

# Notre Dame College Academic Support Center for Students with Learning Differences



## From The Desk of Gretchen Walsh

### Happy New Year and Welcome Back to the ASC 2007

For those of you who are freshman, congratulations on having made it to the second semester of your first year in college! For those of you who are sophomores, juniors and seniors, college has already become a familiar setting, and you are now looking ahead at internships and possible careers. Whatever your goals for Spring 2007, the Academic Support Center, along with Kristina Shiever, M.Ed. PC, and Dr. Michael Manos, is here to help you achieve your potential.

When reviewing last semester and looking forward to all the activities and events that we have planned, I am struck by how lucky you are to have a support system like the ASC to assist you through your college experience. At the ASC, you have highly qualified cheerleaders pushing you forward to achieve your best. Each of you has been assigned to an ASC coach, whom you will meet with at a weekly standing appointment. This ASC coach or mentor will review your syllabi and planner, guiding you to complete all papers and assignments in a timely manner. One goal that I would like every ASC student to work on this semester is to eliminate or lessen academic procrastination. My hope is that with the help of your ASC coach, you will arrive at a plan of action to complete assignments and prepare thoroughly for tests. You should then follow up your standing appointment by scheduling a second appointment in which you will continue to polish writing skills or review math concepts, depending upon your needs.

A second reason why I feel that the ASC students are so very fortunate is that they participate in weekly "Transfer to Action Support Groups" with Kristina Shiever and Dr. Manos of the Cleveland Clinic. During these sessions, you will be able to set goals and increase executive functioning. Tina will meet with each of you individually in the first two weeks to answer any questions on medication, any personal issues that may be troubling you or just to set goals on an individual basis. After your individual appointment, you will meet with Ms. Shiever in small groups of four or five students.

With certainty we can promise each of you a successful semester if you attend class and keep your appointments with the ASC.

#### Self Advocacy

- Learn how to describe any challenges that you may face in four easily understood sentences.
- Learn to identify resources and individuals who can help. Practice asking for assistance and gracefully accepting it when it is offered.

#### Studying in College

- You need to study at least 2-3 hours *outside* of class for every hour in class.
- You need to review class notes and text materials regularly.
- It is up to you to read all assigned material.

#### Director

Gretchen Walsh

#### Assistant Director

Mary Jo O'Neill

#### Lead Instructional Advisors

Gina Flynn  
Molly Pifer

#### Instructional Advisors

Meriah Duncan  
Dorothy Power  
Dave Curran  
Judy Curran

#### Administrative Assistants

Meg Barrett  
Carol Sisson

### Spring Semester 2007 Dates to Remember

#### January 17

Transfer to Action—  
Individual Appointments

#### January 24

Transfer to Action  
Individual Appointments

#### January 31

Transfer to Action  
Meeting Groups 1&2

#### February 7

Transfer to Action  
Meeting Groups 3&4

#### February 14

ASC Advisory Board  
Meeting

#### February 14

Transfer to Action  
Meeting Groups 1&2

#### February 21

Transfer to Action  
Meeting Groups 3&4

#### February 28

Transfer to Action  
Meeting Groups 1&2

#### March 2

International Dyslexia  
Association Convention



## The Joy of Teaching

Submitted by Judy Curran and Molly Pifer

Who said teaching isn't fun when students come up with gems like these!

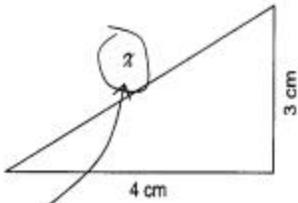
$$\frac{1}{n} \sin x = ?$$

$$\frac{1}{\cancel{n}} \sin \cancel{x} =$$

$$\text{six} = 6$$

$$\frac{\sqrt{2}}{2} = \sqrt{\quad}$$

Find x.



Here it is

Peter
4c) Expanded
$(a+b)^n$
$= (a + b)^n$
$= (a + b)^n$
$= (a + b)^n$
$a_n$

“Commitment, hard work, sincerity and planned efforts are the main keys to success in every profession.”

## From the Desk of Mary Jo O'Neill Get Organized for the Spring Semester

**Step One:** Clean out your binders and put all your information from last semester into your large black file.

**Step Two:** When you pick up your accommodations from Gretchen you will also receive a new planner. Write in your schedule each semester using a pencil.

**Step Three:** After filling in your class schedule, write in anything extra: work schedule, sporting events and family commitments.

**Step Four:** Outline what needs to be accomplished for each week. Your instructional advisors can assist you with this and with your time management.

Think positive and remember to reward yourself!

## Tips for a Successful Semester

By Gina Flynn

### Schedule

Time is your most valuable asset in college; unfortunately, it is also the easiest to misuse. In order to obtain the benefit of time, you need to create a schedule. A schedule should include not only work time, but also, time for relaxation and fun. Remember all schedules can be revised and will need to be revised due to changing events. Finally, schedules only work if you stick to them so create, revise, and stick with your schedule.

### Read

Keep up with your reading assignments so you will be prepared for class. The goal for reading is comprehension, not speed. If you find you do not comprehend your reading, stop and evaluate the situation. Determine what is preventing you from comprehending and take steps to correct. If your environment is distracting, then find an environment where you can concentrate. If the amount of reading you have is overwhelming, then break it up. Remember you are the only one that can prepare yourself.

## Audioconference Generates Ideas for ASC Strategy

By Meriah Duncan

The Academic Support Center staff participated in an audio conference: ADHD Coaching – Designing Strategies to Move Disorganized Thought to Purposeful Behavior on January 18 sponsored by The Association on Higher Education And Disability (AHEAD) .

The conference introduced the strategy of coaching as an effective approach to working with individuals with ADHD. Coaching focuses on an individual's performances and behaviors, addresses deficits in executive functioning, and develops self-monitoring. This strategy, which can be implemented with students transitioning from high school to college, helps “keep the player focused on the task at hand and offers encouragement along the way. The coach can stave off a reversion to old habits of procrastination, disorganization, and negative thinking” (Hallowell & Ratey, *Driven to Distraction*).

ASC Instructional Advisors will begin implementing this strategy learned from the teleconference, offering ASC students opportunities that empower them to succeed.

## Exam Week Winners

Congratulations to Melissa Lee and Justin Brown for making and keeping appointments during exam week. Their names were drawn from a box containing the names of all our students who visited the ASC during that week. Congratulations to all who took advantage of the ASC during exam week.



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