

# KnowLEDge Is Power

A DSPS Newsletter

Spring 2022



## DSPS NEWS: UPDATES AND REMINDERS

- New students interested in receiving disability-related educational accommodations are encouraged to apply to DSPS - [Getting Started](#).
- Continuing DSPS students, be sure you have your most updated Academic Accommodation Plan (AAP) ready to present to instructors for summer/fall. If you have not already met with a DSPS counselor for an "update file" appointment, please contact 626-914-8675 or [dsps@citruscollege.edu](mailto:dsps@citruscollege.edu).
- Visit the [DSPS website](#) for priority registration information.
- Educational assistance classes will be offered online for summer and fall 2022.
  - Summer - EAC 090: Empowerment (2 units), CRN 42193
  - Fall - EAC 088: Stress and Anxiety Management (1 unit), CRN 23848
  - Fall - EAC 092: Study Skills (2 units), CRN 23849

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## 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)

# Introducing

Microsoft

# OneNote



<https://bit.ly/3vxUPhf>

Scan to learn more.

Digital note-taking app for capturing and organizing notes across devices.

- Write, sketch, or draw notes
- Organize your notes
- Keep your content in one place
- Access your notes anywhere
- Automatically saves all your changes as you work
- Record audio, dictate, or listen to your notes
- Bring your notes to life
- Share and collaborate with others

To learn how, DSPS students may schedule an appointment with Laks Floriano by calling 626-914-8675 or emailing [dsps@citruscollege.edu](mailto:dsps@citruscollege.edu).



# SHINING STUDENT CLARENCE CHEUNG



A Citrus College instructor told his students, "It doesn't matter how long it takes you, just keep going and finish." DSPS student Clarence Cheung did exactly that and this is his story...

## **Tell our readers a little bit about yourself:**

I grew up in Arcadia with my older sister and parents. My hobbies are all over the place, ranging from golf and snowboarding to modifying cars. I recently picked up new interests in traveling and sightseeing. Hopefully, when the pandemic is over, I will spread my wings and fly!

## **What made you choose Citrus College as part of your educational journey?**

As I got closer to graduating high school in 2013, I decided not to take the SAT and start my education in community college. I visited other campuses but felt a better connection here with the DSPS team. I also liked the campus and course availability compared to other colleges in the area. It was a natural fit for what I was hoping to experience in college.

## **What did you major in and what made you choose that career path?**

I majored in international business marketing (IBM) with a focus on logistics. I spent the first few years pursuing aerospace engineering but stopped, realizing I would never finish! LOL I met with a counselor and decided IBM was a better fit for me. It would allow me to travel to different parts of the world while being able to practice what I worked hard to learn in school.

## **Do you mind sharing a little bit about your disability? What challenges did you experience and what accommodations helped you the most?**

I have a reading comprehension disability, which results in processing information slower than the average student. It also reduces my attention span because I have to read things several times before it clicks in my head. Throughout high school, it never seemed like a big issue since I had study skills as a free period to catch up on exams that I didn't finish in class. However, once I got to college, I experienced the real challenges that appear from having this disability. The most challenging aspect was taking tests. Getting the extra time accommodation for exams helped because I had more time to process the questions, to make sure I understand things and to double check my answers.

## **How did you handle being a student during the COVID-19 pandemic? What were the pros and cons for you?**

It was easier than expected, for sure! When we were on campus, I had extra time on exams and I'd take them in different rooms isolated from

other students to avoid distraction. During the pandemic, naturally, I was already in a room by myself at home, in my own element. Focusing on a question or task wasn't so hard. The cherry on top was being able to eat and drink while I was taking my exams in pajamas! LOL

## **What instructors or staff influenced your journey here at Citrus?**

The DSPS staff has always been number one since I applied here. Most of my fondest memories from Citrus College will be from DSPS because everyone is friendly and kind to each other here. My mom had me drop Christmas goodies off every year! ☺

## **What would you like instructors to know about students with disabilities?**

It's one thing to acknowledge a student with disabilities and accommodating them, but every student is different. We have different challenges when it comes to how we learn and process information. I would like instructors to know that we actually work harder than most average students on campus. What comes naturally to a student without a disability does not come easy for us. Others can spend less time studying, while we have to put much more effort just to be on the same playing field. We may take a bit more time or have a different way of learning, but we can be just as capable as any other student if given the proper tools and encouragement.

## **What words of inspiration would you pass onto other students with disabilities?**

Consistency is key! It doesn't matter how much time you need or how hard the uphill battle will be. Learning how to navigate your disability's needs is a great skill for success that many cannot understand. The hard work you need to put into understanding something is immeasurable. Continue to experiment with what works and what doesn't work for you, and be sure to communicate this to the faculty and staff when you meet with them. As long as you stay eager to get ahead, you will always succeed. Don't let your disability cripple your mindset, because there will always be others to guide you and help you overcome those challenges.

*Clarence completed his lower division general education requirements and transferred to California State Polytechnic University, Pomona. He hopes to travel to Germany and Taiwan in the near future. We wish him all the best!*

# IN LOVING MEMORY OF VINCE MERCURIO



DSPS is proud to feature heartfelt memories about Citrus College alumni and retired DSPS counselor, Vince Mercurio, who passed away on Jan. 8, 2022.

He was a wonderful friend, father, counselor and husband, as told here by his wife, Liane Mercurio:

Vince and I were set up by his father 30 years ago in 1992. For our dates, he loved taking me to see the Citrus Singers spring concerts and Christmas shows. We never missed one! We attended Christmas parties at the homes of other staff, and later began hosting Christmas potlucks at our house for the DSPS and counseling departments. I remember his good friend, Art Briones, playing Santa Claus for the gift exchange. There was always fun to be had with these two departments! We never missed an annual retirement party because Vince knew everyone! He just loved being a part of Citrus College and gave 100% to his job.

### **What memory do you remember most about Vince at Citrus College?**

Vince loved it there from the days when his father coached Citrus College football and he attended all the games. One day, his dad asked him to help in the language lab for a summer and that was it - the day his Citrus story began. He was where he needed to be!

### **Did Vince ever describe how he felt about counseling students?**

Vince was a humble man. He didn't boast or seek recognition for his work or acts of kindness. I often told him he was blessed to have a vocation where he could use his God-given gifts to serve others. He had such a heart for students with disabilities and he was grateful to be their voice before disability acts were put in place. He was an excellent listener to his students both educationally and emotionally, and he enjoyed doing it.

### **We all know Vince loved to golf. What were his other passions in life?**

Vince and his older brother enjoyed golf together for many years and played annually in the Marty Mercurio Foundation Golf Tournament in honor of their younger brother. The foundation awarded an annual scholarship to a Glendora High School athlete.

His other passion was playing bass guitar in the "Anonymous 5," a '60s garage band that played for GHS on many occasions. Forty years after the band broke up, a groupie friend of the drummer put together a reunion with the original band members and renamed it the "Anonymous 5 and Friends." They ended up playing for years and we were blessed to have hosted three "Concert in the Park"-style events at our home. It was a blast from the past to bring so many high school friends together that Vince dearly treasured.

One of the most recent joys of Vince's life are his two granddaughters, Maxine and Della. I'm so glad he got to be their "Papa" and fall in love with them. His daughter, Marci Slaby, is as kind as her dad and has followed in his footsteps teaching at Citrus, three generations strong. Her doing this brought so much joy to Vince's heart.

What I loved most about my husband was that he was "the real deal." He was kind, compassionate and loving. He made me feel like a million bucks!

What I will miss most about him is cooking for him because I loved watching him enjoy it so much. His grilling skills will also be missed!

# MEMORIES SHARED BY DSPS STAFF

*"I met Vince during a difficult time in my life. He didn't hesitate to be concerned and encouraging. He opened his heart, his home and introduced me to his soul mate, Liane, for support. He connected me with caring people who helped pull me through, and I'm happy to say they are still in my life because of him. It is our actions, not our words that identify what we truly believe, and it's our actions that define us as human beings. Vince knew his purpose in life - to serve others - and he did exactly that."*

*"I will miss his genuine heart and honor his memory by doing one more good deed on the days I'm too tired and think I have nothing left in me."*

**Emmy Madrid**  
DSPS Specialist



*"What I remember most about Vince is his easy-going energy. He was so down to earth and had a gift to make all who interacted with him feel comfortable to share whatever was on their mind. He was a wonderful coworker. I'll never forget how he lifted my spirit through humor and laughter."*

**Michelle Hernandez**  
DSPS Director



*"I can't pinpoint one moment or one story, it was all the times Vince was genuinely happy to hear how I was doing. He was always encouraging, kind and had a great sense of humor. I am honored to have known him."*

**Heather Hendrickson**  
DSPS Secretary



*"I remember current and previous students coming to say hi to Vince on a regular basis. They just loved him! He was such a great and fun person to talk to. He was such a hands-on person with excellent interpersonal skills. A true problem solver - he had connections all over campus to help students with a variety of different situations."*

*"Vince was so amazing at working with students, but I do recall how much he disliked doing paperwork! He was much more comfortable talking to students than filling out forms."*

*"I also remember how he was so ready to leave a meeting about 10 minutes in. Any time there was a pause in the meeting, he'd say something like, 'Okay, are we done yet?' or, 'Can I go now?' We would laugh about that all the time. It just cracked me up!"*

*"I had so much fun working with him and was so sad when he retired, but knew he was struggling with his tinnitus and it had been quite a challenge for him."*

*"I just can't believe he's gone. I really feel for Liane, his daughter, his granddaughters, and all of his close friends and extended family. I cherish my memories of working with him!"*

**Jennifer McLeod**  
Former DSPS Coordinator



## 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?

# TECHNOLOGY SPOTLIGHT: UBIDUO



DSPS is proud to offer students, faculty, staff and the community access to a new device called the UbiDuo.

Used by deaf and hard-of-hearing individuals and those with speech impairments to communicate with hearing and verbal individuals, the UbiDuo consists of a pair of screens with an integrated keyboard on each half. The device can be used to communicate on a one-to-one basis, as well as in group study sessions. Think of "texting," but where each user can see what the other is typing in real-time. The two devices connect to each other via Bluetooth so the devices can be across the table or counter (up to 300 feet). Each user can type while the other is also typing to keep a conversation going seamlessly. An older way to communicate was to write back and forth on paper with a pen or pencil. This new paperless way of having a conversation is more sustainable and contributes to saving some trees.

The device was developed in 2002 by a father and

son who wanted to communicate in written English. Now, UbiDuo devices are used at hundreds of colleges, businesses and offices around the country.

DSPS will place the UbiDuos in various areas across campus, including Campus Safety, the Hayden Memorial Library, Testing Center, Financial Aid, Campus Center, Counseling and DSPS. If a non-verbal student has a question or has an immediate need, they can choose to use the UbiDuo. Deaf or hard-of-hearing students may request interpreters for meetings or they can use an UbiDuo for their communication access.

We are committed to using a wide range of technology to eliminate equity barriers and foster greater accessibility for our students, faculty, staff and community. The UbiDuo is a great tool that allows our diverse student population the opportunity to communicate with each other.

[UbiDuo for College and Universities](#)



**DISABLED STUDENT PROGRAMS AND SERVICES**

**Educational  
Assistance  
Classes (EAC)**



**Strategies for Academic Success**

**EAC 090:  
Empowerment for  
Students with Disabilities**

**EAC 092:  
Study Skills for Students  
with Disabilities**

**EAC 088: Stress and  
Anxiety Management**

**EAC 085: E-Text Basics**

Visit our website for further details

[www.citruscollege.edu/stdntsrv/dsps/](http://www.citruscollege.edu/stdntsrv/dsps/)

# TAP YOUR STRESS AWAY



## Have you heard of EFT tapping?

Recently, some news outlets have featured a stress management strategy called emotional freedom technique (EFT), often described as “tapping” or psychological acupuncture. EFT is an alternative treatment for physical pain and emotional distress, which involves tapping the body to create balance in the user’s energy system in order to treat pain. It was developed by Gary Craig, who states that a disruption in energy is the cause of all negative emotions and pains. Its origins are related to the Chinese meridian system and using specific pressure points to relieve both physical and emotional issues. EFT does not use needles, but instead encourages users to mentally tune in to specific issues while stimulating certain meridian points on the body by tapping on them with their fingertips. Chinese acupuncture focuses on a complex system of energy circuits that run throughout the body. EFT uses the same meridian points to help access the body’s energy and send signals to the part of the brain that controls stress.

### *WebMD describes the steps for tapping as such:*

- Begin by stating what is on your mind and rating your distress on a scale of 0 to 10.
- Speak your “set-up statement,” which identifies the issue and includes a statement of self-acceptance.

- Begin the tapping sequence, using your fingers to tap on the specified sites.
- As you tap, use a reminder phrase to stay focused on your problem area.
- At the end of the sequence, rate your distress.
- Continue the process until your distress rating is very low.

### *Where do I tap? Some points to consider for tapping include:*

- The heel of the hand
- Three locations around the eye
- The area below the nose
- The area below the lips
- The collarbone
- The underarm
- The top of the head

Seven to nine taps are delivered on each spot. Tapping has been used to treat depression, post-traumatic stress disorder and phobias. Studies show that EFT tapping was used to lower heart rate and blood pressure, as well as lower levels of cortisol, a stress hormone in the body. Although some may argue that it has a placebo effect, you may want to consider trying it because it is painless, easy to do and less time consuming than other treatments.



## Citrus Community College District Board of Trustees

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Monrovia/Bradbury and portions of Duarte Representative

### **Ms. Laura J. Bollinger, Vice President**

Claremont and portions of Pomona and La Verne Representative

### **Dr. Anthony Contreras, Clerk/Secretary**

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### **Dr. Patricia A. Rasmussen, Member**

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### **Ms. Cheryl Alexander, Member**

Duarte and portions of Azusa, Monrovia, Arcadia, Covina and Irwindale Representative

### **Miss Taylor McNeal**

Student Trustee

### **Dr. Greg Schulz**

Superintendent/President

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

 626-914-8675

 626-857-0687

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