

The DSO Advocate: Your Carlow Connection



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Important Reminders

Email requests for services to
dso@carlow.edu

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Email concerns or questions
about accommodations to
jmsmith@carlow.edu

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Request early – accommodations
are NEVER retroactive

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No accommodations are given
without DSO Letters of
Accommodation

Department News:

What's New in the DSO?

The DSO is pleased to announce the addition of a new intern, Lauren Vilella, for the spring 2019 semester.

Vilella is a graduate student at Carlow in the MA in Student Affairs program. She graduated from La Roche College with a bachelor's degree in psychology.

"I am excited for the opportunity to learn from this experience," Vilella said. "My DSO internship will provide me with a unique perspective on many relevant student affairs topics, like accommodations and assistive technology."



Student Affairs Profile:

Dr. Timothy Phillips

Dr. Timothy Phillips is Carlow's Vice President of Student Affairs and Dean of Students. He began his roles in August 2018, bringing more than two decades of student affairs experience to Carlow. He has previously worked in residence life and student life. He earned his PhD in Education from Iowa State University.



A part of Dr. Phillips' student affairs philosophy is the idea that all students have inherent goodness.

"I believe that students are fundamentally good

Student Affairs Profile
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Student Spotlight:

Allyson Youkers

Allyson Youkers, a junior psychology major, said ADHD, anxiety, and depression have been a part of her college experience and have allowed her to solidify a relationship with the DSO.

Youkers said test anxiety is what first prompted her to seek DSO services. She said accommodations, like taking tests in the DSO, were helpful.

"Having meetings with Jackie (Smith) and listening to her tips for test taking helped a lot too," she said.

Youkers said her encounters in the DSO have helped her to view it as a resource that acknowledges uniqueness.

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Assistive Technology:

Sensus Access

What is it? Sensus Access is an assistive technology that allows individuals to convert a document into a format that can be read aloud to them. Sensus Access also has options for screen readers, Braille, DAISY reader, and accessible PDFs.

Who can it benefit? Sensus Access can benefit many individuals, including those with visual impairment or those who learn best with audio.

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Tips & Tricks:

Anxiety

According to The Association for University and College Counseling Center Directors, anxiety is the most common mental health concern for college students.

The Anxiety and Depression Association of America has outlined helpful tips (<https://adaa.org/tips>) that can aid individuals with anxiety reduction.

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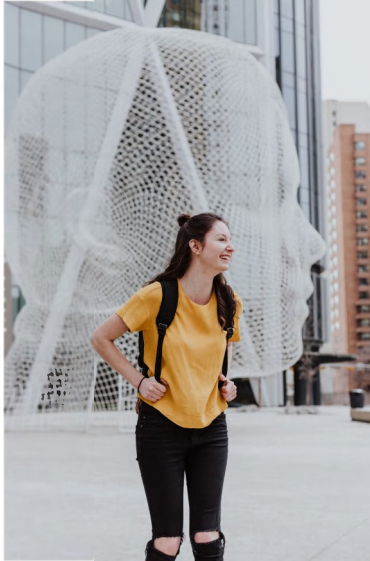


Photo by Priscilla Du Preez on Unsplash

- **Monitor your sleep.** The Centers for Disease Control (CDC) recommend seven or more hours of sleep for adults ages 18 to 60.
- **Identify your triggers.** Record if your anxiety occurs at certain times or places so you can possibly implement proactive or management strategies.
- **Make regular exercise more enjoyable.** Exercise can reduce one's anxiety levels. If you are not enthusiastic about exercise, working out with a friend, a group of friends, or listening to music can make it more enjoyable.
- **Pay attention to nutrition.** Snack smartly and refrain from skipping meals. Uma Naidoo, MD, a contributor at Harvard Health Publishing, notes that snacks like nuts, seeds, avocado, oysters, and pickles can lower anxiety.

Student Affairs Profile Continued from page 1

people," he said, "and that they desire to contribute in good ways to the environment around them."

Diversity, he noted, is an additional theme that guides his work in student affairs. Dr. Phillips said students with disabilities can contribute to the creation of a diverse campus community.

"Diversity, one of the quickest ways into that, is just to come to believe that my lens is not the right way, it's a way," Dr. Phillips said.

Students with disabilities, Dr. Phillips added, can bring understanding to their campus community.

"Students with disabilities who have successfully worked through those (disabilities) have a resilience and a courage that I think is invaluable to their peers," he said.

Campus Resource: *The Carlow Closet*

The Carlow Closet is a campus resource that offers free clothing and nonperishable food items for current students.

For clothing, visit The Carlow Closet at Frances Warde Hall, Room 301

For nonperishable food items:

CelticOnline....All Students Group....Resources....Carlow Closet

Send your questions to carlowcloset@carlow.edu

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What kind of email address do I need?

You will need to use your carlow.edu email address.

What kind of features will my converted document have?

You will be able to control the speed of the recording, as well as the volume.

Where can I find Sensus Access?

<https://tinyurl.com/y8yo6eyb>. The page will give you information about the 26 file types Sensus Access supports.

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"It (the DSO) emphasizes that not everybody is the same and that the campus as a whole wants to give (students with disabilities) the ability to succeed just as much as someone who doesn't have that difference," she said.

Youkers said she encourage students to utilize DSO services if they think they need them.

"You never know until you ask," she said.