.



Above shows coffee and tea available



Above shows resources available through the DSPS Lending Library



Above shows Fortress of Solitude, a place to rest.

DSPS ALSO HAS A HIGH TECH LAB, ASSISTIVE TECHNOLOGY IS AVAILABLE TO DSPS STUDENTS



Above photo is of the left side of the DSPS lab, featuring ergonomically designed chairs, desks, and keyboard

Remembering Words

I remember his words.

They resonate common sense like a sage man from the past. I am sure the conversation started over my bloody elbow, a fresh scab I picked at. He had encouraged me to sit and listen, saying breaks were time well spent. We sat in the break room, he in his green philosopher's chair: days will go by and all you will have is how you spend them.

One day your body will take more time to heal; you are human, and your responsibility is not to damage too quickly. In the end your body is real; it cannot attend to your constant recklessness. Bricks don't care if you crush your bones against them, but your bones have a memory. Your skin bleeds, your bones break, and your joints grind.

You'll see, we all feel later the impact of our youth.

I had told him about my hobbies of skateboarding and learning to fall. He shook his head and reminded me I only had one body. His words went through me like wind goes through hair; only their essence remained. But Roads might be hard, for certain it sounds like they have already been, because life is easy for no one. Nobody is deprived of suffering.

You are no different. I know you know this, but it is worth mentioning again, if only for the memory of me that will remain when I am not here and you have gone somewhere else to make waves. At least you might remember some of what I have said, about how life does not have a notion of fair. Objects have some permanence, but it is all vapor in the air.

When you think of me, I hope it is at least this you remember.

I am telling you this, because I have already been there and now my body reminds me of everything with aches and pains.

Your life will be no different.

Words Matter:

Some words say it all. They relate concepts like love one another and realize you can make a difference. Words challenge and relate ideas. What do these words mean to you:

- Think
- Hope
- Research
- Time
- Peace

- Connect
- See
- Question
- Effort
- Food

- Find
- Truth
- Overcome
- Love
- Orange juice

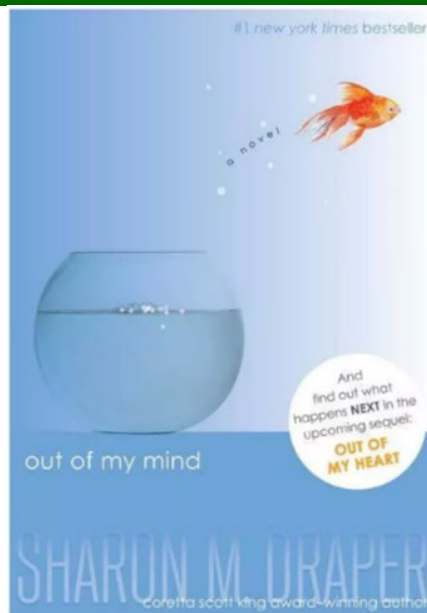
Spotlight book: “Out of my mind” Review by Danielle Westmoreland.
by Sharon Draper

Sharon Draper’s book, “Out of my mind” is a book for everyone. The fictional character, Melody is the voice of the voiceless, as she cannot get her thoughts out of her head. Melody has Cerebral Palsy, so she can hardly move and cannot speak. She is frustrated with her inability to communicate. The characters represent real people who model what it takes. The story deals with the challenges of advocating for people with disabilities.

Her mother, teacher, and caregiver are a few of these characters. A hero of the story is the caregiver, Mrs. V, who pushed, encouraged, and loved Melody, so her expectations were maximized. Ultimately, Melody gets a talking board that allows her to communicate, and represents what it takes to make a child with disabilities succeed. It takes a community.

How frustrated would you be if you could not communicate? You might feel that it was driving you out of your mind. Sometimes we can all feel like a fish in a bowl, unable to communicate, and we can do better to adapt to different needs to come to a solution. Communication is necessary. Let’s care for all people with services to make a difference in their lives.

[Click here to hear the first two chapters of Sharon Drapers “Out of my mind”.](#)



Above image of novel, “Out of my mind” by Sharon Draper.

[Click here to check out Sharon Draper’s book on Amazon.](#)

What's Happening in DSPS?



Above photo is of paper candy corn decorations hanging inside DSPS Office window made by Jasmine Wear.



DSPS Office Student Staff Worker Jasmine Wear showing decorations.

DSPS had a Halloween party



Danielle Westmoreland and Satianna Harmon



Monica Potter



Heather Robinson and Debbie Corcino

“To get the full value of joy, you must have someone to divide it with.”

~Mark Twain

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 your article.](#)

Automatic Responses: Interactions between the Autonomic Nervous System and Procrastination by Jasmine Wear

Did you know procrastination is an autonomic response? The autonomic nervous system is the part of the brain that controls the involuntary processes like breathing, heart rate, digestion, and many more. One of the controls of the autonomic nervous systems is the parasympathetic and the sympathetic nervous systems, which controls the flight, fight, or freeze response. These responses are triggered by the brain perceiving a threat, even if the perceived threat is harmless. This automatic response is supposed to keep you safe but it can also cause you to procrastinate.

There are two types of procrastination, parasympathetic nervous system procrastination and sympathetic nervous system procrastination. The parasympathetic nervous system is the brake of the body, it allows you to relax but when the parasympathetic nervous system perceives a threat it causes the freeze response. This can leave you feeling exhausted, sluggish, and causes you to feel glued to your screen. This is because your body is preparing for its next move. The sympathetic nervous system is the body's gas pedal, it helps the body get out of bed when it's cold, and causes fight or flight. Sympathetic nervous system procrastination is most often seen as doing everything except what you need to be doing, and your thoughts are racing. This occurs because your sympathetic nervous system is sending hormones like adrenaline and cortisol to prepare to fight the threat or run away from it. Once you are able to understand your procrastination you can begin taking steps to help conquer it.

Parasympathetic nervous system procrastination is applying the brakes, and the solution for this is to up-regulate. Up regulating strategies include letting yourself wander around, slowly looking around the room, and handling other emotions in a safe way. Sympathetic nervous system procrastination is pressing on the gas pedal, to counteract this down-regulating is very helpful. Down-regulating includes jumping up and down, laying on the ground, or making prolonged eye contact with someone you trust. Shaming, and belittling yourself may cause you to procrastinate worse as your nervous system may perceive it as a threat. Instead, be kind to yourself, try relaxation techniques, and talking to yourself calmly and positively can help counteract stress hormones and help curb procrastination.

Check out the following link to learn more:

[43 Techniques to Activate Your Parasympathetic Nervous System and Lower Stress](#)

Between stimulus and response there is a space. In that space is the power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl (1905-1997)

What to do when you hit a deer, By Jasmine Wear

Hitting a deer can be a stressful event in anyone's life. It's important to know what to do when the situation arises. The one thing you aren't going to do is offer them a ride to the hospital. Below are some steps you should take if you ever hit a deer according to State Farm insurance.

1. Take a deep breath.
2. Stay away from the animal.
3. Move your car off the road to a safe location.
4. Call the police and follow the directions they provide.

To learn more tips go to the following:

- [Click here for State Farm insurance](#)
- [Click here to see a video of what State Farm advises](#)
- [Click here to find out what the DMV has to say about Vehicle Collisions](#)



Two deer sitting in a parked car waiting for the valet. [Click here to go to image.](#)

DSPS 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.

OVERVIEW OF DSPS SERVICES

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 | <ul style="list-style-type: none">• Acquired Brain Injury• Intellectual Disability• Physical Disability• Deaf/Hard of Hearing• Inquire about other disabilities |
|--|---|

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 sdimick@frc.edu.**

DSPS OFFICE STUDENT STAFF



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.



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.



The above photo is of the path from the lower main parking lot leading up to the DSPS office Located to the left of the Campus Center.

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 DSPS Assistive Technology Specialist since 2007. She is originally from Los Angeles and enrolled at FRC right out of high school. During her attendance at FRC she took on many student leadership roles. She also graduated from CSU Chico before returning to Quincy to marry her husband. She is excited to be the club advisor for the new campus sign language club, Sounds of Signs. She is passionate about helping dsp students to achieve their educational goals. She is also the 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 on her next books in her spare time.

DSPS STAFF CONTACT INFORMATION:

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