Disability Awareness Month

On October 11th, Student Disability Services held an Open House. The campus community was invited to view our office space, enjoy light snacks, and get to know a little bit about the staff members. We would like to thank all of those who joined us to make this event a success and we really enjoyed getting to know everyone who stopped by!

On October 17th, in support of Disability Awareness Month, we brought together a Student Disability Panel in Maucker Union Ballroom A. We had four panelists who shared their experiences of being a college student with a disability. It was greatly appreciated for all those who came to listen, ask questions, and especially to the panelists who gave their personal stories about living with a disability.

Just inside the Maucker Union, there was a display case that shared more information about Disability Services. Each ball of paper represented one of 511 total students that were registered with Student Disability Services in the Fall of 2016.
GOT ANXIETY?

Self-Care Activities:

1. Embrace your anxiety – fighting or resisting the anxiety will not make it go away. Listen to what your anxiety is saying and take action.
2. Express your feelings – express your anxiety by writing them down or speaking about them with a close friend or a mental health counselor. If you express the anxieties, you are more likely to understand the patterns of your anxiety.
3. Stop judgments – stop judging yourself for having anxiety. Try and figure out why the anxiety is present and treat the anxiety accordingly. Anxiety is sending you a message, please listen.
4. Learn coping skills - there are many ways to cope with anxiety. Self-care is important and it is intentionally doing activities to take care of your physical, mental, and emotional well-being.
5. Learn from your anxiety – once you begin to treat your anxiety with patience and kindness, you will be able to understand that anxiety is here to help guide us. It isn’t here to poison us; it is here to help us get where we want to be in our lives.

For more information, please contact:

UNI’s Counseling Center:
319-273-2676
https://www.uni.edu/counseling/

UNI’s Student Health Center:
319-273-2009
https://www.uni.edu/health/

- Adult coloring books
- Watch a funny movie
- Listen to music on your drive to work/school
- Exercise
- Go camping or backpacking

Go to a local music performance
Take a bubble bath
Enjoy a glass of wine or two (adults over 21 only)
Burn a scented candle
Do a word search
List 5 things you are grateful for
Meditate
Watch Netflix
Go cloud watching
Plan a two-day holiday next weekend
Go on a bike ride
Turn off your phone
Learn how to sew or knit
Chocolate
Get a makeover
Attend a religious service
Join a support group
Spend less time on the internet
Join a recreational sport
Do something artistic
Enjoy the starry night, go star gazing
Clean out a closet or drawer

Reference:
https://www.pickthebrain.com/blog/7-ways-embrace-anxiety/

Be gentle with yourself, you’re doing the best you can.

Go on a walk in a landscape that is breathtaking
Do ZUMBA!
Give back and volunteer for community service
Spend time with animals
Pet, play, or take your pet for a walk
Get a massage
Get a manicure/pedicure
Read a book to get out of your own head for a short time
Call and talk with an old friend you haven’t talked to in years
Prepare your favorite meal
Go on a short road trip with a friend
Do karaoke
Make a list of positive affirmations for yourself
Sing or play an instrument

Self-compassion is simply giving the same kindness to ourselves that we would give to others.
– Christopher Germer

ToMuchOnHerPlates.com
10% of the world population are living with a disability

Having a disability places you in the largest minority group in the world. Roughly 650 million people are living with a disability. 80% of this number live in developed countries.

This figure is expected to increase in the upcoming years. Due to emergence of new diseases (HIV/AIDS), alcohol and drug abuse, increasing life spans, increase number of elderly persons who have impairments, war, violence, and motor vehicular accidents.

Sensory disability: hearing impairment, sight impairment

Mobile disability: impairment that impacts mobility such as amputee, paralysis, cerebral palsy, stroke, arthritis, and spinal cord injury

Psychiatric disability: anxiety, depression, post-traumatic stress disorder, bipolar disorder, and schizophrenia

Health disability: traumatic brain injury, epilepsy, diabetes, and cystic fibrosis

Learning disability: dyslexia, ADD, ADHD, reading issues, writing issues, math issues, dysgraphia


What is an invisible disability?

One is unable to “see” the disability.

There are no “visible” signs of a disability such as cane, crutches, wheelchair, sign language used, or service animal.

Disability is one part of a person’s identity; it does not define them as a person.

Barriers for a person with an invisible disability:

Being stereotyped because of their impairment.

Prejudice or discrimination due to the impairment.

Denying individuals with disabilities access to programs, services, or benefits.

Denying reasonable accommodations which will affect the individual’s performance.

What do invisible disabilities have in common?

Even though you can’t see the disability, it doesn’t mean that it doesn’t affect a major life function.

The disability may be managed through medication or behavior modification.

If a person has a disability, it does not mean they are disabled.

Everyone with a disability is different, with different challenges and needs, as well as attributes and abilities.

Invisible disability statistics:

Invisible disabilities are the most common type of disability among college students.

10% of the U.S. population have a medical condition that is considered an invisible disability.

For more information, please check out: https://invisibledisabilities.org/
Welcome Kelly Gibbs

Tell us about yourself.
My career in Disability Services found me and I truly feel like it is my life calling. I believe in equal opportunity through equal access for all individuals to be or do whatever their life goals might be. I've always been a natural advocate, however, I have been very fortunate to have lots of opportunities to grow and learn as a professional. I am a life-long learner, so I feel extremely blessed to get to work for an institution whose purpose is to enrich and broaden people's minds.

Where are you from?
I'm from Garnavillo, Iowa, population of approximately 600 great souls. Fun fact, Jenny Lynes' grandparents live there as well. My high school graduating class had 28 students, including the foreign exchange student. :)

What is your role in the SDS office?
Student Disability Services Coordinator

What is your educational background?
I am a graduate of the University of Northern Iowa for my undergraduate degree. I am currently finishing up my Master of Business Administration at the University of Dubuque.

What do you like to do when you are not working?
Anything adventurous! I love the outdoors, kayaking, fishing, bike riding, trail running and any sport (GO CUBS!). I have a dog named Wrigley. Yes, like the Cubs Wrigley field!

What is your favorite quote?
"The fight for disability rights, accommodations and respect will be fought against many, the overwhelming majority being those who are good people with the best intentions."
-Michelle Heather Korth

What is your favorite meal at the Maucker Union?
Their Crab Rangoon pizza is pretty fabulous! What don't I like to eat?! I love food!

Welcome Jenny Lynes

Tell us about yourself.
After being heavily involved in college, including working in the Admissions Office and as a Student Orientation Staff Member at Wartburg, I decided I wanted to stay in higher education and support the next generation of college students.

Where are you from?
My family moved around a couple times within Iowa and Nebraska when I was growing up. I graduated from high school in Keokuk, Iowa, after moving there the summer prior to my sophomore year. I consider Waverly, Iowa, my home after living there for the past six years

What is your role in the SDS office?
I am the Program Assistant in SDS. My position's responsibilities include reviewing students' information to determine eligibility for services through the office, meeting with students to determine accommodations, and working with faculty and staff members across campus to support students with disabilities.

What is your educational background?
I graduated from Wartburg College in May 2014 with a Bachelor of Arts degree in American and World History Education. This past spring, I graduated from the University of Northern Iowa with a Master of Arts degree in Postsecondary Education: Student Affairs.

What do you like to do when you are not working?
I enjoy watching films, reading, listening to music, baking, studying history, spending time with family and friends, and taking walks around town. I love genealogy, so I can often be found researching my family's history through Ancestry.com. I also have two orange cats, Max and Rory.

What is your favorite quote?
"The more that you read, the more things you will know. The more that you learn, the more places you'll go."
~ Dr. Seuss, I Can Read With My Eyes Shut!

What is your favorite meal at the Maucker Union?
I love the Vesuvius sandwich at Erbert & Gerbert's!
Contact us

Student Disability Services
103 Student Health Center
University of Northern Iowa
Cedar Falls, IA 50614
319-273-2677
For deaf or hard of hearing, use Relay 711
Fax: 319-273-7576
Email: disabilityservices@uni.edu
Website: www.uni.edu/sds
Facebook: https://www.facebook.com/unisds/

Graduate Student Feature: Lindsey Wagner

Tell us about yourself:
Small town girl, animal activist, sexual assault advocate, and disability rights activist.

Where are you from?
Denver, Iowa

What is your role in the SDS office?
Graduate Assistant

What is your educational background?
Bachelor of Arts from UNI in May 2014. Sexual Assault Advocate/Campus Coordinator at Riverview Center from May 2014 to August 2016. Currently in my first year of the Postsecondary Education: Student Affairs graduate program.

What do you like to do when you are not working?
Spend time with my fur-babies, rescue stray animals, eat spicy food, read fictional books, hang out with family and a select group of friends.

What is your favorite quote?
"Be the change you want to see in the world" -Unknown

What is your favorite meal at the Maucker Union?
Chicken Caesar salad and strawberry parfait.

Student Disability Services Staff

Kelly Gibbs: Coordinator
Jenny Lynes: Program Assistant
Karen Phillips: Secretary III
Lindsey Wagner: Graduate Assistant
Kelsey Christiansen: Intern
Elizabeth Jacobs: Intern

Student Disability Services won “Most Creative” in the Homecoming 2016 Office Decorating contest!