

SPECIAL POINTS OF INTEREST:

- Services designed for YOU
- Student Contributions
- Job Search Forum
- Technology Links
- Award opportunities

INSIDE THIS ISSUE:

- In our Students' Words 2
- Do You Know... 2
- Take Care of Your Ears! 3
- Universal Design 3
- NEADS Job Search 4
- Academic Support 4
- Awards 5

Happy New Year!

Welcome to Disability Services' first Newsletter. We are excited about providing you with valuable information that will help support your educational experience at Malaspina. We hope you will embrace the opportunity to submit stories about disability news, issues, websites, assistive technology and upcoming events so students with a disability can be informed and supported. Expect a newsletter each semester, enjoy the read, and be sure to spread the word that having a disability is not a barrier to education. "What's holding YOU back?"



The Disability Services Team

The Nanaimo Campus Disability Services Team works in welcoming, valuing and supporting students with disabilities. This team consists of Education Counsellors Glenda Sharpe, Meghan Earley, Debra Hagen and Access Technician Shirley Mahood, along with office secretary Sheila Penny.



Glenda Sharpe



Meghan Earley



Debra Hagen



Shirley Mahood

The Disability Services Office provides information, support services and reasonable accommodation in all of Malaspina's programs to students with documented permanent and temporary disabilities ranging from attention deficit, learning disabilities, chronic health issues, hearing and visual impairments, physical disabilities and temporary impairments due to accident, illness or injury.

Go confidently in the direction of your dreams. Live the life you have imagined. ~ Henry David Thoreau

Check out some great artistic paintings in building 200 done by some amazing students and supported by Student Services!



In Our Students' Words...

Hi, I'm a Malaspina student and I graduated in June with a Bachelor of Arts degree with a major in criminology, and a minor in political science. I never could have done this without the support of the staff at Disability Services at Malaspina. They made sure I was provided accommodation for my exams, and had the supports in place that I needed to succeed. Because of the great support I received from the staff at Disability Services, I was able to con-

centrate fully on my studies and extracurricular activities instead of worrying about my disability. Finally, I would like to point out that not all disabilities are visible. If you talked to me or saw me, you would never guess that I have a disability. I am intelligent, athletic, well spoken, and very involved in my community, but I struggle greatly with fine motor skills. As an example, I never learnt to handwrite, or ride a bike, and still have

difficulties using basic hand tools. However, I have learnt to cope, and thanks to the help of Disability Services, I graduated with distinction and am now looking at pursuing an MBA and a law degree, and hope to become a sports agent. Thank you Disability Services for making my dreams seem possible. To those students with disabilities: Never stop believing in yourself. You can go wherever you want in life.

"The important thing is not to stop questioning."
Albert Einstein

Support Makes a Difference

I am a Bachelor of Arts student with a specialty in Geography (Natural Resource Management stream) with a minor in Earth Science. I came to Malaspina in 1999. In the first two years of Malaspina I did not have accommodation support for my disability and struggled with my studies; almost failing my

courses with C-'s. In 2001 I arranged for accommodation with Disability Services and after that my marks were A's & B's. Without the accommodation supports I would not be graduating in June 2008. Right now I have a B+ average. I struggle with reading and writing; because I'm slow with these skills, it takes me

longer to accomplish. I receive exam accommodation which has allowed me to demonstrate my knowledge within a time period that works for me. If I did not have this accommodation I would not be at Malaspina today.



Do You Know?

- ◇ 13 units in the Student Residences are accessible for students with disabilities
- ◇ 535 students were registered with Disability Services last year
- ◇ 815 exams, assessments & quizzes were accommodated by Disability Services from April '05 to March '06
- ◇ June 2006: 12 students with disabilities received bachelor degrees at the Convocation Ceremony
- ◇ Disabilities can be visible such as being deaf, blind, or physical in nature. Many disabilities are also invisible such as hard of hearing, mental health, visual impairment, learning disabilities, chronic health or autism. At Malaspina, all documented disabilities are supported.



Take Care of Your Ears



Did you know that in young people, the number one cause of hearing loss is noise and that its effects are permanent and irreversible? Particular concern is related to MP3 and iPod player use as the use of headphones often causes people

to misjudge the appropriate volume level required for safe listening. For example, turning up the volume as you walk down a noisy street could actually be to a level that is unsafe for your ears.

Most people have had the experience of ringing in the ears after being to a loud concert or bar resulting in temporary hearing loss or temporary threshold shift (TTS). TTS should return to normal after 16-18 hours; however, increased exposure to loud sounds can result in permanent hearing loss and ring-

ing in the ears. If you enjoy loud concerts, a good bet would be to invest in a product like the Musician's Earplug by Etymotic Research. The \$27 investment could save you from irreversible hearing loss. Keep the following info in mind:

- ◇ Get your hearing tested by an audiologist to get a baseline for sensitivity
 - ◇ Don't listen to iPods and MP3 players at more than 60% volume for longer than 1 hour per day
 - ◇ Use over-the-ear style headphones instead of ear buds-it blocks more background noise
- Take care of your hearing—you need it for life!



Universal Design

Wouldn't it be great if our entire campus community could adopt the principles of Universal Design in all of our teaching and physical environments? What is universal design you ask? It is the design of products and environments to be usable by ALL people to the greatest extent possible, without adaptation or specialized design.

Ramps, automatic doors, and curb cuts were created to provide access to people with physical disabilities but actually ease access for everyone. Curriculum that is universally designed can offer all students various ways of acquiring information and knowledge, provide learners alternatives for demonstrating what they know, and tap into learners' interests, challenge them appropriately, and motivate them to learn. UD Learning can help students learn the what, the how and the why of concepts based on their individual learning needs.

Seven Principles of Universal Design

-  **Equitable**
-  **Flexibility**
-  **Simple and Intuitive**
-  **Perceptible Information**
-  **Tolerance for Error**
-  **Low Physical Effort**
-  **Size and Space for Approach and Use**

Check this site for tools and activities to promote Universal Design in your curriculum:
www.cast.org/teachingeverystudent/tools

“Within you is the divine capacity to manifest and attract all that you need or desire.”
Dr. Wayne Dyer

Tax Measures for persons with Disabilities

- ◇ Disability Tax Credit
 - ◇ Medical Expenses
 - ◇ Disability Support Deductions
 - ◇ Caregiver Amount
 - ◇ Child Disability Benefits
 - ◇ Attendant Care Expenses
- www.cra.gc.ca/disability

NEADS' Vancouver Job Search Forum

An interactive day that can make a difference in your employment and educational pursuits!

Saturday, February 2, 2008
9:00 AM - 4:30 PM
Metropolitan Hotel Vancouver, British Columbia

- * Learn how to prepare for the job market
- * Practice promoting your skill set
- * Find out how to make your résumé work for you
- * Plan an effective job search

* Gain insight about disclosing a disability in the workplace

* Discover what you need to know to arrange job accommodations

* Bring your résumé for professional advice

Registration is free

Door Prizes!

Lunch and refreshments will be served.

Please register by **January 25, 2008**

Web: www.neads.ca/vancouver

Telephone: 1-877-670-1256

E-mail: forum@neads.ca

If you need disability-related accommodations, require sign language interpretation, or have dietary restrictions, please provide details when you register.

NEADS can partially subsidize up-to 3 individuals who live outside Vancouver, on a first-come basis, to attend the workshop.

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

Helen Keller



Academic Support for YOU at MaLU

Instructor

Set up an appointment during Instructor office hours and take a sample of your work

Library

(250) 740-6151

www.mala.ca/library/index.asp

Writing Centre

Free personal, professional help on writing activities.

Library, Building 305, 4th floor

Explore on-line English

info: <http://owl.english.purdue.edu> OR

www.etutor.usask.ca

www.etutor.usask.ca

Math Learning Centre

Assistance from student-tutors selected from Malaspina science pro-

grams. Building 360, Room 303

ABE Learning Centre

Assistance with preparation for assessment testing. Call for hours of operation: (250) 740-6425. Building 205, Room 204

Tutor Help

Check the campus bulletin boards or get a list from your Disability Services Education Counsellor.

Business students have access to tutorial room 440, Building 255

Literacy Nanaimo

Information regarding assistance with basic reading, writing and math (250) 754-8988.

Tech Support

Need to have your computer text read? Try one of these free screen readers: Adobe Reader on your computer if documents are in pdf format or www.readaloud.com <http://readplease.com>

Have trouble organizing your thoughts? Try these mind mapping tools:

www.inspiration.com
www.spark-space.com

Can't see text on screen? Try zooming in with zoom text www.nonopac.com

Need textbooks in alternate format to be read by your computer? www.heiberg.com www.etext.net or Google: "project gutenber" → type in book title

Want to learn to type? www.kidsdomain.com/brain/computer/type.html www.senselang.com/



Award Opportunities

The Courage To Come Back Awards are an award which celebrates ordinary people who have demonstrated extra-ordinary courage in their recovery from adversity. Individuals are recognized in the categories of Medical, Physical Rehabilitation, Mental Health, Social Adversity, Addiction, and Youth. For more information about this award, please visit www.coastmentalhealth.com

Deadline for nominations is February 18.



Malaspina Money!



Deadline for Financial Aid bursaries is January 31. Go to www.mala.ca/calendar/bursary.asp to download an application.
Deadline for scholarship applications is April 30.

A great source for further scholarships and awards is www.studentawards.com

Visit us on the web:
www.mala.ca/disabilityservices



Enjoy
the journey.

Disability Services,
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Nanaimo, B.C. V9R 5S5

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Fax: 250.740.6615

E-mail: pennys@mala.ca

The right choice for university & college

We are here to provide you with the following accommodations:

- ✓ Campus orientation and services
- ✓ Advanced registration
- ✓ Exam accommodation
- ✓ Alternate format texts
- ✓ Financial aid planning
- ✓ Interpreter services
- ✓ Assistive technology
- ✓ Grant applications
- ✓ Note-takers, readers, study partners, tutors
- ✓ Peer Mentors, attendants

We want to hear from you! If there is a story that you would like to see in our next issue of our Newsletter, email us.

Or, if you are a current or past Malaspina student and would like to share your story with the community, we want to get your voice out there! Please contact