Your Education is In Your Hands
By Chris Sopko, Student Intern, Access and Equity

Hello DCC Students! This semester I have the pleasure of working with the Office of disAbility Services—and several of you—during my Spring internship for my A.A.S. Mental Health Assistant degree. I am thrilled to be given this amazing opportunity! It is a great thing to be recognized with a “gift” to help guide others who may be struggling as I often have. I bring to my work here a plethora of experiences as a 90% deaf individual, and I’ve overcome and learned so much to become a strong woman that I am confident I can help others realize that every person’s future in their own hands.

My goals this semester include developing mini-workshops on topics like employment accommodations and self-advocacy and working one-on-one as a mentor to other students. I am also working with staff to develop MyDCC website features including an open forum to discuss various issues and a survey to get feedback from you on how to improve our services.

If you are familiar with the office and use those services, you already know the benefits! I strongly recommend all students who are eligible for services offered by our office take advantage of this opportunity and utilize it for your benefit. College, really, is a fresh start to all students—regardless of disability, limitations, restrictions, and even age as many are adults pursuing a career change. Make it your own fresh start and take charge!

Chris Sopko is in her second semester at DCC. She is enrolled in two programs—Visual Arts with a concentration in photography and Certified Mental Health. “I’ve always been interested in the human mind and have considered a psychology major for a long time,” says Chris. “With an A.A.S. degree as a Mental Health Assistant I can get a taste of the field. But my primary passion is the Arts.” Chris has many other interests outside of school, including firefighting. “I am a very creative, colorful, and eclectic person,” said Chris. “It’s simply unfathomable for me to choose just one thing to study.”

C o n t a c t U s:
Paula Perez: Coordinator, 845-431-8058
Linda Bertolozzi: Career/Advocacy Counselor, 845-431-8056
NEW Main Number: 845-790-3631
Main Office: SSB 303
Monday through Friday, 8:30 am-5 pm, Wednesday to 7 pm
Adaptive Technology Lab, SSB 305
Monday through Friday, 9 am-5 pm
Deborah Herring: Administrative Assistant, 845-790-3631
Monday through Friday, 9 am-5 pm
Mary Koniz Arnold: Tutor (various subjects), Lab Monitor
Wednesday 1:30-4 pm, Thursday 8 am-5 pm
Dawn Buchal, Math Tutor
Monday through Thursday 1-4 pm
Scott McNeight, Writing Tutor
Monday 11 am-5 pm, Tuesday 1-4 pm, Wednesday 12-5 pm

Important Dates for Spring 2012

Monday, April 2
Last date to withdraw from a single course with a “W”

Friday, April 6
Good Friday, College is open, classes in session

Saturday, April 7
Snow make-up day for Saturday credit classes

Tuesday, May 1
Last date to withdraw from all courses (to “0” credits) with a “W”

Wednesday, May 2 through Monday, May 14
Evaluation and Exam period

Thursday, May 3
Day Evaluation and Exam Period Begins

Wednesday, May 9
Last day of regularly scheduled DAY credit classes

Thursday, May 10 through Monday, May 14
Day block final exam period

Wednesday, May 16
Grades due by 8 pm

Thursday, May 17
Honors Convocation and Graduation

Good-Bye Frances :-(
Tutor Frances Welsh, who has helped so many students toward academic success, has accepted a full-time counseling position at an agency in Orange County. We will miss you, Frances!
In Our Own Words: Dan Zuckerman and “The Helpful Office”

The Office of disAbilities Services at DCC has been a great help to me. I am enrolled in the LAH program with a concentration in journalism and I began utilizing the Access and Equity office in the Spring 2011 semester.

Anytime I go to the office, I am greeted by Deborah, who’s always cheerful and helpful with all the students. I usually go a couple of times a week for tutoring sessions in math with Dawn and time management with Frances. I also occasionally go for tutoring in writing with Scott and I went last semester for help in biology with Mary.

Dawn is able to break down difficult word problems and make them easier to understand. Frances is a wizard of study techniques and has given me extra support for subjects like Spanish and psychology. She turned me on to using flash cards as a study tool. Scott is a master of writing and humanities. Anytime I have a paper due, he’s the one ready to help me revise my rough draft and come up with different ways to structure a sentence. Last year I struggled with environmental biology, and Mary helped to explain hard scientific terms by showing pictures and breaking it down to make it easier to digest. Often when I go for testing, Mary is the one proctoring the test. Going to Access & Equity has helped me take tests better and more efficiently without the distraction of worrying about seeing other students finish their tests first.

Everyone at the office has helped me become more comfortable adjusting to hectic college life. While I don’t interact on a daily basis with Paula and Linda, they have both been a big help with getting my college career off the ground. It was Linda who first met with my mom and me to discuss the office and its services and the test-taking process. Linda also gave me the opportunity to speak about my experience as a college student with a disability at the Transition to College workshop for high school students we hold over spring break. And Paula helped to answer all of my questions during my first semester at Dutchess.

Since I’ve come to Dutchess, I have really come out of my shell. I used to be more quiet, reserved and a tad anti-social, but I’ve become more outgoing ever since joining Dutchess Radio. I’ve learned a lot through this club about different kinds of music, radio production, and I’ve recently launched a new program, The TIME Warped HOUR. Most importantly I have made a lot of good friends in the Radio Club where I’ve spent many hours just hanging out with these unique individuals.

Listen to Dan’s show The TIME Warped HOUR on WDCC radio Wednesdays from 1:30 to 2:30 p.m. for the best pop music from the 60’s to now. This is also a forum where listeners can post song requests or anything interesting they want to share. Other shows and a wide range of music are available 24/7 on Dutchess Radio, you can listen anywhere there’s a computer at http://radio.suny dutchess.edu

Online Survey Helps Us Know, Meet Your Needs

How do you feel about Access & Equity/DCC Office of disAbility Services? Do you use our services? Do you know what those services are? How do you feel about being a person with a disability—are you open about it, or is it something you keep private? What’s the best way to reach you if we need to send you a message?

We hope you’ll share your answers to these questions and more on our confidential survey. Watch your MyDCC email—we will be sending you more information about the survey and a link to fill it out online. Your feedback will help us develop new programs and services, keep communication channels open, and serve you better.

Rather fill out a paper version? Stop by our office and pick one up. We want to know what YOU have to say.

Tip of the Day: Use Read and Write Gold’s Speech Maker to convert any text—even your own notes—to an MP3 file you can play on your iPod so you can study for tests while you’re driving, working out at the gym, or doing chores around the house. Learn more about Read and Write Gold from writing tutor Scott McNeight.