

KnOWLedge Is Power

A DSPS Newsletter

Fall 2023



GRADUATION EDITION

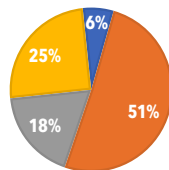
In this edition, we proudly showcase several DSPS students who successfully completed their educational goals at Citrus College and participated in the 2023 commencement ceremony.



DSPS students earned 225 awards in the 2022-2023 academic year! The graph below shows the breakdown of awards granted.

DSPS GRADUATES

- Skill Award
- Certificate
- AA/AS
- AAT/AST



In 2022-2023, there were also 117 DSPS students who transferred to a four-year college or university.

Keep up the great work DSPS students! Continue to persevere in all your pursuits and, "Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey."

-Michael Josephson

Former law professor and attorney
 Founder of Joseph and Edna Josephson Institute of Ethics
 Champion of character education and ethical conduct

IN THIS ISSUE

- 2** Hats off to our DSPS graduates!
- 4** Student spotlight: Cerina Moreno
- 6** Holiday treat/reminders
- 7** The role of a "scribe"

OFFICE HOURS

Monday - Thursday:
 8 a.m. to 5 p.m.
 Friday: 8 a.m. to 4:30 p.m.

OFFICE LOCATION

Student Services
 Building, SS 133
 (next to the Art & Coffee Bar)

**HATS OFF TO OUR
DSPTS GRADUATES!**



In spring 2023, as a gesture to recognize the hard work of our students, DSPS happily distributed DSPS graduation cords and pins to interested individuals participating in commencement. Here are a few of the successful graduates receiving their cord and pin.



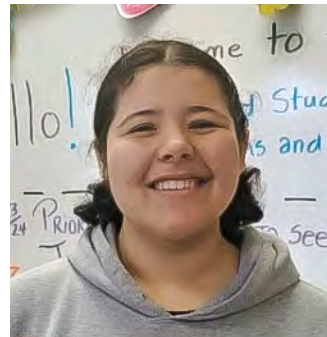
Brian Hanley
AA-T Anthropology
AA-T Psychology
AS-T Computer Science



Elizabeth Gaul
AA Social Sciences
AA-T Sociology
AA-T Psychology



Irma Bustamante
AS Pre-Allied Health
AS-T Computer Science



Katelyn Lopez
Certificate Recording Technology
AS Recording Technology



Kathryn O'Connell
Certificate Photography
Certificate Criminal Justice

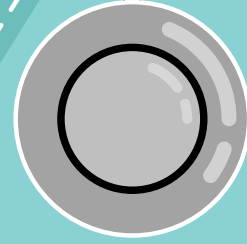
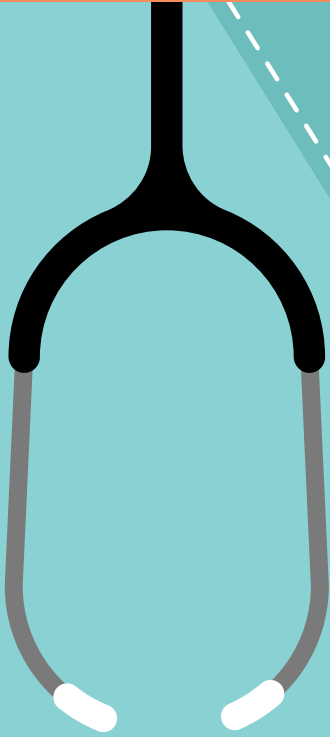


Lizbeth Mendoza
AA-T Sociology



Saylor Valin
Certificate Recording Technology
AS Recording Technology
AA Music
AA Dance

STUDENT SPOTLIGHT:



**CERINA
MORENO**

DSPS is proud to feature Cerina Moreno in this issue of KnOWledge is Power.

What is your major?

Nursing is my major. It took me a little longer to finish due to a few surgeries – seven years total – but I finally made it!

When did you know you wanted to go to college, and what inspired you to become a nurse?

My mom has taken me to doctor appointments my whole life and I've always been treated with TLC by the doctors and nurses. It inspired me to want to do the same for others who are sick or have a disability. Good bedside manners have a huge effect on how patients get through their situations.

Can you share a little bit about your disability and how it affects you?

I have cerebral palsy (CP) and hydrocephalus. CP affects my muscle strength, making stairs and long-distance walking very challenging. I need to space my classes out at least 45 minutes to one hour apart in order to arrive on time if it's across campus. My legs get very tired because I have to work harder to lift them with each step. CP can affect the whole body, but it's all on my left side for me. It also affects my vision sometimes, and I often have to close my eyes for several minutes at a time to refocus. It also affects my ability to play with my nieces and nephews because I can't carry or keep up with them physically. Hydrocephalus is a condition that causes fluid to accumulate in my brain, so a shunt was inserted to channel the fluid throughout my body. Had I not had the surgery, it could have caused brain damage and my head to be larger. The first shunt was put in when I was 27 weeks old and again at 9 years old, but I never had to have it done again so far and this makes me happy.

What accommodations do you utilize most and how do they help you in school?

I use preferential seating in class, extended time on exams, use of e-text, recorder and breaks. Sitting in the front row in class helps me process information better, and extra time on tests helps me not feel rushed and reduces my nervous feelings that others are finishing before me. Receiving my textbooks in electronic format or e-text helps with my

comprehension and memory because I'm hearing the content of the book. The breaks help me refocus and rejuvenate when the effects of my disabilities are active.

What would you say to those who believe accommodations are a sense of "cheating"?

We are not cheating. Students with physical, mental or learning disabilities must study and remember the same amount of information as students without disabilities. We just may do it slower or differently. It's so much harder for us.

Has anyone at Citrus College made an impact in your life? If so, in what way?

DSPS counselor, Shellyn Aguirre. She's always helpful and supportive even when I have questions about things outside of DSPS. She told me I was doing a great job all the time, and even though it took me longer to finish, I finally did it! That made me feel good.

What words of encouragement do you have for fellow students with disabilities?

Don't let others tell you that you cannot do things. Speaking from my own experience, I have come this far, so you can too! Don't be discouraged and don't give up on your dreams. I'm proof because I wasn't supposed to live past 5 years old – now I'm 26 and going to college!

What advice do you have for staff and faculty when interacting with students with disabilities?

Give us words of encouragement. We need more of this from other people who work on campus, particularly from instructors because it's harder for us. Kind words go a long way and make a difference.

What are your plans moving forward after graduation?

I am so happy I was accepted to the nursing program at University of La Verne to pursue a bachelor's degree. It is a nine-month program, but it will take me a little longer because of my disabilities, and I'm OK with that. One day I'd like to work for Kaiser Permanente because it's where I was treated so nicely, and I want to do the same thing for people in the future.

The DSPS staff wish Cerina a happy and healthy journey to the University of La Verne. It was a pleasure to have her with us!



WHERE IS THE OWL?

Did you put on your investigative hat and find the hidden owl in this edition of the DSPS KnOWledge is Power newsletter?

Holiday Treat

This easy take on Italian Christmas cookies will be an instant holiday classic thanks to Pillsbury sugar cookie dough and speedy glaze with festive candy sprinkles.



Ingredients

- 1 roll (16.5 oz) refrigerated Pillsbury™ Sugar Cookie Dough
- 4 oz cream cheese, softened (from 8-oz package)
- ½ cup all-purpose flour
- ¾ teaspoon vanilla
- 2 ¼ cups powdered sugar
- 3 to 4 tablespoons water
- 2 tablespoons holiday candy decor

Heat oven to 350°F.

In a medium bowl, crumble cookie dough. Stir or knead in cream cheese, flour and 1/2 teaspoon of the vanilla until well blended.

Shape dough into 1 1/4-inch balls.

Place 1 inch apart on large ungreased cookie sheets.

Bake 11 to 13 minutes or until edges are set. Cool 1 minute on cookie sheets. Remove from cookie sheets to cooling rack. Cool completely for about 30 minutes.

In a small bowl, stir powdered sugar, remaining 1/4 teaspoon vanilla and 3 tablespoons water until smooth. Add more water, 1/4 teaspoon at a time, as needed for desired dipping consistency. Dip top of each cookie into the glaze. Sprinkle with holiday candy decor. Store in airtight container in refrigerator.

Pillsbury Kitchen Tips:

- Replace vanilla with anise extract for a more Italian flavor.
- Make cookies ahead! Shape dough into balls, cover and place in freezer. When ready to bake, bake the whole batch or just a few at a time!

Nutritional Information:

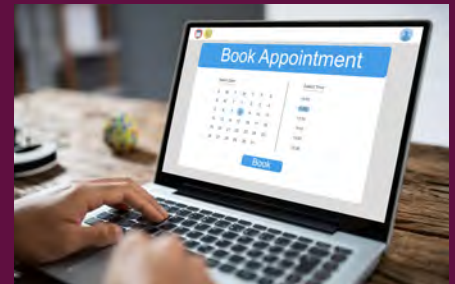
90 Calories, 3g Total Fat, 0g Protein, 14g Total Carbohydrate, 10g Sugars

Recipe reprinted with permission from Pillsbury™ and the Hometown Food Company

REMINDERS

2023-2024 AAP

Continuing DSPS students: be sure you have your 2023-2024 academic accommodation plan (AAP) ready to present to instructors for the winter/spring terms. If you have not already met with a DSPS counselor for an "update file" appointment, email dsps@citrucollege.edu or call 626-914-8675 to schedule one.



PRIORITY REGISTRATION

The priority registration appointment window for summer/fall is scheduled from Jan. 5 through April 12, 2024. Visit the [DSPS website](#) for details.

EAC SUMMER/FALL

Need skills to support your academic success? Educational assistance classes (EAC) will be offered online for spring 2024. Consider enrolling:

- **EAC 092** Study Skills (2 units), CRN 35437
- **EAC 088** Stress and Anxiety Management (1 unit), CRN 34633
- **EAC 090** Empowerment (2 units), CRN 35436

THE ROLE OF A “SCRIBE”



Have you ever wondered what scribes do to support student success?

Scribes play an integral role in ensuring qualified students with disabilities have access to the information presented in class. They capture dictated information given by the student, instructor and other spoken information during live lectures, as well as information written on the board. They may also serve to assist students with mobility or vision limitations in lab activities.

Meet Jose Urrutia, a scribe who shares his insight and experience working with students with disabilities.

What inspired you to apply as a scribe to DSPS?

Since I have previous experience as a note taker at another college, I thought it was a great opportunity to help students again. Helping has always been a huge part of my life and it will be at the core of my future career.

What lessons have you learn from working with DSPS students?

Humility. After talking and interacting with DSPS students, I learned that there is no difference between their goals and mine. Whether you are a person with or without a disability, ultimately, we all desire to graduate and work toward a rewarding and successful career. I also realized that rewording and providing a different way to understand concepts is extremely beneficial to DSPS students, especially those who are enrolled in tough classes like microbiology, chemistry or history. Education does not have a one-size-fits-all model, so it should be everyone's goal to help all succeed.

What would you say to encourage others to step into a scribe role?

Keep an open mind and don't be afraid to learn new things. I promise, you will not only learn things from DSPS students, you will also learn things about yourself. You can help bridge the gap that connects students with disabilities to academic success. Helping others is an extension of yourself. Making a meaningful difference in someone else's life is something to be proud of.

Did this experience prepare you for any of your future goals?

As a student currently pursuing a master's degree to be a future ESL instructor, this experience helped me tremendously in addressing students' needs and concerns. I've learned to understand students' strengths and weaknesses and how to meet them at their level. All students carry their own experiences and knowledge of the world with them, and it is important that we validate and reassure them. In working with DSPS students, I found that each of their experiences carries importance to them and how they perform academically. It is up to us to ensure that students are getting the help and resources they need to achieve their goals as future leaders.



continued...

THE ROLE OF A "SCRIBE"



Did your experience change any previous perceptions you had of the disability field?

I did not know much about DSPS until I was hired as a scribe. This experience made me realize how crucial it is to provide resources and accommodations to students with disabilities. Hiring scribes and allowing extra time on exams helps them achieve the level of education they deserve as much as anyone else. Doing so ensures that no student is left behind. This should be everyone's goal.

What did you learn from scribing and what did you find fulfilling about it?

It was more than just taking notes of dictated information. It involved helping students perform in-class activities. I assisted in labs, holding test tubes, watching them interact and be on the same level as their peers. It was fulfilling to help them work on areas that needed improvement and cheer them on for their strengths. I really enjoyed helping them engage with the class material and forming relationships with classmates. Most importantly, I got to know my students and I learned so much about their disability hardships and all they go through to achieve what may come easy to other students. Seeing other classmates show courtesy and understanding to individuals with disabilities gives me hope in humanity.

Thank you, Jose, for sharing your experience and for the great job you did in your scribe position. DSPS wishes you much success in your educational and career endeavors!

• WE ARE •
HIRING
JOIN OUR TEAM

If you would like to join the DSPS team to help students with disabilities achieve academic success, we encourage you to apply for a scribe position. DSPS hires student workers and professional experts. For more information, email Emmy Madrid, DSPS specialist, at emadrid@citruscollege.edu

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FOR MORE
INFORMATION,
CONTACT US.


Office Hours


(including the High Tech Center)

Monday - Thursday: 8 a.m. to 5 p.m.

Friday: 8 a.m. to 4:30 p.m.

 Student Services Building, first floor

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 626-857-0687

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