



NEWSLETTER

DESTIGMATIZE * EDUCATE * EMPOWER

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Fall 2022, Vol 3, Issue 7

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NEW FACES

Welcome Shauna Hagemann, DSPTS Director



In October, we said goodbye and shared our thanks to Interim Manager, Mark Matsui.

In November, Shauna Hagemann joined DSPTS as our new Director. Shauna has more than three decades of nonprofit and community college experience. She served as a DSPTS counselor for twenty one years at Long Beach City College. Shauna also served in various

leadership roles at LBCC, including Student Equity coordinator; College to Career program director; co-chair of the Student Equity, ACCESS, Student Success, and Promise Pathways committees; and Assistant President and Secretary on the Academic Senate Executive Committee. Shauna's educational background includes a B.S. in Child Development and a M.S. in Special Education from CSU Fullerton.

When she is not working, Shauna enjoys music events and cooking. She loves to cater and throw parties. Shauna is involved in many "people powered" organizations that envision a world marked by equality, sustainability, justice and love.

Welcome James Kim, APE Instructional Assistant

James is a former student at GCC and interned in the APE program when he was studying for a Kinesiology credential. Working with the students in the program, he decided that Adapted PE was his calling. Welcome, James!



Welcome Rogelio Ramirez, Accommodations Specialist



Rogelio earned his Master's degree in Assistive Technology and Human Services from CSU Northridge. He earned his bachelor's degree in Computer Technology Professional Track from CSU Dominguez Hills. He used to be the computer lab specialist and their assistive technology trainer at El Camino College but is now doing this at GCC. Currently, he is a professor, success coach, and disability specialist at El Camino College.

Rogelio enjoys bringing smiles to students' faces by showing them he cares about them. His goal is to help students succeed not only in school but also in life. He's showing students fantastic resources for assistive technology, such as note-taking, time management, and many more. His goal is to build rapport with our students and help them achieve their educational goals.

Welcome Dafna Brook, Adjunct Counselor

My name is Dafna Brook, and I am excited to be a part-time counselor in DSPS at GCC. I have worked as a community college counselor for over 20 years. Most recently, I have served as a Nursing Counselor at GCC. Some of the schools I previously served include Long Beach City College, where I was a full-time academic and career counselor. At Rio Hondo College, I served as the Human Service counselor, and at LA Valley and LA Trade Tech as a DSPS counselor. My broad range of experiences as a counselor have prepared me to help students achieve their educational goals. As a counselor, I strive to advocate and to create a supportive environment for students. Thank you for welcoming me to DSPS at Glendale Community College. I look forward to working with students.



IN MEMORIAM

We were saddened to learn of Kathryn (KC) Camp's passing earlier this year. KC worked at GCC for almost 20 years as a DSPS Technology Specialist. Known for her gift of humor and painting and ceramics skills, KC was an accomplished artist whose artwork adorned the Accommodations Resource Center. She'd retired in Fall 2020 to spend more time with her beloved kitties.

Our heartfelt condolences to her family.



STUDENT NEWS!



CALIFORNIA
ASSOCIATION FOR
POSTSECONDARY
EDUCATION AND
DISABILITY

We are thrilled to announce that two of our students won **CAPED scholarships** in

October. CAPED is the California Association for Post-Secondary Education and Disability, and students from around the state enter for these prestigious awards. Congratulations to them both!

DSPS holds CAPED scholarship workshops in the summer, so plan to attend!



CREATIVE MINDS STUDENT ORGANIZATION

by **Danielle Mamaril and Kylo Tenuta**

We are creating a community that accepts all disabled students and allies. The club creates a platform to empower students to engage in discussions about the hardships and achievements of our fellow students. We are here to advocate for disabled rights, increase accessibility, and be a charging force for social and political change. We provide a safe space for all students to connect and collaborate with one another.

Indulge with other creative minds every Thursday from 12:30-1:30PM.

Zoom Meeting ID: 858 7541 3104

Instagram: @creativeminds_gcc

GMAIL: Creative.MindsGCC@gmail.com

Discord Link: <https://discord.gg/MgPQQjzT>

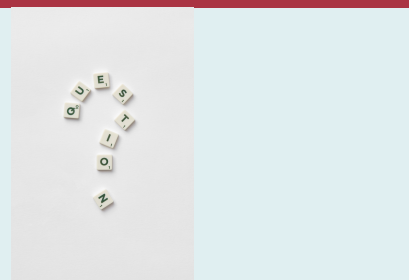
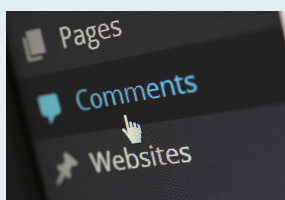


NASA L'SPACE Program alumna, Aprille Joie LeBaquin presented on the Lucy Spacecraft mission and internship opportunities in November. She spoke passionately of her work and experiences, and also on her use of DSPS services.

In June 2022, Aprille was recognized as one of GCC's Students of the Year 2021-22. This is GCC's highest student recognition! We are incredibly proud of Aprille and her accomplishments.

NEWSLETTER IDEAS, COMMENTS, QUESTIONS?

Email Rita at rzobayan@glendale.edu



GET READY FOR FINALS!



Our fabulous learning specialists, Prof. Ellen Oppenberg and Dr. Maryam, have developed a presentation on how to get ready for finals. It includes techniques for test anxiety, how to prepare for finals, and how to approach the questions. Check it out [here!](#)

FUEL FOR FINALS!

Stop by SG 128 on Thursday, December 15th
between 8:30am-10:30am for pastries
and coffee!
Get some fuel for finals!



DSPS CANVAS NOTIFICATIONS AND ARC VIRTUAL DROP-IN



Did you know that DSPS has a Canvas shell for our students? Students will be able to find basic information when it comes to DSPS, such as how to contact our departments and the services we provide. Event announcements and reminders will be sent through this format. To enroll, please contact Rogelio in person in SG 108 or at ext 5585 or via the **ARC Virtual Drop-In**. The drop-in is every Tuesday and Thursday from 8:00 AM to 12:00 PM during the Fall Semester. Students can drop in and ask Rogelio questions concerning assistive technology and ARC. They will also be able to schedule appointments with him, as well.

CHECK OUT OUR CLASSES!

Free Support for College Success Classes in Winter 2023 at Garfield

ABSE 187 College Writing Course: Strengthen responsive essay writing skills for college and career readiness, leads students through the writing process (planning, organizing, writing, evaluating, and revising essays), and includes incorporating and citing evidence from source materials.

ABSE 121 Algebra Review: Reasoning and modeling algebraically. Areas presented in this class include integers, scientific notation, linear functions and equations, graphing, quadratic equations, and slope. Emphasis is placed on algebraic vocabulary and problem solving.

ABSE 122 Statistics Review: Basic concepts of data analysis and statistical computing for students preparing to take college statistics (SLAM). Students will learn weighted averages, distribution of data, interpretation of data graphs, counting strategies and probability. Emphasis is placed on developing basic statistics vocabulary and contextualized problem solving.

Noncredit courses are FREE and they don't use any financial aid! Please contact one of our Garfield DSPS counselors, Jesse Villarreal (ext 5027) or Janelle Delgado (ext 3086), for more info.

Credit Classes in Spring 2023 at Verdugo

Adapted Physical Education (PE) 1 unit

NOTE: all face-to-face sections of APE classes (PE 130, 131, 134, and 135) will require masks for Spring 2023 unless medical documentation verifies inability to mask.

Transferable to UC and CSU.

PE 130: Adapted Activities (#3307; Dr. Parks)

PE 131: Adapted Self Defense (#1504 and #1612; Dr. Parks)

PE 132: Adapted Aquatics (#1505 with Dr. Parks is FULL; #1570 with Coach Laura; Rose Bowl Aquatics)

PE 134: Adapted Wellness & Fitness Lab (Multiple sections; please check online schedule)

PE 135: Adapted Indoor Cycling (#1571 with Coach Laura)



Computer Applications and Business Office Technology (CABOT)

CABOT 90: Self-Paced Introduction to Adapted Word Processing (#1193 and #1194)

CABOT 92: Introduction to Adapted Word Processing (#1136; 3 units)

CABOT 93: Adapted Computer Laboratory (#1137; 1 unit)



Student Development (ST DV)

St Dev 105: College Success for Students with Disabilities (#3377; 3 units) Topics include effective study strategies, short and long-term goals, time management, self-advocacy, college academic regulations; associate degree options, including transfer; student services and specialized student support services. Transferable to UC and CSU.

St Dev 143: Study Skills Lab (#2750; 1 unit) for study strategies and help with Math and English classes.

FALL '22 ROUND UP

Fall started with our **Welcome Back Kick Off**. Students met each other and DSPS personnel, and heard from a variety of GCC offices and services. Continuing in September, we held an **Open House** to celebrate our long-awaited move to the San Gabriel building. The GCC community came to check out our new digs and celebrate the move that finally placed CSD and ARC under the same roof!

October was **Disability Awareness Month**. Our friends at the GCC Library worked with DSPS to highlight books featuring authors and characters with disabilities. Our newly formed student organization, Creative Minds, presented a viewing and discussion of *Wonder*, the story of August Pullman, a boy with facial differences who in 5th grade attends a mainstream elementary school for the first time. Five of our wonderful alumni "came back" and presented on their lives post-GCC in our virtual **Alumni Panel** event. They openly shared their ups and downs--and words of wisdom--as they navigate the worlds of university and work.



In November, Rogelio held an **Microsoft Office 365** accessibility workshop. December featured our **Rest and Relaxation Methods** workshop run by Health Center intern, Jonathan. Students learned about the importance of mindfulness and practiced different techniques to help relieve some stress with upcoming finals and holidays. Our **Fall Book Club discussion** highlighted *Normal Sucks* by Jonathan Mooney. Part memoir, part letter to his children, and part research, Mooney explores what "normal" means or doesn't, especially as a

neurodiverse individual.

Throughout the semester, we held **Student Success workshops**. Diana Carrillo, Prof. Ellen Oppenberg, and Dr. Maryam assisted students with workshops on what it takes to be successful this semester, how to prepare for exams and strategies to overcome test anxiety, how to keep going and staying motivated throughout the semester, helpful guides for social situations in the classroom, interacting with peers and conflict resolution. We ended the fall workshop sessions with our student celebration!

DSPS thanks the GCC Foundation for its generous support of our events.

GLENDALE
COMMUNITY COLLEGE

CREATIVE MINDS CLUB AND DSPS PRESENT

Rest and Relaxation Methods

Facilitated by Jon Fisher, learn mindfulness and relaxation techniques

Wednesday, December 7, 2022
12:00-12:30pm
<https://glendale-edu.zoom.us/j/84025618762>

Dedicate some time to practice mental wellbeing before finals and the holidays start! Stay for the whole event and enter to win a chance at a raffle prize.

Jon Fisher is a pre-licensed therapist here at GCC. He's a training mindfulness practitioner and is in the process of completing a Master's of Psychology at University of the West, a school rooted in Buddhist wisdom and values.

For closed-captioning or ASL interpreting, please contact Kim Weissman, Lead Interpreter and Coordinator, at kweissman@glendale.edu.

We thank the GCC Foundation for its generous grant that made this event possible.

Destigmatize Educate Empower

GLENDALE
COMMUNITY COLLEGE

DSPS PRESENTS

Communicating Ways to Be a Successful Student Workshops

Open to all students registered with DSPS 12:30-1:30pm (Wednesday)
RAFFLE PRIZES ARE AVAILABLE!

September 28th: What it takes to be successful this semester.
We'll review email and phone techniques for clear communication with your instructors. Offer many suggestions of how to get the grade you hope for in your classes.
Hosted by Ellen, Maryam and Diana, Learning Specialists and DSPS Counselor.
Zoom ID: 895 952 4296

October 12th: How to prepare for exams and strategies to overcome test anxiety.
Learn different testing techniques and methods for reducing anxious feelings before a test.
Hosted by Ellen, Maryam and Diana, Learning Specialists and DSPS Counselor.
Zoom ID: 895 952 4296

October 19th: How to keep going and staying motivated throughout the semester.
Interested in learning how to prevent burnout? Learn helpful tips to increase your academic success.
Hosted by Ellen, Maryam and Diana, Learning Specialists and DSPS Counselor.
Zoom ID: 895 952 4296

November 2nd: Helpful guides for social situations in the classroom.
Interacting with peers and conflict resolution.
Learn different ways to communicate with classmates in-person, remotely and how to deal with conflict in and outside of the classroom.
Hosted by Ellen, Maryam and Diana, Learning Specialists and DSPS Counselor.
Zoom ID: 895 952 4296

November 16th: Celebration
Join Ellen, Maryam, Diana and DSPS personnel to celebrate your workshop successes!
Zoom ID: 895 952 4296

Questions? Contact Diana at diana@glendale.edu.

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If you require ASL/OTC services, please email Lead Interpreter/Coordinator Kim Weissman at kweissman@glendale.edu.

CONTACT INFORMATION

Center for Students with Disabilities (CSD) located in SG 128

Diana C., Flora, Karmen, Rita, Shauna, Tracey
csd@glendale.edu, ext. 5905

MON to THURS, 8:00AM to 4:30PM and FRI, 8:00AM to 3:00PM for the office.
Counselors' days and hours vary.

Accommodations Resource Center (ARC) located in SG 108/112

David, Diana M., Elena, Prof. Ellen Oppenberg, Laura, Maryam, Mauricio,
Rogelio, Rozik, & Stela

ARC@glendale.edu, ext. 5530 and 5402

MON to THURS 8:00AM to 4:30PM and FRI, 8:00AM to 3:00PM for the office.
Specialists' and tutors' days and hours vary.

Alternate Media

Scott, sziegler@glendale.edu, ext. 3366
MON to FRI 8:00AM to 4:30PM



Lead Interpreter and Coordinator for ASL and CC/RTC Services

Kim, kweissman@glendale.edu
MON to FRI 9:00AM to 3:00PM



Adapted Physical Education

Dr. Lee Parks: lparks@glendale.edu
Coach Laura Matsumoto: lauram@glendale.edu

Garfield DSPS

Jesse, jessev@glendale.edu, ext. 5027
MON & WED 9:00am-7:00pm for Winter 23.
Janelle, jdelgado@glendale.edu, ext. 3086
TUES & THURS, 8:00AM-7:00PM; FRI, 8:00AM-11:30AM

Follow our IG

Check it out to learn about workshops, scholarships,
employment opportunities, fundraisers, conferences,
webinars, deadlines, and more.

Follow us at [dsps_gcc](https://www.instagram.com/dsps_gcc).

