STUDY SKILLS: USING APPS
ON YOUR SMART PHONE

In 1839, English author Edward Bulwer-Lytton famously wrote, “The pen is mightier than the sword.” Obviously, Lord Bulwer-Lytton never had a chance to meet the smart phone, which many would argue is mightier!

Over time, the smart phone has evolved into an effective tool for everyday tasks, and it is one of the most important possession for millions of Americans. Citrus College students are encouraged to take advantage of all the study apps available in the App Store or Google Play. Here are a few current apps to help students succeed.

- **Quizlet Go** ([https://quizlet.com](https://quizlet.com)):
  Quizlet Go offers a wide array of study tools, such as flash cards, spelling games and trivia on various subjects.

- **Khan Academy** ([https://khanacademy.org](https://khanacademy.org)):
  Created by experts, Khan Academy’s library covers math concepts readily taught in K-12 through early college, as well as grammar, science, history, AP, SAT and more. It’s free for learners and teachers.

- **iStudiez** ([https://istudentpro.com](https://istudentpro.com)):
  iStudiez offers a platform for students to use a built-in planner for class and life scheduling. It also assists students with tracking homework and assignments.

- **Coggle** ([https://coggle.it](https://coggle.it)):
  Coggle is an online tool for creating and sharing mind maps and flowcharts. Coggle allows students to take notes, brainstorm, plan or do something awesomely creative; it’s super simple to visualize your ideas with Coggle.

- **Calm** ([https://calm.com](https://calm.com)):
  Calm app offers a variety of audio clips that promote meditative sequences, sounds to promote sleep, and relaxing music and serene scenes for the user to enjoy. There is a section dedicated to college students for specially tailored material.
Universal Design for Learning is an educational framework used to improve and optimize teaching and learning for all people. It is based on scientific insights into how humans learn. When instructors design curriculum with a broad group of participants in mind, it helps them design away from barriers so that accessibility is present without modifications.

The concept of Universal Design for Learning can be overwhelming, but with ever-changing student populations, faculty are tasked with finding innovative and inclusive ways to help students learn and grow. While there are a variety of tools available for educators that help them move toward this framework, this article will discuss one resource: TED-Ed.

TED-Ed
TED-Ed is a tool educators can utilize to create student-centered lesson plans that flip the classroom and engage students in unique ways. TED-Ed allows an instructor to present a video or series of videos about a specific subject to students via the TED-Ed website. Once the video ends, students are given an opportunity to demonstrate their learning through essays, multiple choice questions, further research, and discussions with their instructor and peers. TED-Ed aligns with the Universal Design for Learning framework by providing students with open access to the curriculum, allowing for different ways to showcase learning. For example, students can go back and hear information multiple times, and videos can be captioned. The platform allows students to understand the material at different levels, and then showcase that learning through varied assessment methods. TED-Ed gives instructors and students a way to engage with information that is accessible, interactive and student-centered.

TED-Ed Link:
https://ed.ted.com

Example Lesson:
https://ed.ted.com/on/yBELpcBy
Your tool to make reading fun and easy

Attention DSPS students who have e-text as an accommodation!

Do you want to …

❖ Increase your academic achievement?
❖ Increase your reading comprehension?
❖ Increase your vocabulary development?
❖ Increase your independence?
❖ Increase your motivation?

Then maximize your resources by utilizing Learning Ally!

Learning Ally offers a wide range of human-read audiobooks that helps take away the stress of reading to help you focus on content. It’s easy to navigate and highly portable. Some books even have printed text available.

Compatible with:

• Smartphones, tablets and computers.

For more information, contact Laks Floriano, DSPS alternate media specialist, at lfloriano@citruscollege.edu. Need help learning how to use Learning Ally? No problem! Schedule an appointment with Laks by calling 626-914-8675 or emailing dsps@citruscollege.edu.
During this period of physical/social distancing, DSPS staff members are working remotely, off-campus, in order to provide continued services to students. Students can make an appointment to meet with a counselor by calling 626-914-8675 or by emailing dsps@citruscollege.edu.

Don’t forget to check your Citrus College student email account frequently and access your coursework online by logging into Canvas. This is the primary way your instructors will contact you. Check out the DSPS website for more information and resources at www.citruscollege.edu/stdntsrv/dsps.

Summer priority registration is May 11. Fall priority registration is July 6.

FOOD FOR THOUGHT
“When life gets you down, you know what you gotta do? Just keep swimming”
—Dory

FOOD FOR FUEL
Do you want to strengthen your immune system, increase your energy, and improve your mood, memory, concentration and sleep routine? Then include more greens in your meals! Research from Rush University Medical Center found that people who eat one to two daily servings of green leafy vegetables, such as kale, lettuce or spinach, had lower rates of cognitive decline. Overly processed foods, such as pizza, hamburgers and potato chips, taste good, but they simply don’t provide you with the nutrition you need to perform your best at school or work. Greens have so many important nutrients that protect against inflammation, stress and damaging changes in the brain. Salads are a great way to get your daily serving of leafy greens. Other ways include adding them to omelets, wraps, smoothies or sandwiches.

For more ideas on how to incorporate leafy greens in your meals, visit www.allrecipes.com/recipes/1088/fruits-and-vegetables/vegetables/greens. Try one, two or several recipes — your body will thank you for it!

ANNOUNCEMENTS

DSPS will resume the recruitment of scribes and student volunteers when the campus reopens.

Are you interested in working on campus? Do you want a job where you can meet new people and provide a rewarding service to someone else?

DSPS is currently seeking quality note takers to assist students with disabilities.

For more information on how to apply, visit the scribe job posting at www.citruscollege.edu/hr/ses/pages/openings.aspx.

Good news! Did you know that DSPS now gives swag bags to students who volunteer to share notes in class with a DSPS student who has a notetaking assistance accommodation? Volunteers must be dependable, effective communicators, who possess good penmanship and organizational skills. Swag bags are given at the end of the semester. For more information, email emadrid@citruscollege.edu.

Faculty – please share this great volunteer opportunity with the students in your classes!
Subject: Captioning

Movies, documentaries, YouTube videos and, more recently, video class lectures can provide an engaging way to present material and content to students. To ensure that all students experience a quality and equitable learning environment, it is vital for audiovisual media to have captions.

What is captioning?

Captioning is the process of converting the audio content of visual media or live events into text, and then displaying this text on a screen, monitor or other visual display system. Captions not only display words of spoken dialogue, they also identify speakers, describe music and include sound effects.

It is important that captions are synchronized, appearing at the same time the audio is delivered; equivalent and equal in content to that of the audio; and accessible and readily available to those who need or want them. Captions must be readable, timely, accurate, complete and efficient.

What are the different forms of captioning?

Closed captions are visible only when selected and activated, such as on a TV screen.

Open captions cannot be selected or activated, such as when they are permanently embedded in the audiovisual material. Open captions are commonly produced in advance for pre-recorded material.

Auto-generated captions are created using speech recognition software. For example, some platforms, like YouTube, have a “CC” button at the bottom of the video that allows the user to toggle the auto-generated captions on and off. These caption can be somewhat accurate, but will often leave out punctuation, so the result is one long, run-on sentence. Auto-generated captions do not provide an equal learning environment, as it demands additional focus.

Real-time captions are provided for live presentations. Communication Access Real-time Translation (CART) is a form of captioning that can be provided on-site or remotely, usually for live presentations, such as meetings, classes or conferences. This form of captioning must be coordinated well in advance of the presentation.

Transcripts contain additional descriptions, explanations or comments that may be beneficial, such as indications of laughter or sound effects. For content that is audio only, a transcript will usually suffice.

Audio descriptions verbally describe what is onscreen, which is necessary for individuals who are low vision or blind.

Why is captioning important?

Captioning makes audio and audiovisual material accessible, and it provides a critical link to communication and information for millions of people. Video captions improve access and comprehension for all users, regardless of disability. Robert Keith Collins, an assistant professor of American Indian studies at San Francisco State University, found that captioning videos can significantly improve comprehension and test scores: https://news.sfsu.edu/video-captions-improve-comprehension-professor-finds.

Captions, transcripts and other video metadata are a form of Universal Design for Learning (page 2), which allows students to navigate to specific portions of videos that they need to review or study. It greatly improves learning and comprehension for people who identify as:

- Deaf or hard of hearing.
- Individuals with challenges in auditory or visual processing, focus, or attention.
- Second language English speakers. Captions help non-native speakers understand key concepts and interpret complex words and phrases.
- Multi-modal learners.

Tips and resources

- Purchase new materials with captions.
- If you search for a video online, including YouTube, add “CC” to the search box to produce captioned videos. Be sure to check the video for accuracy before sharing with your class.
- When you create and upload your own videos to YouTube or other sites, you can upload a transcript or edit auto-generated captions.
- Consider taking a free online captioning course to learn how to use and edit auto-generated text, such as https://cccaccessibility.org/training/self-paced-accessibility-courses.
- Zoom can upload captioned content of lectures recorded in the program when your video lecture is saved to the cloud. More instructions are posted in your division’s Canvas shell.
- The Distance Education Captioning and Transcription (DECT) grant is offered to expand access to remote learning education to all students: www.canyons.edu/academics/schools/learningresources/captioning/faq.php.
- Contact Jayne Sjodin (jhayes@citruscollege.edu) at Citrus College for questions about captioning videos.
DISABLED STUDENT PROGRAMS AND SERVICES

DSPS CLASSES

Strategies for Academic Success

DSPS 092: Study Skills for Students with Disabilities

DSPS 090: Empowerment for Students with Disabilities

DSPS 085: E-Text Basics

DSPS 088: Stress and Anxiety Management

Visit our website for further details

www.citruscollege.edu/stdntsrv/dsp
ASSISTIVE TECHNOLOGY TOOLS FOR STUDENTS

With Citrus College classes moving to remote delivery of instruction, consider using assistive technology (AT) to support your online learning. Even if you haven’t used AT before, you may benefit from these valuable tools and resources.

Kurzweil 3000 (www.kurzweiledu.com): This is online software with text-to-speech reading capability and a variety of study tools to assist with writing and reading comprehension. There is a free trial during the COVID-19 crisis.


Otter (www.otter.ai): Sign up for this free app, which can help with note taking by recording class lectures and presentations, then converting that information into text. The free, basic version allows up to 600 minutes per month. The premium version is $8.33 per month for 6,000 minutes. Students can receive 50% off the regular subscription price by using their Citrus College email account when they sign up.

JAWS, ZoomText and Fusion (www.freedomscientific.com): These programs assist blind and low-vision individuals with access to reading information on the internet or any digital document, like Word, PowerPoint or PDF. A free license is available through June 30 with any email address, or they are free for a full year with a Citrus College email account.

Ally: Now available to all students who use Canvas! This program allows students to convert course files into a different format. It is based on universal design principles for learning, where alternative formats provide greater opportunity for all students to access the information that they need. Alternative formats to course content can prove useful in many ways. While tagged PDFs and electronic braille format meet direct accessibility needs, other formats may work well for other users and learning styles. For example, try using the ePub, Audio or BeeLine Reader. Learn more about this amazing resource at:

- https://help.blackboard.com/Ally/Ally_for_LMS/Student/Alternative_Formats
- https://help.blackboard.com/Ally/Ally_for_LMS/Student/Quick_Start

For more information, contact DSPS by phone at 626-914-8675 or by email at dsps@citruscollege.edu.
BODY SCANNING: HOW TO RECOGNIZE TENSION IN YOUR BODY AND LET IT GO

What is body scanning?
Your body may register how much stress you are experiencing before your mind does. You may notice that your neck and shoulders tighten up throughout a stressful day. Body awareness can help with stress management. It is the first step toward acknowledging and reducing tension, which leads to pain. One exercise you can do to reduce muscle tension is simply pay attention to the sensations in your body in the moment, and then let go of this tension.

Internal versus external awareness
When we are present in the moment, we can more clearly observe our awareness of the world. External awareness includes stimulation of the five senses. This may include closely observing things you see, hear and feel. Internal awareness refers to any physical sensation, feeling, emotional discomfort or comfort inside your body.

Steps for body scanning
1. Pay attention to the rising and falling of your breath in your chest and belly.
2. Imagine your breath flowing into the soles of your feet and notice any sensation there.
3. Slowly focus your attention onto your ankles and lower legs, and continue to focus and breathe into each section of your body, simply noticing the sensations.
4. Proceed up your body with all parts of your body, including your knees, thighs, pelvis and hips. Work your way up to your head, including your jaw, scalp and temples. Take at least two to three minutes on each section of your body. Slowly observe and breathe into each area, while noticing any sensations before moving onto the next part of your body.
5. Go back to any areas, such as your shoulders or neck, that have excessive muscle tension. Gently observe your body and imagine that, as you breathe in, oxygen is opening up any tight areas.
6. Return to the top of your head and scan your body one last time for any areas of tightness. This entire process can take up to 20 to 30 minutes.