NDSU NORTH DAKOTA STATE UNIVERSITY

STUDENT FOCUSED • LAND GRANT • RESEARCH UNIVERSITY

Welcome to Orientation

Student Wellness

- Career Center
  - 306 Ceres Hall
- Counseling Center
  - 212 Ceres Hall

Ceres Hall
1301 Administrative Avenue

Career Center

- Provides career resources to NDSU students and alumni
- Educate & assist students and alumni to successfully market themselves for employment and graduate school
- Promote & encourage experiential learning through an internship program
- Cultivate partnerships with employers of interns, graduates and alumni

Counseling Center

- No charge for individual, couple's or group counseling
- Staff:
  - Four doctoral level providers, four master's level providers
  - 7 graduate student trainees
- Services available:
  - Individual Counseling (Personal/Emotional, Academic, Career)
  - Couples' and Group Counseling
  - Academic skills and career development for-credit classes
  - Psychiatrist (no charge for services)
  - ADHD assessment ($20 fee)
  - 24-hour on-call counselor
  - Extended hours (Open until 7:00 PM on Tuesday and Thursday)
  - Stress reduction and coping skills education opportunities
    - Weekly meditation, stress and anxiety reduction workshop, opportunity to visit with therapy dogs, Mental Health First Aid Training

Student Wellness

- Disability Services (DS)
  - 170 WWC
- Student Health Service (SHS)
  - 102 WWC
- Wellness Center (WC)

Wallman Wellness Center
18th Street & Centennial Blvd

Student Health Service

- Full-service medical clinic and pharmacy
- Available to enrolled NDSU students
- Funded by student fees – no additional charge for unlimited office visits
- Services that result in a charge include:
  - Immunizations/injections
  - Laboratory services
  - Prescriptions/medications
  - Procedures
  - Treatments/supplies
  - X-ray exams
- We **DO NOT** bill insurance
  - It is the responsibility of the student to submit claims to their own insurance for reimbursement
  - **Exception**: Pharmacy is able to process claims with most insurance companies
- Appointments may be scheduled:
  - Online through the Student Health Portal
  - Phone: 701-231-7331
  - In person at the reception desk
- Medical staff include:
  - Medical Doctor (MD)
  - Nurse Practitioners (NPs)
  - Nurses (including RNs and LPNs)
  - Medical Technologists
  - Pharmacists
  - Radiologic Technologist
- Other staff include:
  - Registered Health Information Technicians (RHIT)
  - Certified Health Education Specialist (CHES)

Wellness Center

- Facility (3-floors)
  - Cardio & strength equipment, walking/running tracks, 3 gyms, multi-activity court, racquetball courts, studio space, climbing wall & aquatics
- Aquatics (coming Fall 2016)
  - A 6-lane lap pool, lounge/leisure pool, wet classroom and sauna are located in the aquatic addition
- Fitness Programs
  - Include group exercise, personal training, fitness evaluation & group fitness programs like Bison Boot Camp
- Open Recreation
  - Basketball, volleyballs, table tennis & more can be checked out for use
  - A 33' climbing wall located on 1st floor
- Intramural Sports
  - 2 sessions are offered each semester, including a variety of sports from basketball to wallyball
- Club Sports
  - Offer the excitement of completion with a social experience. Club sports is more competitive and organized than intramural sports but does not demand the level of commitment or time that a varsity sport would.
- Dietician
  - Free appointments for students focusing on nutrition, budget management, weight-loss & more
- Child Care
  - Reservations and drop-in day care available for enrolled students

NDSU DISABILITY SERVICES: Accommodating Students with Disabilities at NDSU

BUNNIE JOHNSON-MESSELT, DIRECTOR
JEN ERICKSON, DISABILITY SPECIALIST
BETH FIECHTNER, ACCOMMODATION COORDINATOR
JUDY DUBOIS, ADMINISTRATIVE SECRETARY

Civil Rights and the Law

Legislation prohibiting discrimination based on disability, to ensure equal access for people with disabilities:

- The Americans with Disabilities Act, 1990
- The ADA Amendments Act, 2008
- 504 of the Rehabilitation Act, 1973
- 508 of the Rehabilitation Act, 1973
- Higher Education Amendments Act

Who is a ‘person with a disability?’

- A "person with a disability" is defined as any person who
  - (1) has a physical or mental impairment that substantially limits one or more major life activities,
  - (2) has record of such an impairment, or
  - (3) is regarded as having such an impairment

- Examples of major life activities include walking, seeing, hearing, speaking, breathing, learning, working, caring for oneself, and performing manual tasks

What is the role of Disability Services?

- Determine eligibility as student with a disability
- Determine appropriate accommodations for students with disabilities
- Provide verification letters for the student to give to instructor/s recommending specific accommodations
- Consult with instructors to implement accommodations
- Maintain confidential records for each student
- Provide disability-related assistance to students, staff and faculty, as needed

Eligibility Process

- Student self-discloses disability to DS office.
- Student submits documentation and completes an intake.
- Student requests specific accommodation(s). Verification paperwork is prepared for student.
- Student utilizes accommodation(s) and meets with instructors of his/her courses.
- Student reports any problems with accommodations to the DS office as soon as possible.
- Student advocates for self with faculty and staff.

Student Rights & Responsibilities

Students have a right to:

- Confidentiality/privacy of disability-related documentation/information
- Equal access to university programs and facilities through reasonable accommodations
- Information and advisement, promoting self advocacy whenever possible
- Appeal decisions related to accommodations if they feel their requests have not been adequately addressed.
- They have a responsibility to open a file with Disability Services, self-disclose relevant information about their disability and request accommodations in advance of the need

Reasonable Accommodations

- Reasonable accommodations are provided to ensure equal access to the educational opportunity
- Unreasonable accommodation
  - Poses a direct threat to the health or safety of others
  - Makes a substantial change in the essential element of the curriculum
  - Makes a substantial alteration in the manner in which the service is provided
  - Poses an undue financial or administrative burden

Examples: Accommodations/Auxiliary Aids

- Testing Accommodations (extended time, distraction reduced environment, readers, scribe)
- Note Taking
- Books in Audio or Electronic Format
- Preferential Seating
- FM System, Sign Language Interpreter
- Open and Closed Captioning
- Residence Life Room/Dining Needs
- Priority Registration

Transition Tips for Parents

- Shift from advocate to advisor
- Assist student in understanding and explaining the disability
- Use communication strategies (trust, self-responsibility, belief in students, interested)
- Know campus resources for additional support

Assistive Technology= Livescribe Smartpen

- http://www.youtube.com/watch?v=J2q8_fR0ITI

Assistive Techonology= Read&Write

- http://www.youtube.com/watch?v=_2xrJHlqwEQ&list=PL487B81D06E533496

QUESTIONS ¿¿¿¿