



Disability Resource Center NEWSLETTER

**October/November
2019 Edition**

**NDEAM and
Mendocino College**



We are well into the fall semester and the weather is cooling down. There is a lot going on at all of our campus locations, and in this edition we talked to two of our Deans and asked important questions. If you are a student interested in being featured in an upcoming issue, please let us know. We would love to hear from you.

October is Down Syndrome Awareness Month, Learning Disabilities Awareness Month and National Dwarfism Awareness Month. October is also National Disability Employment Awareness Month (NDEAM) and is arguably one of the most important months for individuals with disabilities as it celebrates all individuals and veterans with disabilities within the workplace. Diversity is an important part of every service we provide for students here on campus. Mendocino College is a unique campus because we do not segregate our students with intellectual disabilities. We support and recognize the importance of their social integration. All of our students are important, and educated students will build a stronger community. We strongly encourage all students, regardless of ability or disability, to be a part of every event here on campus. We work closely with our community partners such as Life Services, Department of Rehabilitation and Transition Partnership Programs. Mendocino College is a diverse community of learners and future community leaders.

“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”

~Helen Keller

Disability Unemployment Facts

- The Census Bureau reported in 2014 that 85.3 million Americans are living with a disability.
- Of the 20 million working-age people with disabilities only about 37% are employed.
- In 2017 only 111,804 people with identified disabilities entered the workforce.

In the Media - A&E has launched a new TV Show that includes people with Disabilities titled *The Employables*. This show interviews individuals, families and potential employers and the struggles of job searching for individuals with disabilities.



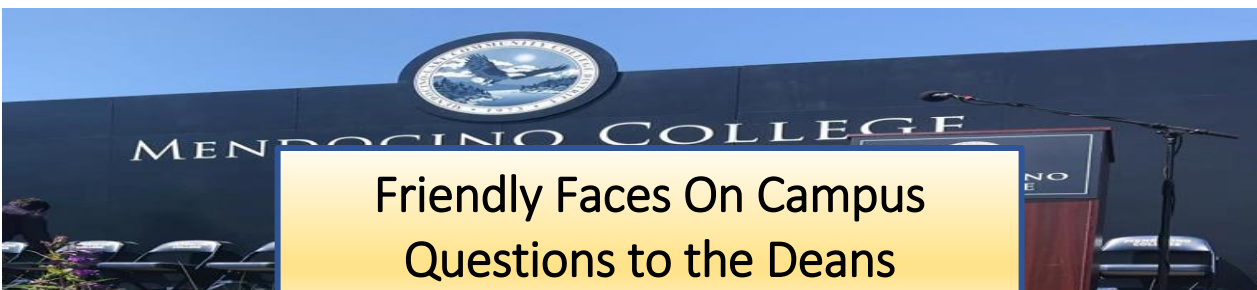
Did
you know?

Halloween

Here at Mendocino College, we have a friendly little competition between departments during Halloween. Staff that would like to participate compete to see who can decorate their offices the best for Halloween, and all are fierce competitors to win the contest. It's a chance for students to see the fun side of the college as the decorations and costumes can get pretty wild. Our department participated last year with Christina as the White Spider Queen and the DRC office was a spider lair. We had a lot of fun being a part of the festive and friendly atmosphere, and the students had fun as well. But our facilities department blew us all away with their amazing display of dancing skeletons and creepy tunnel of fog. Facilities was crowned the winner by the ASMC judges, and it was a well won victory. In the photo to the right from left to right we have Jeana Thompson, Nicolaj Murray, Steve King, and Tony Toste. Nicolaj created the amazing Groot costume and we were told that his son dressed up as Baby Groot to match. This year DRC plans on being a part of the fun and will once again be dressing up. If you are curious about what our theme is this year drop by our office and see for yourself what we come up with.

Another fun event that happens around here on October 31st is the Halloween Parade with children that are enrolled here on campus at the Child Development Center. Parents, teachers and their children go around campus to the participating departments for sweet treats and smiles as they show off their costumes. It's a safe and light-hearted event for our littlest students on campus. Our department happily participates in the fun and passes out treats for the kids. If you come by our main office and would like some candy, you are invited to pay us a visit as well. From everyone at DRC, have a fun and safe Halloween.





Friendly Faces On Campus Questions to the Deans

The Dean of Instruction

Rebecca Montes



Rebecca Montes is our Dean of Instruction, and when she isn't working she enjoys spending quality time with her two kids. Here are some questions I asked of her;

Q: What strengths should a student possess to be an online student verses an on-campus student?

A: Online classes really rely on self-motivation and organizational skills. Having access to the proper equipment is also essential in setting yourself up for success. Many times online students will hesitate to ask questions, and I strongly encourage students take advantage of the online chat forum with the instructor.

Q: How does the College determine what courses are offered each semester?

A: We would love to be able offer every class every semester but because of the size of our faculty and students enrolled we are unable to do this. Every department has a sequence they follow. If you want to know more you can ask an instructor or a counselor.

Q: How should a student approach their instructor if they are struggling in the class?

A: I want our students to know that 99% of instructors want students to ask for help. If you are nervous about talking with your instructor try asking a question after class as a way to start the conversation. This can help you get comfortable in talking with your instructor. Full time faculty have 5 office hours a week and they are often just waiting for students to come and talk with them. Your instructors want you to succeed.

Q: How can I get more information regarding a class before registering?

A: There are a couple of options. Every course has what is called an outline of record and these are available through our website under the curriculum tab. It has examples of the subjects in the class and what types of assignments you might do. Old syllabi are also available in the instruction's office, and you can call or come in to request a copy. You can also email the instructor to ask for the syllabus for the upcoming semester. Students should not feel shy about asking for course information or what books will be used for an upcoming semester.

The Dean of Counseling and Student Programs

Antonio Lopez



Antonio Lopez emigrated from Mexico with his parents and his five siblings and graduated from Ukiah High School in 1976. He completed units here at Mendocino College in 1978 and went on to train with the Mexican Olympic Wrestling Team at UNAM in Mexico. Antonio returned to California State University Sacramento, graduating in 1982, and went on to Sonoma State University 2005. He enjoys being around horses and loves sports. Here are a few questions I asked him;

Q: How do you define student success and can we guarantee that students will succeed?

A: Success is self-identified and you have to know what your passions and convictions are. Students need to focus on things that they can control and understand that having access to and utilizing available services does not make you a weak individual. Anyone is capable of working but school is preparing you to pursue your passion. We can provide tools, we can provide the venue, we can provide the opportunity for success, but autonomy is something that only a student can develop and use to succeed. We have the responsibility to students to assist them but we do not have the power to guarantee 100% that a student will succeed.

Q: What does your vision for Mendocino College look like 5 years from now?

A: Guided pathways is a big shift for our College and we need to have specific outcomes that bring us all together. I am optimistic that meeting students where they are and looking at how we can become and be student ready is the right practice for our institution going forward. Having a healthy relationship and providing more dual enrollment opportunities with our k-12 partners is the right direction. I see a continued mindset of growth and the embracing of improvements along with more collaboration between support programs and faculty.

Important Upcoming Dates to Remember

November 1st - Be on the lookout for the Spring 2020 schedule online.

November 11th – Holiday – Veterans Day



November 13th – Veterans Resource Fair (open to all)
In Pomo Plaza weather permitting.

November 14th – World Diabetes Day

November 15th – Deadline to apply for fall graduation and last day to drop with a (W)

November 18th – Priority Registration begins

November 28th-29th – Holiday – Thanksgiving

November is also Diabetes Awareness Month, Epilepsy Awareness Month, Lung Cancer Awareness Month, Prostate Cancer/Men's Health Awareness Month and Transgender Awareness Month.

***Do you want to advocate for a LGBT Club here on our campus? Contact Counselor Emily Hashemian by email at ehashemian@mendocino.edu**

The DRC Office

Our main office is located at the Ukiah Campus on the first floor of the Library/Learning Center Building room 4130. On the following Wednesdays we will be at our other campus locations;

Lakeport (Lake Campus)

October 2nd and October 16th
November 6th and November 20th

Fort Bragg (Coast Center)

October 9th
November 13th

Willits (North County Center)

October 23rd



If you haven't checked out Instructor/Learning Disability Specialist Tascha Whetzel's workshops, there is still time! These workshops are one hour long and free, no sign up is necessary. All you have to do is be present at the listed time and location.

Let's do this!

10/1/19 – **Test Anxiety?**
(Library) -11 a.m.

10/2/19 – **Test Anxiety?**
(Library) – 4 p.m.

10/3/19 – **How to Study for Math Exams**
(Learning Center) – 1 p.m.

10/7/19 – **Math and Test Anxiety**
(Learning Center) – 4 p.m.

The DRC Newsletter is written by Christina Orozco, Administrative Assistant to DRC. If you would like to contribute to our content or inform us of community events please email me at corozco@mendocino.edu.