



Disability Resource Center NEWSLETTER

September/October

2022 Edition

Fall semester is underway and we are discussing some important information in this article from in person and virtual workshops to important password information. Our campus has returned to in person instruction but we are also offering many online classes as well. Welcome back to campus!

“Education must not
simply teach work –
it must teach Life.”
~W.E.B. Du Bois~



Disability Resource Center Frequently Asked Questions

Q: I think I may have a Learning Disability but I have never been tested, what do I do?

A: As a registered Mendocino College student, you are eligible for free testing by our Learning Disability Specialist Tascha Whetzel. All you need to do is reach out to us for the testing information.

Q: I do not have a disability but my instructor says I need more time on my tests and suggested I ask for accommodations.

A: Only students with a verified disability that affects their ability to test in a timed environment qualify for extended time. Not every student that has a disability needs extended time but this is determined through our interactive process with our DRC Counselors. If you do not have a medical or mental health diagnosis that is verified by a certified professional, you do not qualify for DRC services.

Q: I am enrolled in EOPS and I can't take the suggested units, can I get a reduced unit requirement to stay enrolled in EOPS?

A: If you are a student with a disability, we may be able to reduce your unit requirement but this would require you to meet with our DRC Counselor. EOPS has a waiver that our Counselor can review with you.

Q: I think I have a disability but I have never been diagnosed, can DRC diagnose me?

A: No. DRC can only test for Learning Disabilities. If you have questions about what provider to see to obtain a diagnosis, we can certainly advise you on community resources.

Our Staff

Nicholas Wright- DRC Coordinator/Counselor

Tascha Whetzel – Learning Disabilities
Specialist/Instructor

Jennifer Justice – Alternate Media/Assistive Tech.
Spec.

Christina Orozco – DSPS Admin. Assistant 1

WORKSHOP

In Person Study Skills Workshops – Fall 2022

Free: No sign up necessary- Please arrive on time

Friday September 2nd, 10:00 – 11:00 a.m. Habits of Successful Students. LLRC Room 4110

Organization, campus resources, study tips, reading a syllabus

Friday September 2nd, 11:00 – 12:00 p.m. Note Taking. LLRC Room 4110

Before, during and after Note Taking tips, plus study guides

Friday September 16th, 10:00 – 11:00 a.m. Tackling Text Book Reading. LLRC Room 4110

Benefits of the SQ3R strategy, bring your text book

Friday September 16th, 11:00 – 12:00 p.m. Test Taking Tips. LLRC Room 4110

Multiple Choice and Essay test taking strategies

Friday September 23rd, 10:00 – 11:00 a.m. Note Taking. LLRC Room 4110

Before, during and after Note Taking tips, plus study guides

Friday September 23rd, 11:00 – 12:00 p.m. Test Preparation and Test Anxiety. LLRC Room 4110

Take specific steps to improve confidence and eliminate test anxiety

Zoom Study Skills Workshops – Fall 2022

Free: No Sign-up necessary – Please login on time

<https://mendocino-edu.zoom.us/j/98021296186>

Tuesday September 6th, 12:30 -1:20 p.m. Tackling Text Book Reading. Use zoom link above

Benefits of the SQ3R strategy bring your textbook!

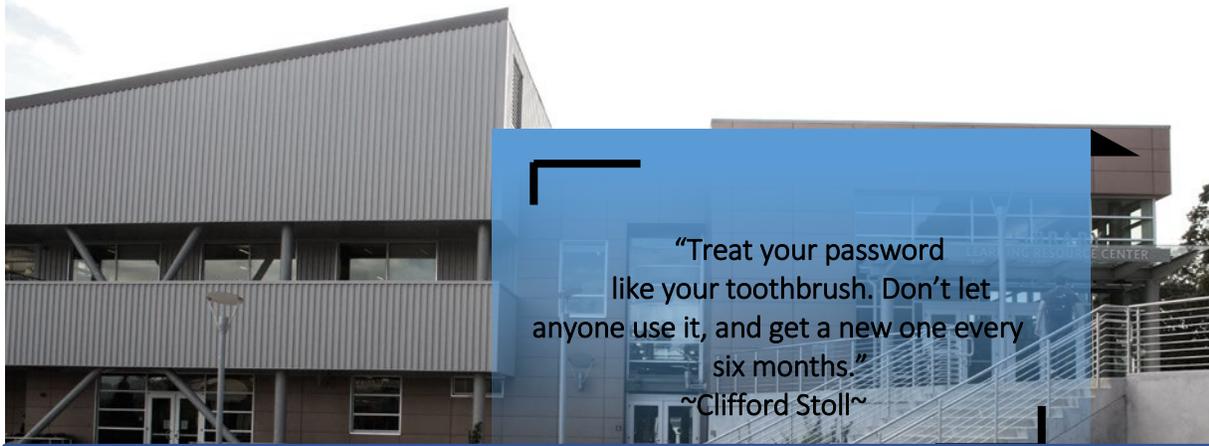
Tuesday September 13th, 12:30 – 1:20 p.m. Test Taking Tips. Use zoom link above

Multiple Choice and Essay test taking strategies

Tuesday September 20th, 12:30 – 1:20 p.m. Test Preparation and Text Anxiety. Use zoom link above

Take specific steps to improve confidence and eliminate test anxiety

**All workshops are taught by instructor Tascha Whetzel at the Ukiah Campus.
Please call 707-468-3151 or email at twhetzel@mendocino.edu if you have any questions.**



What's my password???

By Jennifer Justice

We all have trouble remembering our many usernames and passwords, and [not just any password will do](#). Recent studies found that the average person has between 80 and 100 accounts that require a password! You've probably been advised against using your pets' or children's names and birthdays when setting up an online account. Increasingly, you will be prompted to create longer and more complex sequences of letters, numbers, and characters. Google now prompts users to set up two-factor authentication when logging onto your account. It can seem as though digital security has gotten very complicated overnight.

Luckily, there are several free password managers available to make life a whole lot easier for those of us scrambling to find that scrawled piece of paper at the bottom of our backpacks or the note we saved on our phones.

[Zoho](#) and [Bitwarden](#) are free apps that will save your passwords across all your devices (mobile, laptop, tablet, and desktop). They are also compatible with multiple platforms (Android, Microsoft, Apple, and Chrome). Perhaps the best feature is that they autofill login screens with your saved username and password once you've entered it into the app or imported them from your browser keychain.

Zoho has also expanded their services to include other features like email and calendars that closely resemble the Google layout and suite of tools.

Other benefits of using a password manager:

- You will only need to remember ONE master password (though you should ALWAYS write it down and keep it in a safe place).
- Reduce the need for two-factor authentication. Unlike browser-based keychains, you will not need to worry about your information getting into the wrong hands if your device is stolen or hacked because it will not be linked to your computer and personal profile.
- Password managers can auto-generate passwords for you if you have trouble thinking up new ones.
- Some password managers also store other vital information that regularly are entered in form fields, such as your address and phone number.
- It is just good practice to keep your passwords in a separate space than on your computer hard drive or in a web browser keychain.
- Turn off repetitive "save now" and two-factor authentication alerts that appear in your browser and let the password manager save your information instead.
- Work better with mobile devices than many browser keychains

Important Upcoming Dates to Remember

September 5th – Labor Day – No classes

September 23rd – Observance of Native American Day

October 18th – No Classes

Did you know?

September is World Alzheimer's Month and National Guide Dog Month

October is Dyslexia Awareness Month, Spina Bifida Awareness Month and National Disability Employment Awareness Month

The DRC Office

Our main office is located at the Ukiah Campus on the first floor of the Library/Learning Center Building room 4130 right next to the Learning Center. If you are unable to come to Ukiah for an appointment, we are able to facilitate phone and video appointments.

To receive services you must:

1. Complete a DRC application
2. Schedule an Intake Appointment
3. Have a verified disability
4. Meet with a DRC Counselor during the semester you are enrolled.



IMPORTANT CAMPUS PHONE NUMBERS

Admission and Records - 707-468-3101

Cal Works – 707-467-1034

Campus Bookstore – 707-468-3058

Campus Security - 707-468-3155 or
707-489-8404(text)

Child Development Center - 707-468-3089

Counseling Department - 707-468-3048

EOPS / CARE – 468-3113

Fort Bragg Campus – 707-961-2200

Financial Aid – 468-3110

Lakeport Campus – 707-263-4944

Learning Center – 707-468-3046

Library - 707-468-5053

MESA – 707-468-3023

Native American Resource Center – 707-468-4603

Willits Campus – 707-459-6224

Veterans Services – 707-468-3101

Veterans Club - 707-468-4602

****Many of our departments are able to meet over the phone or by video appointments if you are unable to be physically at a campus location. Just ask for a remote appointment when scheduling or emailing.****