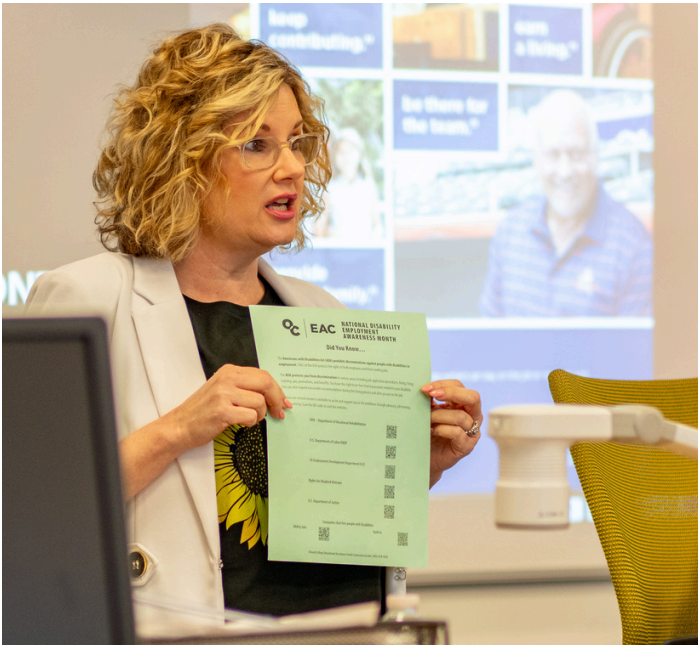




Educational Assistance Center

THE ADVOCATE: A Newsletter Devoted to Disability Equity

TOP NEWS OF THE MONTH: NATIONAL DISABILITY EMPLOYMENT AWARENESS



The Oxnard College Educational Assistance Center held an even on October 3, 2024 to commemorate and bring awareness to the many contributions of people with disabilities to America's workplaces and economy.

A special guest from the Department of Rehabilitation was in attendance to discuss employment resources and services available to individuals with disabilities. The event was well attended by more than fifty OC faculty, staff, and students. It is crucial that disabled workers have access to good jobs, every month of every year. Stay tuned for more EAC events in March of 2025 to celebrate developmental disabilities awareness month!



EVENT PHOTOS COURTESY OF CRESCENCIO FAJARDO

DO YOU HAVE A QUESTION OR SUGGESTION FOR NEXT MONTH'S CONTENT?

Contact Heather Molloy at heather_molloy1@vcccd.edu

HOW DO I SELF-REFER FOR LEARNING DISABILITY ASSESSMENT?

Learning disabilities look very different from one person to another. One person may struggle with reading and spelling, another may love to read but struggle with math. Still another may have difficulty understanding what others are saying or communicating out loud but write beautifully. Some people struggle remembering things that happened long ago. For others, the opposite is true, their long-term memory is great, but they struggle to remember things they just read. These are all examples of learning disabilities. If you are working hard in school but you feel like you aren't not getting the grades you should be or you feel like you are struggling in any of the scenarios mentioned above, please contact the Educational Assistance Center.

You may self-refer for learning disability assessment through Oxnard College's EAC. Self-referrals can be made in person or from the app or website. Assessment takes time and effort; however, if you qualify for services, the EAC can offer you educational accommodations such as priority registration, one-on-one counseling appointments, extra time on tests, audio books, and assistive technology. Learning disabilities assessment typically costs \$3,000-\$5,000, per applicant; however, testing at Oxnard College is FREE, so please take advantage of this great resource and see if we can help to even out your academic playing field!

EAC STAFF SPOTLIGHT: STACEY GOULD

Stacey is the primary educational assessor in the EAC. She has worked at Oxnard College since the Fall of 2014. She has also worked as a Learning Disability Specialist at California State University, Northridge (CSUN). Stacey is a Clinical Psychologist, who has worked in a variety of settings, both inpatient and outpatient. She enjoys working with the students and staff at Oxnard College and helping the students reach their academic potential.



When she is not working, Stacey enjoys spending time with her husband, 3 children, and their Labrador Retriever. Her interests include traveling, reading, and volunteering in the community.

ADHD AWARENESS

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month! Symptoms of this commonly misunderstood disorder start in childhood and often continue into adulthood, but they may look different across a lifetime. As a result, the needs for support and treatment may differ for adults and children.

THREE TYPES OF ADHD

- ADHD Inattentive Type: losing items, forgetting things, easily distracted or bored
- ADHD Impulsive Type: fidgeting, interrupting, restless or impatient
- ADHD Combined Type: symptoms from both types above

There's no single test to determine if someone has ADHD. If you believe you are experiencing symptoms of ADHD, talk to your doctor or another medical professional for information.

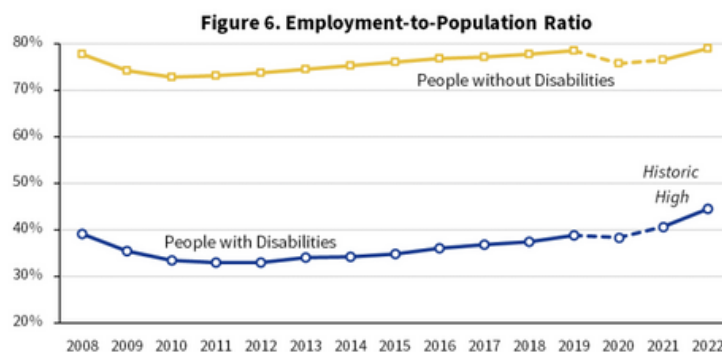
According to the Attention Deficit Disorder Association (ADDA), caffeine may help to improve symptoms attention deficit hyperactivity disorder (ADHD). Stimulants are a common treatment for ADHD and since caffeine is a stimulant, there is the possibility that it might help enhance focus, reaction time, vigilance, motivation, and logical reasoning in those with ADHD. Remember, personal responses to caffeine may vary!

DID YOU KNOW? HIDDEN DISABILITY

Learning Disabilities along with Attention Deficit Hyperactivity Disorder, Chronic Illnesses, and Mental Health Disorders are considered hidden or silent disabilities. A hidden disability is, simply put, one that cannot be seen when looking at someone. According to the CDC, 61 million adults across the U.S. identify as having a disability of some kind, and approximately 10% of those are invisible disabilities, which equates to more than 6 million adults whose disabilities cannot be seen.

DISABILITY EMPLOYMENT RISES

The U.S. Department of Labor recognizes October as Disability Employment Awareness Month! According to the 2004 annual report on people with disabilities in America by the National Institute on Independent Living and Rehabilitation Research, nearly 45 (44.5%) percent of people with disabilities were employed in 2022, which is a record high! This vulnerable population has traditionally had higher rates of unemployment; hence the need to celebrate those who contribute to the workforce!



HOUTENVILLE, A., & BACH, S. (2024).

ANNUAL REPORT ON PEOPLE WITH DISABILITIES IN AMERICA: 2024.

TIPS AND TRICKS: CAFFEINE FOR CALM AND FOCUS



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