



Happy Holidays

Disability Resource Center NEWSLETTER

**Goodbye 2019.
Hello 2020!**

**December/January
Edition**

As the semester comes to a close we want to wish you all the best in your coming final exams. We want to congratulate those of you graduating this semester.


In this edition we are introducing some of our front line staff and talking about interesting accessibility applications in the world of technology.

Winter break is on the way!

Self-Care During Finals

Maybe you know that self-care during exams is important, but time and time again students often feel like stress is overwhelming during finals. If you are studying day and night to prepare for the exam, how do you find time to take care of yourself? Here are a few reminders of how you can make it through finals week;

1. **Do not forget about basic needs** – You need food, water, clothing, a shower and most importantly sleep. No test is worth depriving yourself of your basic needs.
2. **You need breaks** – Hours of studying in one day is not going to help you magically absorb material into your brain faster; your brain has limits. Dividing study time into small, manageable segments is best for retention and sanity.
3. **We have a Counseling Center** – If stress is wearing you down you can utilize our Counselors. It's free and they are great at helping students address personal issues. Additional emotional support and problem solving can get you out of a possible tail spin of doubt.



“The best of all gifts around any Christmas tree is the presence of a happy family all wrapped up in each other.”

**~William E.
Vaughan**

AKA Burton Hillis

More tips for Self-Care

- **Have you tried an Adult Coloring Book?** Art has been proven to reduce anxiety and promote mindfulness. You can even download coloring pages online for free.
- **Hang out with a pet.** Cat snuggles or walking a dog can help give you a mental breather. Don't have a pet? Pet shelters love people who just want to visit and help socialize the animals.
- **Don't drop your regular routine.** If you exercise, do yoga, meditate, or go for walks, keep doing it. Routine is also an important part of mental wellness.



Student App Roundup -2019

Technology geared towards college students has really taken off. While your prof may not want you looking at your phone IN class, there are plenty of free resources available to help the semester run smoothly. As the Alternative Media Specialist at Mendocino College, it is my pleasure to introduce you to the latest apps and tech out there! Here is my fall 2019 app roundup:

Reading Apps:



Learning Ally: This app lets you search and download free audio books, including many books used in your courses. Price: Free through DRC counselor authorization.



Kurzweil Read the Web: The gold standard in OCR text-to-speech technology. Allows you to access your books and documents wherever you get WIFI. Take notes, make outlines, and draft papers all in one place. The Read the Web drop-down menu also reads most web pages aloud in the language of your choice! Available for desktop, laptop, or tablet. Free through your DRC counselor!



Voicedream: A streamlined text-to-speech app for e-books, pdfs, and docs only available on IOS (Apple) products (the Con). Larger selection of audio voices to choose from than what's available from Kurzweil (the Pro). Price: \$9.99 one-time purchase from app store. DRC authorization not necessary.



Audible: A wide selection of audio books read by real voice actors and authors provides a more dramatic listening experience. Price: Flexible subscription service, DRC authorization not necessary.



Kindle: Don't have a Kindle? No problem! With an Amazon account, you can download the Kindle app for your phone or tablet. Price: Free with Amazon account and purchase of e-books.

Notetaking:



Otter Voice Memo: Get 600 minutes free each month with the app that records and transcribes voice memos, lectures, interviews, or group discussions. Easy to share, edit, save, and refer back to later with "search" feature. Timestamped text and audio. You can even add photos and videos to the body of your notes and change the speed of the audio playback. The perfect companion to handwritten in-class notes.



Evernote is a truly versatile app that lets you create notes in a variety of different formats, including screenshots, text notes, voice notes, pictures, sketches, web pages, scanned receipts, and more. You can use the app on your phone, tablet, or in your web browser. Organize your notes in "stacks" and by assigning descriptive tags. Be sure to select "basic" for the free version of the app!



~By Jennifer Justice~



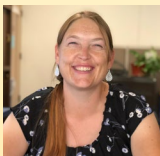
Friendly Faces on Campus

Our Front Staff Members

When you first registered for classes, did you go to Admission and Records, the Counseling Department, or the front desk at any of our centers? Chances are you got to interact with one of our front line staff members. Our front staff are highly detail orientated and keep our school organized; most importantly they, positively influence the culture at all of our campus locations. Our front staff members assume many roles throughout the semester, and when the semester is over they are busy getting ready for the next round of new students. Here are some words of pride from a few of our wonderful front line team:



Leticia Trejo has been with Admission and Records for 13 years, and she takes pride in getting students enrolled in their classes and making sure that transcript requests are filled in a timely manner for students that are moving on. Her favorite hobby is listening to music.



Betsy Helms has been with Admission and Records for 1 ½ years and enjoys helping students locate the answers to their questions, adding or dropping classes, ordering transcripts or giving advice on where to start their college journey. Her favorite hobby is playing sports.



Crystal Schwarm is a temporary employee that works as a Student Services Specialist in the Counseling Department and has worked at Mendocino College for 2 years. She takes pride in her job and considers it a privilege to support students and staff. She enjoys sharing resources information in order to demystify the many facets of college that students may find daunting. Her favorite hobby is playing Disc Golf with her kids and got her first hole-in-one on 10/29/2019!



Important Upcoming Dates to Remember

December 13th - Fall Semester Ends

December 16-31st - Winter Break

January 1st-10th - Winter Break Continues

January 20th - Holiday – Martin Luther King Jr. Day

January 21st -Spring Semester Begins

January 27th - Instructor permission required to add semester length classes

January 31st - add and refund deadline for semester length classes

December 1st is World AIDS Day and December 3rd is International Day of People with Disabilities

Did you know?

While students are on winter break, the DRC office, Counseling Department and Admission and Records are open and seeing students! During the week after the semester ends and 2 weeks before the semester starts, we are here waiting for students to connect with us. Get in early and set yourself up for success by being prepared. Call us at 707-468-3031 to make an appointment in advance.



CAMPUS EVENTS



Library – Open Saturday 12/7
10:00am – 2:00 p.m.
12/10 and 12/11 the Library will have free snacks courtesy of the Culinary Arts students.

Athletics – December 7th
Corn Hole Tournament

Symphony Concert – Center Theater
December 7th at 8:00 p.m.
December 8th at 2:00 p.m.

Free for students/employees/children.
General admission is 30\$ and 25\$ for seniors

~ This newsletter is a collaboration of the DRC department staff. If you have questions or would like to participate in our content please contact Christina Orozco the DSPS Administrative Assistant at 707-468-3031.