



# UNCW DISABILITY RESOURCE CENTER

ACCOMMODATE

ADVOCATE

ACCESS

October  
2016

*"Success means having the courage, the determination, and the will to become the person you believe you were meant to be." – George Sheehan*

### Personal Responsibility. Ethical Decision-Making. Civil Discourse.

As a kid, when something happened while my parents were away—broken window, my brother in front of the tv scratched or crying, water all over the kitchen floor—we all screamed, "Not Me!" *Not Me took a lot of heat in the Stone house...*

We exist in a time in which shirking one's responsibility, placing blame elsewhere, and expecting a quick-fix is more the norm than the exception. A time when it is acceptable to have an "Attack-First" mentality when faced with conflict or when we disagree—blindly, harshly, and without an attempt at understanding—for tearing down rather than building up. If it's *Not Me*, it must be You.

I'm thinking about the mission of DRC, and the objectives put forth to help students become better self-advocates, better global citizens and participants in their own success, **and** to assist faculty and staff better support all students through the practices appropriate for ensuring access for students with disabilities. These are positive, admirable objectives—right?

UNCW is committed to "student engagement, creative inquiry, critical thinking, thoughtful expression and responsible citizenship...Our culture reflects our values of diversity and globalization, ethics and integrity, and excellence and innovation." By coming to this institution, we all accept that commitment. Your responsibility, and ours as faculty and staff, is to aspire to those objectives. My role, and that of all of DRC, is to challenge (and support) you on that path. It's time we each remember to hold ourselves accountable.

If you and I do more of that, we'll run out of blame to pass around.

DRC is excited to share a number of interesting opportunities taking place in the office, and around campus. We hope you find something of value in this edition of our newsletter. If you've wants or ideas for future issues, please let us know.

Dr. Chris Stone  
Director

### DISABILITY RESOURCE CENTER

#### Hours of Operation

Monday - Friday, 8 am - 5 pm\*

\*Closed until 9:30 am, Tuesdays

\*No Tests Scheduled After

1:00 pm on Fridays (Office still open for regular business)

#### DRC STAFF

Dr. Chris Stone, Director

RJ Kilgore, Disability Services  
Coordinator

Betsy Terkeltoub,  
Testing & Office Manager

Courtney Poland,  
Graduate Assistant

DePaolo Hall, 1033  
(910) 962-7555

TDD: (800) 735-2962

DisabilityAdmin@uncw.edu

### 2016 Seahawk Leadership Conference

The 4th Annual **Seahawk Leadership Conference** will take place Saturday, **October 22, 2016**. SLC provides up to 200 UNCW students with a free opportunity to attend a campus-based leadership conference and connect with other students, faculty, staff, and local community members.

Registration for the 2016 Seahawk Leadership Conference will be open to the first 200 students. Interested students will then be placed on a waitlist and notified once a spot opens.

<http://uncw.edu/osle/lead/conference.html>

### SEA.lab [Strategy Enhancement for Achievement]

SEA.lab was established to meet the needs of those registered with DRC. SEA.lab offers students a wide range of helpful resources to be more academically successful. Through **SEA.lab**, students may access:

- ◆ Academic strategies in: reading, notetaking, study skills, time management, and organization;
- ◆ Help in understanding one's weaknesses AND strengths;
- ◆ Computers with a variety of assistive technology;
- ◆ Assistive Technology training

If you are unable to attend a workshop, or are interested in meeting for a 1-on-1 consultation, please contact the Disability Resource Center to schedule an appointment.

### SEA.lab Workshops

DRC is scheduling a series of workshops for FALL 2016. If you wish to attend, contact DRC (DisabilityAdmin@uncw.edu) to reserve your place.

- ◆ 10/20 1pm: Study Skills & Test Preparation
- ◆ 11/17 1pm: Preparing for Final Exams

\*If you are a student at one of our extension campuses and are interested in attending but cannot attend at the main campus, please contact our office two days prior to scheduled event.

DIVISION OF STUDENT AFFAIRS

CREATING EXPERIENCES FOR LIFE



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## OCTOBER IS DYSLEXIA AWARENESS MONTH

**Decoding Dyslexia NC** invites students to join them in commemorating *Dyslexia Awareness Month* by painting the UNCW Spirit Rocks on **Thursday, October 20th**:

- 4:00 pm: Rock by Student Recreation Center at 4:00
  - 5:30 pm: Rock at Campus Commons by Fisher Union
- Contact Lisa Eakins (eakinsl@uncw.edu) if interested.

*\*UNCW AND DRC are not affiliated with DDNC, are not involved in sponsoring this activity\*\**

“The starting point of all achievement is desire.”

~Napolean Hill

## CAREER FEST

### **ONE DAY CAREER EXPLORATION EVENT!**

- ◆ Explore different industries
- ◆ Experience various careers
- ◆ Engage with alumni and employers
- ◆ Embark on your career journey

**Wed, Oct. 19th • 1pm – 4pm**

**Burney Center**

<http://uncw.edu/career/careerfest.html>

## UNCW COUNSELING CENTER

The goal of the **UNCW Counseling Center** is to assist enrolled students in maximizing their success at UNCW and in life. The center's staff provides confidential counseling services to help students build a more satisfying and successful college experience.

The Counseling Center provides a broad range of psychological, counseling, and educational services that facilitate the personal and academic success of students enrolled at UNCW.

### Upcoming Programs and Events:

- Drop-in Meditation Sessions  
Tuesdays, 4:00-5:00 pm  
FSC 2011  
No registration required
- Breathe Mindfulness Program  
Mondays, Oct. 17-Nov. 21  
3:30-4:45 pm  
FSC 2011

**Counseling Center**  
**DePaolo Hall 2079**  
**910-962-3746**  
[uncw.edu/counseling](http://uncw.edu/counseling)

<http://uncw.edu/counseling/inharmony/>

**UNCW Department of Recreation Therapy in conjunction with the Shepherd Center's Recreation Therapy Program.**

## HEALTH & WELLNESS HANDS-ON CLINIC

UNCW McNeill Hall Rm 1051

October 29, 2016

9:00am — 3:00pm

Participants will receive coaching from Shepherd Center's Recreation Therapy Program, UNCW faculty, and ACCESS of Wilmington. Participating in these types of activities can reduce secondary complications, increase endurance and strength, and can expand your knowledge of leisure skills. Regular participation in leisure-time physical activity will help maintain a well-balanced and healthy lifestyle.

Come and experience a workshop where ideas are shared and concepts are learned to expand your golf-playing abilities.

For information or registration, contact  
Kelly Edens, Recreation Therapy Manager  
(404) 350-7793; [kelly\\_edens@shepherd.org](mailto:kelly_edens@shepherd.org)



## DRC REMINDERS

- If you have not already done so—stop in to pick up your accommodation letters
- Exams must be scheduled at least **2 business days prior to your test date**
- Students coming to DRC who park in the **Visitor** or **Testing Services** stalls outside of DePaolo Hall will receive **PARKING TICKETS!**

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