# **DSS** Newsletter

**Fall 2016**

[www.stonybrook.edu/dss](http://www.stonybrook.edu/dss)

## **Welcome Back from the New Interim Director**

As we begin another fall semester I would like to extend a warm welcome to all of our new and returning Seawolves!

Disability Support Services is extremely excited to meet with each of you and to assist you with your reasonable accommodations. We realize the semester can be overwhelming and we want to encourage our students to reach out to our office.

Please remember to schedule an appointment within the first two weeks of school with your DSS counselor in order to send out your accommodation letters and access your services. If you are a new student and have questions about how a specific accommodation can be implemented, please give us a call to schedule an appointment.

Also to find out the latest information about our office and programs offered please take a look at our website:

<http://studentaffairs.stonybrook.edu/dss>

Our DSS counselors, the staff and I, wish you great success for the 2016/2017 school year.

Best,

Judy Esposito

## Workforce Recruitment Program

Disability Support Services and the Career Center have collaborated in building a 10 week Career Training Program for highly motivated Junior/Senior standing students and/or recent graduates who are eager to prove their abilities. Individuals will attend weekly sessions on Wednesday’s starting September 14. Each session will focus on different aspects of career development. Those students who participate will have the opportunity to be connected to the Workforce Recruitment Program for College Students with Disabilities (WRP). This is a federal program managed by U.S. Department of Labor's Office of Disability Employment Policy (ODEP) and the U.S. Department of Defense's Office of Diversity Management & Equal Opportunity (ODMEO). The WRP connects public and private employers across the United States to college student with disabilities for possible paid summer internships or permanent full-time jobs.

## Student Spotlight

In 1995, “Jane Doe” underwent a liver transplant at the age of 10. As a result of the transplant Jane began to experience seizures and in 2008 needed to have neurosurgery on her brain.

After surgery, Jane reported that she was no longer like her former self. Jane explained that although aspects of her life had changed, she began to develop a new sense of self. Jane was driven to not let her disability define her. This started with her perusing her dreams of getting into Stony Brook University, where she is currently pursuing her bachelor’s degree.

During her free time she spends about 15 hours each week raising funds for NYU’s Epilepsy Center. To date, she has raised over $13,000.

Jane’s story is a testament to her strength and passion to help others.

## The Buddie Experience 2015

****SBUDDIE … Because U Don’t Do It Everyday****

The BUDDIE Experience has provided DSS Students with an opportunity to share with and educate SBU administrators, faculty and staff about how students with disabilities experience life on campus.

In past years students have met with BUDDIEs in the Administrator’s Office, in the SAC over a cup of coffee or even for lunch. Topics for discussion could include:

* Why you chose SBU (major, research, etc.)
* The reason you selected to meet with a particular administrator, career goals, similarities
* What is most important to you as a student here at SBU
* What you like about SBU
* Suggestions you have for improvements to a student’s experience here, particularly a student with disabilities

BUDDIE EXPERIENCE INTEREST FORM

Welcome to the BUDDIE Experience!

Please provide the following information:

Name:

Email address:

Phone number:

Please list the names of the Administrators you are interested in meeting

1.

2.

3.

DSS will contact you to briefly discuss the process before the Administrators you have selected can be contacted. Please provide a date and time you are available to meet.

## What’s Your Learning Style?

Visual Learner

* Learn by seeing
* Best understand words that evoke images
* Respond well to demonstrations
* Enjoy visually pleasing presentations

Read-Write Learner

* Learn by reading and writing
* Best understand explanations on paper/screen
* Organize thoughts and make lists
* Translate lessons in words

Kinesthetic Learner

* Learn through doing/trial and error
* Prefer hands on approaches
* Use of multiple senses to engage material
* Enjoy solving real-life problems

Auditory Learner

* Learn by listening and verbalizing
* Listen for key words and phrases
* Respond well when things are explained aloud
* Think in a linear fashion

Best study practices for each type of learner

Visual Learner:

1. Use maps, charts, graphs, and diagrams
2. Use videos and power point presentations
3. Make and use flashcards
4. Focus on titles when reading
5. Highlight and underline when reading

Read-Write Learner:

1. To take notes (many and detailed)
2. Write out the words
3. Read notes (silently) again and again.
4. Create and use bulleted lists
5. Imagine your lists arranged in multiple choice questions

Kinesthetic Learner:

1. Make and use flash cards
2. Study with others and exchange ideas
3. Study in short blocks
4. Use examples when taking notes
5. Feel free to doodle while studying

Auditory Learner:

1. Read material aloud
2. Spend time in quiet places recalling ideas
3. Practice writing answer to old exam questions
4. Record lecture and listen back to them
5. Use word associations

## REMINDERS

* Please make accommodation appointments at DSS within the first two weeks of the semester.
* Drop/Withdraw (Without a “W”) by September 13th
* Applications for graduation due by September 13th
* GPNC/Course Withdrawal due by October 28th

## DSS Spring Student Awards

It is with great pleasure that we announce the Sylvia Fund has sponsored two $500.00 awards in memory of our own Sylvia Geoghegan. Sylvia was a Stony Brook Alumni, an employee and a talented artist. She was someone who utilized all her abilities to enrich her life and the lives of others.

To qualify for the Sylvia Awards a student registered with DSS must be in good academic standing (2.0). Students who have completed at least two semesters at Stony Brook, sophomores through graduates may apply. One award, the Sylvia Artistic Award will be given for students with specific artistic interest or promise and a second award is offered for students with other interests. Please note Sylvia Award money is paid after 7/15. The Michael Flynn Award, was established by the Flynn family in memory of their son. The $500.00 award is presented to a Senior Stony Brook Student with a disability, who has completed at least two semesters at Stony Brook and has a GPA of 3.0 or higher.

DSS wants to congratulate this year’s recipients and encourages students to apply in the Spring of 2016. The application for these awards is found at [www.stonybrook.edu/dss](http://www.stonybrook.edu/dss), click Current Students/ Student Awards.

## Employee Spotlight


A closer look at one of our team members

1. What is your role at DSS?

I am a Supportive education counselor for the Students at SBU. I meet with students to get to know them and provide the necessary and appropriate accommodations related to their disability.

2. What is your educational background?

I obtained my Bachelor's in Psychology from St. Joseph's College, then I went on to receive my Masters in Social Work from Adelphi University, during which I was an intern at CAPS here at Stony Brook University.

3. What do you like to do when you’re not at work?

When I'm not at work you can find me in a gym. I am a personal trainer as well, so I love being active and pushing my limits, while also helping others become healthier.

4. What are you most looking forward to this year?

I recently got engaged, so I am excited for what the "planning" has in store for me. I am also excited to meet all of the incoming students and be able to them when needed.

5. What is your favorite quote?

 “When you help yourself, you feel good. But when you help somebody else get back on their feet, it’s a high that no chemical drug can ever match. It’s the greatest high in the world. It’s addictive, it’s contagious, and the world needs more of it.” – Greg Plitt

## THANK YOU

DSS would like to take this opportunity to thank all of our volunteers who assisted us during Spring Finals 2016. We could not have had a successful event without your help. Thank you for your aid to the university and support of the community!

This year to thank all our volunteers, DSS purchased and donated prom attire to a Nassau BOCES school that serves students with a disability.

We appreciate all that our volunteers do, your assistance is invaluable to our students!

CONGRATULATIONS CLASS OF 2016

DSS

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## STAC

Students Taking Aim at Challenges

Members Wanted: Join Today!

STAC is a student run disability advocacy club. Its goals are to increase accessibility, promote awareness of issues faced by individuals with disabilities and to provide socialization opportunities for club members. Information about the club and meeting dates/times are available through the DSS office.

<http://stacsunysb.weebly.com>