



FOR IMMEDIATE RELEASE

September 10, 2012

BOOT CAMP FOR COLLEGE STUDENTS WITH DISABILITIES

Free Public Seminar at Cascadia Community College

(Bothell, WA) – With the beginning of fall quarter a few weeks away, most of the state’s public college campuses are already bustling with activity as students scramble to finalize their schedules, take math refresher courses, and purchase textbooks. On Thursday, September 13, Cascadia Community College will be populated by a very specific student population.

“Nationally, at least 6% of college students are dealing with disabilities like learning disorders, mobility or health impairments, or mental illnesses,” explains Rosemary Loftis, the Director of Disability Services at Cascadia Community College. “The actual percentage is probably much higher. The truth is most students with disabilities enter college not knowing how to advocate for themselves, and that was the impetus for developing this seminar.”

Cascadia is offering a free daylong “College Survival Skills Boot Camp” for college students with disabilities and regional college staff members who support this student population. Attendees will hear from medical and social service experts who specialize in a variety of disabilities including ADHD, anxiety, Asperger’s Syndrome, and depression, and get advice about how to self-advocate in college.

“The typical student with disabilities spends at least twice, if not three times, as many hours studying for classes as students without disabilities,” says Michelle Edwards, Cascadia student and president of the college’s Disability Student Alliance Club. “It’s important that students with disabilities are recognized as part of campus diversity so that we can stop feeling shame when asking for assistance.”

COLLEGE SURVIVAL SKILLS BOOT CAMP

Thursday, September 13

8:00am-4:30pm

North Creek Events Center

Cascadia Community College

18345 Campus Way NE, Bothell, WA 98011

Call 425-352-8128 to RSVP and make accommodations

AGENDA

8:00-8:30 registration

8:30-9:45 Dr. Harlan R. Gephart, Children's Hospital, "The Science of ADHD"

10:00-11:00 Barbara Bennett, Educational Therapist, "Strategies for Success"

11:00-12:00 Andrea Kadlec, Disability Rights Washington, "How to Self-Advocate"

12:00-1:00 free pizza lunch

1:15-2:00 Dr. Steve Becker, psychologist, "Self-Advocacy Skills"

2:15-3:00 Andrea Kadlec, Disability Rights Washington, "How and When to Disclose"

3:15-4:15 Dr. Rodger Meinz, psychologist, "How to Stay Successful"

Cascadia Community College transfers more than 70% of its students to four-year degree programs. It has earned a national reputation for its high transfer rate and innovative approach to student-centered learning. Cascadia Community College is an equal opportunity institution and does not discriminate on the basis of race, color, religion, sex and/or gender, disability, national origin, citizenship status, age, sexual orientation, veteran's status, or genetic information. All Cascadia materials are available in alternative formats and can be requested by contacting the Human Resources office.

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For event information please contact 425-352-8128. Media inquiries should be directed to 425.352.8491.