



The Office of Accessibility Newsletter

Start where you are. Use what you have. Do what you can. ~Arthur Ashe

The staff in the Office of Accessibility wants to encourage you as you begin to wrap up the fall 2016 semester.

I want to share with each of you a quote from Arthur Ashe. When I start to feel unorganized, or need to refocus my thoughts, I remember the three simple directives in Arthur Ashe's quote.

Start where you are.

We understand much has happened this semester...some good and some not so good. Keeping your priorities in line will help you as you organize these last few weeks.

Use what you have.

The Office of Accessibility wants to remind you of all the resources available on campus to help you through the end of the semester exams/assignments/projects. Visit one of the tutoring locations on campus; go to your professor's office hours; set up a study group. These are all things that you have right now.

Do what you can.

Go into each of your testing situations knowing that you have done everything within your power to be prepared and to produce your best work. Don't expect to do well...expect to do excellent!

Using Arthur Ashe's quote as inspiration, I came up with three ways to hopefully make your finals week manageable:

- 1) Make sure to put your test requests into STARS giving your professor(s) at least four (4) business days to get your test to your testing location. If you forget how to put in your test requests or just want someone to walk you through the process, stop in to the Office of Accessibility. Anyone at the front desk can help you.
- 2) Don't leave for Winter break before getting your Spring classes in place.
- 3) Make an appointment to meet with your disability specialist. We are here to help you find new ways to study for your finals.

The entire staff of the Office of Accessibility wishes each of you a successful end of the fall 2016 semester and a happy and restful Winter break.

Kindest regards,

Kelly Kulick
Director
Office of Accessibility

Important Reminders:

It's not too Early to Submit your Final Exam Schedule in STARS! If you are planning to use your testing accommodations for final exams, make sure to submit your test requests **as soon as possible**. Space is extremely limited; it is critical that you put in your exam requests immediately!

- Remember to schedule any finals to be taken in the Office of Accessibility or the Counseling Center-Testing Services through STARS at least **4 business days** in advance.

Don't Forget to Register for Spring 2017 Classes! Registration for Spring 2017 classes has begun. Don't forget to register for classes if you have not already done so. If you need assistance, schedule a meeting with your Academic Advisor for help and questions about your Spring 2017 schedule. You Are UA!

Once you have scheduled classes for Spring 2017, **don't forget to request your accommodations** online through [STARS!](#)

Disabilities Awareness Week 2016

October 31st—November 4th was our annual Disabilities Awareness Week celebration, and it was an amazing success! We had **1299** participants, a record number for the week's events! We appreciate all of your support as we promoted campus-wide access and awareness for students with disabilities.

Monday- Photo Booth With Zippy

The Photo booth, presented by FaceBooth, was an open booth where students, faculty, and staff could get their pictures taken with various props, and Disabilities Awareness Quotes. Local celebrities Zippy Roo, and President Matthew Wilson came through in support of Disabilities Awareness Week. Anyone who participated went home with a 4-picture photo strip that read "Disabilities Awareness Week" at the bottom. Participants were encouraged to share their photos via social media as well.



Tuesday- "Notetaking Hacks" - Helpful Notetaking Apps to Make College Easier

We had two different booths for this event, one in Bierce Library and one in the Student Union. Each location had 2 iPads where students could try different free apps for Smartphones and tablets to help make notetaking for all students easier. The goal of this event was to bridge the gap between students with and without disabilities. All students could benefit from using these applications in class. The different apps we featured included: Cogi (for Mac, PC, Android, iOS), Evernote (for Mac, PC, Android, iOS), Notes: Super Notes (for iOS), Audio Note Lite (for Mac, PC, Android, iOS) and Lecture Notes (for Android). Several of these apps have extended versions which can be purchased for a small fee with many additional notetaking benefits.

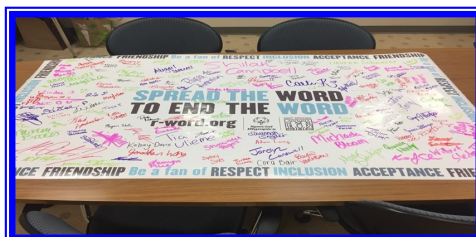
Wednesday - Accessibility Awareness Scavenger Hunt

During this event, students had an opportunity to participate in an Accessibility Awareness Scavenger Hunt. The hunt took students around campus to learn about and become more aware of how The University of Akron's campus is accessible for students with disabilities. Students were given a list of questions to answer, and some time to discover accessible parts of campus on their own. Participants were also provided with a brief history of the Americans with Disabilities Act, and its purpose for making environments accessible for people with disabilities.



Thursday - "Spread the Word to End the Word: R-Word"

This event is part of a campaign asking people to pledge to stop the use of the R-word. The goal of the campaign is also to promote attitudes of acceptance and use of language that is respectful. Anyone who stopped by the table in the Student Union had the opportunity to sign the pledge banner (which now hangs over the front desk in the OA), complete an online pledge and choose a wristband or a button to wear and continue to "spread the word." A total of 193 people pledged and signed the banner at the event and several more stopped in to the OA to add their names to the banner later.



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Friday - Destress with Dogs - WAGtime Therapy Dogs

This event was the biggest hit of the week! The OA saw 513 people participate, which was our most participated event during Disabilities Awareness Week! WagTime Therapy Dogs are a group of therapy dogs and their owners who volunteer to visit with patients and their family members at Summa Health in Akron. These dogs complete a certification process in order to earn their title as therapy dogs. They were all so loving to the multitudes of students who came to see them. The dogs brought instant smiles to so many students as they stopped by to visit, and “destress” by petting, and cuddling the pups.



All events provided the opportunity for participants to learn more about the Office of Accessibility and all were welcome to have an “I Stand For Access For All” wristband and/ or OA pen or pencil.

We hope you were able to attend one or some of these events this year! If you have any ideas for future Disabilities Awareness Week events, please contact our office; we would love to have more student involvement!

Important Dates

Dec 11, 2016
Final Instructional
Day for Fall 2016
classes

Dec 12-16, 2016
Finals Week

Dec 16-17, 2016
Fall 2015
Commencement

**Dec 24-
Jan 2, 2017**
OA closes

Jan 17, 2017
Spring 2017
classes begin

Prepare for Finals Week

Here are 6 tips to help you prepare for finals week:

1. **Verify the details**—Know your exam schedule in advance. To view your exam schedule:
 - Log in to My Akron
 - Click on Student Center
 - In the Academics section, select Exam Schedule from the drop down list and click the forward button. If it is available, it will be displayed. Confirm this schedule with your instructors.
2. **Get some sleep**—Do not pull an all nighter. Make sure you get a lot of rest while studying and a good night’s sleep the night before an exam.
3. **Stay active**—Exercise boosts blood flow to the brain, and sitting in one place for an extended period of time can lead to a tired, ill-supplied mind.
4. **Eat well**—Eat foods that are digested slowly: whole grains, fresh vegetables, and lean proteins. A little planning can go a long way as you head into finals week. Before a final, be sure to eat a meal that is high in protein.
5. **Experiment with different methods of studying**—One way of studying may not be efficient to retain so much information. Try switching subjects to study, study in groups, do practice exercises, study your notes, etc. Switch it up.



Important Items to Consider:

Requesting accommodations:

- ◆ Once you have finalized your class schedule for the spring, make sure to also request your accommodations on STARS.
 1. Log into STARS
 2. Scroll down to “Select Accommodations for Your Class”
 3. Select classes you are requesting accommodations and click “Step 2-Continue to Customize your Accommodations”
 4. Select the accommodations you would like to request for each class and the checkbox to email the accommodation letter to your instructor
 5. Select “Submit your Accommodation Request”
- ◆ Transcribers/CART or interpreter accommodation requests should be submitted at least **six weeks prior** to the beginning of the semester.
- ◆ If you are requesting notetakers, please remember to only request the notetaking accommodation for classes in which you will need notetakers. **This does not include classes like labs, recitations, gym classes, or online classes.** If you have any questions about which classes to request notetakers, please contact your Disability Specialist.

Testing in the Office of Accessibility and Counseling Center:

- ◆ If you have an alternative testing accommodation, please remember to schedule your test at least **4 business days** prior to the day you would like to take the test. Tests can be scheduled through the STARS website, <https://andes.accessiblelearning.com/Akron/> under the Alternative Testing tab. Bring your Student ID with you for each test. Remember to schedule early due to the high volume of testing requests during finals week!

Inclement Weather may be fast approaching:

In the event of inclement weather, The University of Akron grounds crew works to clear the necessary paths around campus of snow and ice. While their top priorities are clearing accessible ramps and building entrances, please know that if there is heavy snowfall, it can be difficult to keep up with snow accumulation. In the event that you are not able to access a particular place on campus, please call the UAPD Dispatch line to report the issue at 330-972-7415.



Suggestion Box

We want your feedback!

Email ooaga1@uakron.edu with comments about the current newsletter or ideas you would like to see in future newsletters.

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Akron, Ohio 44325-6213 E-mail: access@uakron.edu

Fall & Spring Office Hours:
Monday - Friday 8 a.m.-5 p.m.



Simmons Hall at The University of Akron