

ISSUE 5
JUNE 2021

Illinois Valley Community College
Center for Accessibility and Neurodiversity
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SPOTLIGHT

Graduation 2021 Issue



“ YOU HAVE THE POWER TO INFLUENCE THE WORLD. SO, WHAT PART DO YOU WANNA START ON? -- JANNELLY ROMERO ”

“ *It's nice to know that people care, that they're in your corner, rooting for you! -- Lexi Schramm* ”

“ Ask your teachers for help if you need help. -- Megan Spicer ”

“ Don't be afraid to ask questions. -- Inna Makarskaya ”

— “ Take the first semester seriously, and learn from it. I started out not taking things seriously. It's not like high school. -- Christopher Whittington ” —

Everything's the same, except the name

We are excited to announce that the Disability Services Office is making a transition to a new name.

Don't worry, all the services we are known for, like accommodations, check-ins, coaching, and study skills support, will remain the same. However, with the name change we have decided to shift to more inclusive language.

After polling our advisory committee and students who use our services, we settled on the Center for Accessibility and Neurodiversity, or CAN. We felt the name and acronym sent a very positive message, and we hoped that shifting the focus from disability to accessibility would make even more students reach out to us for help.

Another goal we had with the name change was to help introduce the idea of neurodiversity to the campus community.

The concept of neurodiversity means that everyone's brains and learning styles are different, and that different doesn't mean deficit or damaged. It just means that everyone processes and understands information in a unique way.



The idea of neurodiversity implies that much of the struggle or success that happens with learning is based on the environment, not within the person. When someone's cognitive strengths match the environment, often difficulties diminish and the strongest skills shine through.

With the new emphasis on neurodiversity and accessibility, we hope to help students recognize their unique strengths, analyze their environments, and therefore, develop strategies that minimize weaknesses.

Train Your Brain to Remain Calm...

Do you tend to get really anxious before exams? Do you battle a racing brain or body? Sometimes we all do, but now a new form of help is here! We are excited to announce that IVCC students will have a whole new way to practice "chilling out" this fall. We've purchased a Muse 2 headband that helps users learn how to recognize their overactive brain, racing heart, or fidgety body, and then regulate those sometimes troublesome things through a short, guided "meditation" practice and instant digital feedback. Our goal with Muse is to help students add another coping tool to their toolkits. Let us know if you're interested in using the Muse!



GET SET!

AUGUST 6

9AM-1PM

CTC-124

Get to know us and get ready to launch your IVCC adventure!

Get Set - Orientation for new students

If you are new to IVCC, or new to our office and want to make sure you are set for re-entry on August 18th, we're here to help you Get Set!

On August 6 from 9am-1pm in room CTC-124 we'll have an orientation session where you can:

- practice logging in to email, Blackboard, WebAdvisor, etc....,
- meet some of the academic support staff that can help you reach your goals in your classes
- get to know others before the start of the fall semester.

If you're interested we just need an RSVP by June 28. Contact tina_hardy@ivcc.edu or 815-224-0284. There will be food, prizes, and fun!

AIMing to improve the accommodation process

Be on the lookout for a new system for requesting and receiving accommodations. The office has recently decided to use a program made by Accessible Information Management (AIM) to help us automate our processes and streamline our work.

We hope to get trained on the software this summer, start working with it during the fall semester, then move full steam ahead in spring.

While we hope the system will be a fast and efficient way for you to get services set up, we know there's going to be a learning curve for all of us. We will keep you updated as we move forward.

Congratulations 2021 grads!

Raeann Kosur
Josie Malone
Robert Moeller
Alexis Schramm
Carley Wood
Alyssa Brooke
Ludwig Costas Guerrero
Andrea Davis
Patricia Dillard
Kaitlin Drenner
Cole Ewers
Inna Makarskaya
Jasmine Mehalic
Jannely Romero
Christopher Whittington,
Agnieszka Buczkowski
Brittney Hill
Megan Spicer
Gabriel Strader



Lexi Schramm

"It was nice here in Disability Services, I got to be more personal with somebody and actually get advice. And I knew Tina was here for me."



Inna Makarskaya

"Tina helped me a lot with expanded time for tests. If I wasn't successful,, she gave me good advice how to improve, what to focus on, how to communicate with teachers and ask them to help. In my last 2 classes, I failed the first test. But after that, I focused on improving with each test, and I got better and better!"



Christopher Whittington

"Having an in-between for different teachers was a good help, having someone else talk to them when I was having issues. And helping me be more organized."



Megan Spicer

"Disability Services gave me a lot of help and support in all I did. They helped with a test reader so that I understood the questions and answers better."

From our graduates:

Graduates sent in their photos, and/or offered some words of wisdom ...

Josie Malone



*"Who's going to stop me?
Who's going to stop you?
Who's to say anything about the way anyone chooses to live their life?
There is no hourglass of time. No right or wrong.
Just you, me, and everyone else in the world.
Experiencing life." --
Jannely Romero*