

Faculty Focus

DRC Launches Liaison Program

The Disability Resource Center launches a new liaison program geared towards each of the Colleges on campus. The liaison is here to answer any questions you may have regarding the DRC and/or refer you to another staff member who can assist you. Our goal is to build a strong relationship with each of the Colleges and for each College to have a contact within the DRC who can provide you with assistance. We look forward to meeting and working with you in the future!—**Natascha Rodriguez, Assistant to the Director**

College	Liaison	Extension
College of Agriculture	Erlynn Johnson	3270
College of Business	Adam Navarro	2031
College of Education and Int. Stud.	Catherine Schmitt Whitaker	5257
College of Engineering	Paula Sosta	4096
College of Environmental Design	Veronica Calvary	3333
College of Letters, Arts, Social Sc.	Gina Dravis	5359
College of Science	Gently Ang	3634
Collins College of Hospitality Man.	Natascha Rodriguez	4890
Student Affairs	Chad Bowman	4407



Did You Know that

- ⇒ DRC counseling conducted 181 intakes for the 2007-2008 academic year.
- ⇒ DRC alt media converted 581 textbooks into an alternate format for the 2007-2008 academic year.
- ⇒ DRC testing administered 3505 exams for the 2006-2007 academic year.
- ⇒ DRC front office answered 3915 phone calls and assisted 6125 students/faculty/guests from Fall 2007-Spring 2008.
- ⇒ 22 DRC students in CLASS had a GPA of 3.0 or higher for the Fall 2007 quarter.
- ⇒ 14 DRC students in College of Engineering had a GPA of 3.0 or higher for the Fall 2007 quarter.
- ⇒ 13 DRC students in College of Science had a GPA of 3.0 or higher for the Fall 2007 quarter.

Student Focus

Do I Have ADHD?



1) Do you often interrupt others so as not to forget what you want to say?

Yes No

2) Do you *hyperfocus*; that is, do you focus *so much* on certain tasks that it's difficult to stop what you're doing

and shift to other important activities that you know you *should* prioritize?

Yes No

3) Do you frequently find it really hard *not* to give in to an impulse, such as shopping, gaming, drinking alcohol, or using recreational drugs?

Yes No

4) Do you regularly give in to distractions when you should be focusing on the task at hand? (E.g., straightening up your cluttered room even though you should be getting ready to go to class or work.)

Yes No

5) Do you often feel a need to keep busy and are unable to sit still without fidgeting, tapping, shifting, or otherwise feeling restless? If not, do you often feel sluggish, tired, and unmotivated to get started on tasks?

Yes No

6) Do you get easily bored with tasks that require a lot of concentration and focus, and therefore have to shift from one unfinished activity to another?

Yes No

7) Are you often unable to return to the task you were working on after being unexpectedly interrupted?

Yes No

8) Is it often difficult for you to stay on task when working independently, preferring instead to work with others or to receive clear instructions and steps on what you're expected to do?

Yes No

9) Were you hyperactive and hard to control as a child? If not, were you a quiet daydreamer who was bored and lost in your own thoughts but who most teachers liked because you didn't give them much trouble?

Yes No

10) Were you a hyperactive and inattentive child who is still an inattentive *but much calmer* adult?

Yes No

11) Are you a creative person who is known to think "outside the box" and have ideas that other people might consider "different?"

Yes No

If you answered "yes" to most of these questions, there is a good chance that what you've been experiencing is part of a larger neurodevelopmental disorder called Attention Deficit/Hyperactivity Disorder (ADHD). Although accurate diagnosis involves much more than checking off items on a list, answering such questions is the first part of any good clinical evaluation, and your and others' observations of your behaviors are an important source of information towards making that diagnosis.

ADHD is not trivial. It is a disorder that involves a significant deficiency in a set of psychological abilities that seriously limit the lives of those who have it. If you suspect that you might have ADHD and your symptoms have caused impairment in your major life activities at home, school, and/or work, consider consulting a medical doctor or clinical psychologist who is *experienced* with the disorder. You may also consult with the Disability Resource Center, who can then make the appropriate referrals and help point you in the right direction.

In the next part of this series, I will share the current scientific views about ADHD and dispel some of the myths and misunderstandings about the disorder, including the issue of medication. I'll round out the series by coaching you on some strategies and lifestyle changes that have been known to help those with ADHD.—**Gently Ang, Ph.D., LD/Mental Health Specialist**

Dr. Gently Ang is the Learning Disability and Mental Health Specialist at the DRC. She is a clinical psychologist specializing in the neuropsychological assessment of ADHD and cognitive disorders that impact learning and memory across the life span. She is also trained in psychodynamic therapy and has a private practice in Pasadena.

Highlights

Dr. Wei-Jen Lin is Named DRC Professor of the Quarter



There are many good professors, and there are many great professors. Then there are professors who are great, and still have the ability to go above and beyond their call of duty. The DRC Professor of the Quarter Committee is committed to acknowledging professors that have done an outstanding job. These professors are exceptional people and they have the ability to assist in the success of their students, regardless of any accommodation needed.

One professor that stood out in a DRC student's mind was Dr. Wei-Jen Lin, Professor of Microbiology for the College of Science. Dr. Lin does an amazing job of integrating the real world into her lecture. She applies all the information given to many different business sectors, whether it be pharmaceutical or food companies, or even medical facilities. This application of knowledge is a great teaching tool; it enables students to understand the importance of the information being giving to them. In addition to Dr. Lin's application, she enjoys staying in touch with her students once they have left the University and started their careers. This shows the genuine care that she has for her students. As a DRC student stated, "She is an A+ professor in all regards." Congratulations to Dr. Wei-Jen Lin for being the DRC Professor of the Quarter for Spring 2008.

—Kristi Brask, Professor of the Quarter Committee Member

DRC Staff Highlight

My name is Gina Marie and I was born in California and currently reside in Corona for the past 12 years. I have been employed by Cal Poly Pomona for over 17 years. I feel like CPP is my second home.

I am the Hard of Hearing/ Deaf and Student Advisor here at DRC. I am also a sign- language interpreter and part of my job is to fill in when necessary. Sign language has been a passion of mine since I was 13 years old.

When I have free time I love to travel. My travels have taken me to the Southern Caribbean, Italy, Switzerland, Hawaii, Southern United States, Jamaica and Cozumel. I am currently planning a trip to Greece and Istanbul for next year. This year I'll be camping in the Sequoias and the beach. When I am not traveling, I am visiting my four nieces and watching my two nephews play baseball.

—Gina Dravis, Hard of Hearing and Support Services Advisor



IMPORTANT DATES

- ◆ **Winter Priority Registration**
October 20-21, 2008
- ◆ **Pizza w/DRC October 14, 2008,**
12:00PM-1:00PM

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BUILDING 9, ROOM 103

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