

Insider Newsletter

SPRING 2011

Letter from Director:

For returning students, welcome back to UT Austin! We hope you had a relaxing winter break! Welcome as well to those of you who are new to campus and to SSD.

We hope you find the 14th edition of our newsletter, the *Insider*, useful and informative. Included you will discover: important dates and deadlines, information about student support services on and off campus, workshop information, and more!

Once again, welcome back and best wishes for a successful semester!

Stephani Wolfe, LCSW
Executive Director

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SPRING 2011
Walk-In
Schedule
Hours
9am-4pm:

MONDAYS:
Emily Shryock

TUESDAYS:
Lauren Kinast

WEDNESDAYS:
Justin Rogers

THURSDAYS:
Kelli Bradley

FRIDAYS:
Rotates among
SSD Staff

Audio Books? RFB&D serves people with visual and learning disabilities

Do you get audio books as an accommodation? If so, it is likely that you already know some of the resources out there for getting your books in that format. Recording for the Blind & Dyslexic® (RFB&D) is one of those resources and works with leading publishers and technology innovators to bring accessible materials to individuals with visual and learning disabilities.



Available in every grade level and most subjects, RFB&D textbook and literature titles are used nationwide. In addition to the classics, [RFB&D's digital library](#) provides current editions of state adopted texts ensuring students learn from the same versions as their classmates. Our textbooks, literature titles and other adult resource books are suitable for individuals, students and working professionals so that all can participate in lifelong learning.

Used as part of a multisensory learning system, [RFB&D's audiobooks](#) allow educational equality for students who struggle with reading so they can learn

along side their peers in class, at home or wherever they choose. No other provider offers the selection of accessible materials that have made RFB&D a trusted resource for more than 60 years.

SSD is offering individualized and group training sessions every semester so that students can maximize their independence in acquisition of alternative text from sources like RFB&D. Contact Craig High at 232-2848 or ce-high@austin.utexas.edu to schedule your time.



Important Dates / Deadlines

February 18	Friday Second tuition payment due for students who selected the three-payment plan.
March 14–19	Monday–Saturday Spring break.
March 25	Friday Final tuition payment due for students who selected the three-payment plan.
March 28	Monday Last day an undergraduate student may, with the dean’s approval, withdraw from the University or drop a class except for urgent and substantiated, nonacademic reasons. Last day a student may change registration in a class to or from the pass/fail or credit/no credit basis.
April 13–15, 18–22	Wednesday–Friday, Monday–Friday Academic advising for continuing and readmitted students for the summer session and the fall semester.
April 18–29	Daily Registration for the summer session and the fall semester for continuing & readmitted students.
May 2	Monday Last class day in the School of Law.
May 4–7, 9–14, 16–17	Wednesday–Saturday, Monday–Saturday, Monday–Tuesday Spring semester final exams in the School of Law.
May 6	Friday Last class day except in the School of Law. Last day to submit master’s report, recital, thesis, doctoral dissertation, or treatise to the graduate dean. Last day a graduate student may, with the required approvals, drop a class or withdraw from the University.
May 9–10, 15	Monday–Tuesday, Sunday No-class days.
May 11–14, 16–17	Wednesday–Saturday, Monday–Tuesday Spring semester final examinations except in the School of Law.
May 20–21	Friday–Saturday Graduation ceremonies in the colleges and schools.
May 20	Friday Commissioning of ROTC graduates.
May 21	Saturday Commencement (official graduation date).

Who’s New to Our Office?

Emily Shryock

Where are you from?

I am from Indiana, a born and raised Hoosier. I moved to Texas in September and am currently enjoying Austin’s version of winter. I’m not too sure how much I am going to enjoy the summer temperatures though...

How did you get to UT Austin?

I was invited to join the Texas Stampede Wheelchair Rugby Team, which is located in Austin, and I needed to find a job here to support myself. The Disabilities Services Coordinator position seemed like a perfect match with my interests and skills and I am very grateful that I was offered the chance to



become part of the SSD Team. My favorite color has always been orange, so maybe deep down I’ve always been a Longhorn.

What do you like the most about working with college students?

I enjoy the diversity and variety that is a part of working in a university setting. Just as “disability” covers a broad range of abilities and limitations, “college students” covers a very diverse group as well. Whether or not they have a disability, college students at UT have one thing in common; they are pursuing their education at one of the best universities in the country. I am excited to have the opportunity to assist students in achieving this goal.

What do you do for fun?

I play wheelchair rugby (aka Murderball) on a local and national level. I currently play for the Texas Stampede Wheel-



chair Rugby team. I have traveled all over the U.S. for tournaments and in August I had the opportunity to represent the United States at a competition in Mexico, where we went undefeated and won gold. When I’m not traveling or training for rugby, I enjoy spending time exploring Austin with my service dog Morey.

Recommended Website: Self-Help for Adult ADD / ADHD

http://www.helpguide.org/mental/adhd_add_adult_strategies.htm

The responsibilities of daily life can weigh on anyone, but if you have adult ADD/ADHD, everything from paying the bills on time to keeping up with work, family, and social demands can seem overwhelming. While it is true that ADD/ADHD does create multiple challenges, it is possible to get focused and turn chaos into calm. By educating yourself about adult ADD/ADHD and taking advantage of self-help techniques, you can learn to manage even your most difficult symptoms. You can become more productive, organized, and in control of every area of your life. Finding and carrying out the best ways to overcome your adult ADD/ADHD may take time and courage, but your hard work can improve your organization, relationships, work performance—and sense of self-worth and accomplishment.

This website is often recommended to individuals seeking strategies on working through challenges and/or becoming more productive with your everyday routines. To get you started, here is what the website offers:

Tips for Managing Symptoms and Getting Focused

- Managing adult ADD / ADHD: What you need to know
- Tips for managing stress and boosting mood
- Tips for getting organized and controlling clutter
- Tips for managing your time and staying on schedule
- Tips for staying focused and productive at work
- Tips for managing money and bills
- Tips for improving your relationships

Time Management Workshops

Tuesday, February 15th, 2011 3:30—5:00PM SSB 4.212

Wednesday, February 23rd, 2011 3:30—5:00PM SSB 4.212

Services for Students with Disabilities Staff ~ 2011

Stephani Wolfe, SWolfe@austin.utexas.edu
Director of Services for Students with Disabilities
Co-coordinator, services and accommodations for students with learning, attentional, and psychological disabilities

Lauren Kinast, LKinast@austin.utexas.edu
Assistant Director for Deaf and Hard of Hearing Services
Coordinator, services and accommodations for students who are deaf or hard of hearing, sign language interpreters

Craig High, CEHigh@austin.utexas.edu
Coordinator of Assistive Technology and Testing Programs
Coordinator, reading services and Braille for students with visual impairments and/or learning disabilities

Emily Shryock, Emily.S@austin.utexas.edu
Disabilities Services Coordinator
Coordinator, services and accommodations for students with medical, mobility, and visual disabilities

Justin Rogers, JRogers@austin.utexas.edu
Disabilities Services Coordinator
Coordinator, services and accommodations for students with learning, attentional, and psychological disabilities

Kelli Bradley, kelli.bradley@austin.utexas.edu
Disabilities Services Coordinator
Coordinator, services and accommodations for students with learning, attentional, and psychological disabilities

Dora Villanueva, DVillanueva@austin.utexas.edu
Administrative Associate
General Administrative Support for Services for Students with Disabilities

Heather Kaplan, HKaplan@austin.utexas.edu
Administrative Assistant
General Administrative Support for Services for Students with Disabilities

CAMPUS RESOURCES

Check 'Em Out Today!

Sanger Learning and Career Center

Get help with your classes and search for the perfect major and career.
(512) 471-1217 - <http://www.lifelearning.utexas.edu/> - Jester A115

Undergraduate Writing Center

Work with a trained consultant to develop strategies to improve your writing. Hone your skills today and become a confident writer.
512-471-6222 - <http://www.uwc.utexas.edu/home> - FAC 211

University Health Services (UHS)

Everything you need to be a Healthy Horn! UHS is the home for health education and medical care. Visit the UHS webpage and see how they can help you today.
(512)471-4955 - <http://healthyhorns.utexas.edu/> - SSB (1st Floor)

Counseling and Mental Health Center (CMHC)

Do you need someone to talk to? CMHC offers counseling, psychiatric, consultation, and prevention services. Enhance your personal growth today by learning more about CMHC.
(512) 471-3515 - <http://cmhc.utexas.edu/> - SSB (5th Floor)

UT RecSports

Clear your mind and learn to cope with stress by breaking a sweat!
512.471.6045 - <http://www.utrecsports.org/> - GRE 2.200

Dean of Students Office (DOS)

Discover opportunities and experiences that support diverse student learning and personal development. Visit the DOS webpage and learn more about student activities, leadership development, legal/judicial services, legislative student organizations, and emergency services.
512-471-5017 - <http://deanofstudents.utexas.edu/> - SSB 4.104

Emergency Services (DOS)

Emergency Services assists students during an emergency or crisis situation.
512-471-5017 - <http://deanofstudents.utexas.edu/emergency/> - SSB 4.104

Center for Teaching and Learning (CTL)

CTL is your home for credit by examination and course placement.
(512) 232-2647 - <http://www.utexas.edu/academic/ctl/> - 2616 Wichita – BWY

Office of Student Financial Services

Have questions about college finances? Visit the Office of Student Financial Services.
(512) 475-6282 - <http://finaid.utexas.edu/> - SSB 3.200

Division of Housing and Food Services (DHFS)

DHFS is your home for UT Housing and Food Services.
(512) 471-3136 - <http://www.utexas.edu/student/housing/> - 200 W. Dean Keeton Street

Parking and Transportation Services

Parking and Transportation Services is your hub for efficient campus-wide parking, transportation, and service programs.
512-471-PARK (7275) - <http://www.utexas.edu/parking/> - Trinity Parking Garage (TRG)



Services for Students
with Disabilities,

SSB 4.104

100 W. Dean Keeton St.
Austin, TX 78712-0175

Phone: 512.471.6259

FAX: 512.475.7730

VP: 866.329.3986

[http://www.utexas.edu/diversity/
ddce/ssd/](http://www.utexas.edu/diversity/ddce/ssd/)