

The DSO Advocate: Your Carlow Connection



Advocacy
Accessibility
Accomplishment

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Important Reminder

Please remember to request your accommodations for the summer and fall 2019 semesters. The summer semester begins May 13 and the fall semester begins August 26.

Upcoming Carlow Events

Finals Study Night

4/24/19

5 to 7 p.m.

UC 3rd and 4th Floors

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The Atkins Endowed Center for Ethics Presents: The Attack on Faith—Pittsburgh and New Zealand

4/24/19

5:30 p.m.

UC402

~

Free Form Senior Art Show by Margaret Ward and Veronica DeAlmeida

4/26/19 to 5/2/19

Opening Reception 4/26/19

6 to 9 p.m.

FWH, Room 004

Department News:

What's New in the DSO?

The DSO held its 6th annual Disabilities Awareness Day (DAD) on March 21. DAD featured participants from Animal Friends, Center for Hearing & Deaf Services, Grace Library, and more.

Twenty-four DAD participants responded to a survey about the event. Ninety-six percent of respondents said DAD was useful to the University community. Eighty-seven percent indicated they could name at least one new thing they learned.

One survey respondent wrote, "This is an amazing day of events! Very important to bring awareness to the DSO / members / wellness."



DSO Intern Lauren Vilella at DAD

Photo by Dr. Harriet Schwartz

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Student Affairs Profile:

Heidi Leibovich

Heidi Leibovich is Carlow's new mental health counselor. Leibovich is a Licensed Clinical Social Worker and a graduate of Allegheny College and Hunter College. She has experience working with individuals ages 14 and older in various settings, including charter school and private practice settings.

As a University counselor, Leibovich said, she sees herself as a helper and a guide. "My counseling philosophy is really going to where the client is at," she said, "really being open to where they want to go, and really being that person that offers what they need, and sometimes what they need is defined and sometimes it's undefined by them."

Student Affairs Profile

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Assistive Technology:

Livescribe Echo Smartpen

(Information from livescribe.com)

What is it? The Livescribe Echo Smartpen is an assistive technology that allows individuals to record audio while they write in an accompanying notebook.

How does it work? After recording, individuals can tap a word in their notebook, and the Smartpen will

Assistive Technology

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Tips & Tricks:

ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that affects about 25 percent of students who utilize their college or university's disability services, according to the American Professional Society of ADHD and Related Disorders.

ADDitude Magazine lists stress-reduction and self-

Tips & Tricks

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Photo by David Kennedy on Unsplash

Tips & Tricks Continued from page 1

care techniques that can aid all individuals, including those with ADHD.

- **Embrace mindfulness.** Mindfulness can help slow racing thoughts and encourage individuals to embrace the present moment. It can also encourage less focus on due dates or other concerns and promote calmness in the here-and-now.
- **Saying “no” can be a component of self-compassion.** Many individuals strive to please those around them, but knowing when to say “no” to a request or invitation can be powerful. To keep feelings of being overwhelmed or overbooked at bay, become more comfortable with saying “no” to certain requests.
- **Rethink your to-do list.** If you find you are overwhelmed by long to-do lists, try breaking them down by focusing on hourly or daily tasks. Also, consider physically checking off items as you complete them to ignite a sense of accomplishment.

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Anxiety, Leibovich said, significantly impacts high school and college-age students. Students can be anxious, she said, “about who they’re supposed to be, what they’re supposed to do, how to meet expectations without the support of being in a home environment.”

With a potentially anxiety-provoking time like finals week approaching, Leibovich noted that activities like mindfulness, meditation, yoga, and deep breathing can be components of self-care.

She added she wants all students, and especially students with disabilities, to feel comfortable visiting the counseling center and offering suggestions for programs or workshops.

“I would have them (students with disabilities) feel very comfortable to communicate what needs are so that programming can be developed,” Leibovich said.

What’s New?

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Another respondent wrote, “Love the idea of the event and how the different campus resources can help.”

Rob Hodapp of the Office of Vocational Rehabilitation presented on ADA compliance and disability sensitivity training. “It was a pleasure to be part of Carlow’s (Disabilities) Awareness Day,” he wrote. “(The DSO) did a great job organizing and coordinating a nice series of presentations and activities. I look forward to future events.”

Smartpen

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play back the audio at that moment in time. The Smartpen also comes with a USB cord so individuals can access their notes and audio recording via Echo Desktop.

Who can it benefit?

The Smartpen can benefit many individuals, including those with ADD or ADHD, or individuals with hearing or visual disabilities.

How can I learn more about the Smartpen?

Visit <https://www.livescribe.com/site/livescribe-2/echo/>