

Counseling, Testing, and Accessibility at UA

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Director of Testing, Psychologist

www.uakron.edu/testing

Myth or Fact?

- ? Going to counseling means something is *really* wrong with me.
- ✓ Myth – most people in counseling just need support through a difficult time.

- ? Everyone will know if I go to counseling.
- ✓ Myth – counseling is confidential.

- ? Nearly half of Americans have attended counseling.
- ✓ Fact – more than 4 in 10 Americans report having seen a counselor.

- ? Going to counseling is no different than talking to a friend or family member.
- ✓ Myth - counselors are professionals trained to maintain boundaries, and provide interventions focused on your goals and need.

- ? Counseling has stronger research support than medication.
- ✓ Fact – counseling is based on decades of intensive study showing better outcomes than any medications.

Who are the Counselors?

- A team of diverse staff members including Licensed Psychologists, Psychology Pre-Doctoral Interns, and Doctoral Practicum Psychology Trainees
- We provide comprehensive culturally-responsive psychological counseling and testing services
- Meet the Staff: www.uakron.edu/counseling/staff

Counseling Services

Open to all University of Akron students

FREE AND CONFIDENTIAL

Group, individual, career, and educational counseling – in-person and virtual available (must be in Ohio)

Learning Disability/ADHD/Autism testing, psychological testing

Workshops and Outreach

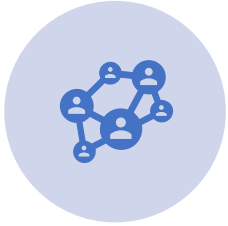
Accredited by IACS (International Accreditation of Counseling Services), Internship accredited by APA (American Psychological Association)

When to seek counseling services

- Anxiety/depression
 - Up to 70% of students may experience anxiety and/or depression at some point during their degree
- Academic distress
 - Don't wait until you are really struggling!
- Relationship distress
- Stress management
 - Transitions and balancing roles are always challenging



School is a marathon – not a sprint!



CONNECT WITH AND
HELP OTHERS



BREATHE AND RELAX



FOCUS ON THE BIG
PICTURE



BE KIND TO YOURSELF!



NUTRITION, SLEEP, AND
EXERCISE



LAUGH, PLAY, AND
SPEND TIME WITH
LOVED ONES



How to seek counseling services

- Located in Simmons Hall 306
- Monday – Friday 8 am to 5 pm
- Call us at 330-972-7082 to schedule an intake with a counselor
- Intakes are same day
- www.uakron.edu/counseling





UNIVERSITY OF AKRON *TESTING CENTERS*

Counseling & Testing Center (CTC)

- 15 computer seats, 16 accessible paper seats
- Proctor wide range of exams including accommodated course testing, make-up testing, national standardized testing programs, certification/licensure, psychological assessments

Director: Sara Rieder Bennett

Testing Specialist: Meghan Redle, Sarah Weaver

Graduate and undergraduate test proctors

CTC – Testing Services Mission

Testing Services adheres to the mission of the Counseling & Testing Center and promotes community engagement and student learning, success, and retention by providing a standardized testing environment for University and community members. The Testing Services differentiates itself and the University by its certification through the National College Testing Association (NCTA) and adheres to the NCTA Professional Standards and Guidelines.

- Member of NCTA, Great Lakes College Testing Association, and NCTA Proctoring Network

UNIVERSITY OF AKRON *TESTING CENTERS*

Computer Based Assessment & Evaluation

- 82 computer seats in main lab with 2 distraction-reduced computer testing rooms
- Proctor course testing (LMS) and placement testing for incoming UA students
- Report through CTC in Student Affairs

CBAE Manager: Kito March

Staff: Josh Rivas, Todd Christenson, Sarah Weaver (part-time in both locations)

Student Monitors



UNIVERSITY OF AKRON TESTING CENTERS

Office of Accessibility

- 4 testing rooms, 7 total testing seats with overflow space available
- Proctor course testing for students with accommodations like: reader, scribe, and adaptive technology, as well as those who may need a private room.
- Report to Executive Director in CTC under Student Affairs

Director: Jessica DeFago
Office Manager: Rachael Kosar
Disability specialists, service coordinators, and student staff





Testing Services

Counseling & Testing Center, Simmons Hall 304, 330-972-7084

www.uakron.edu/counseling/testing

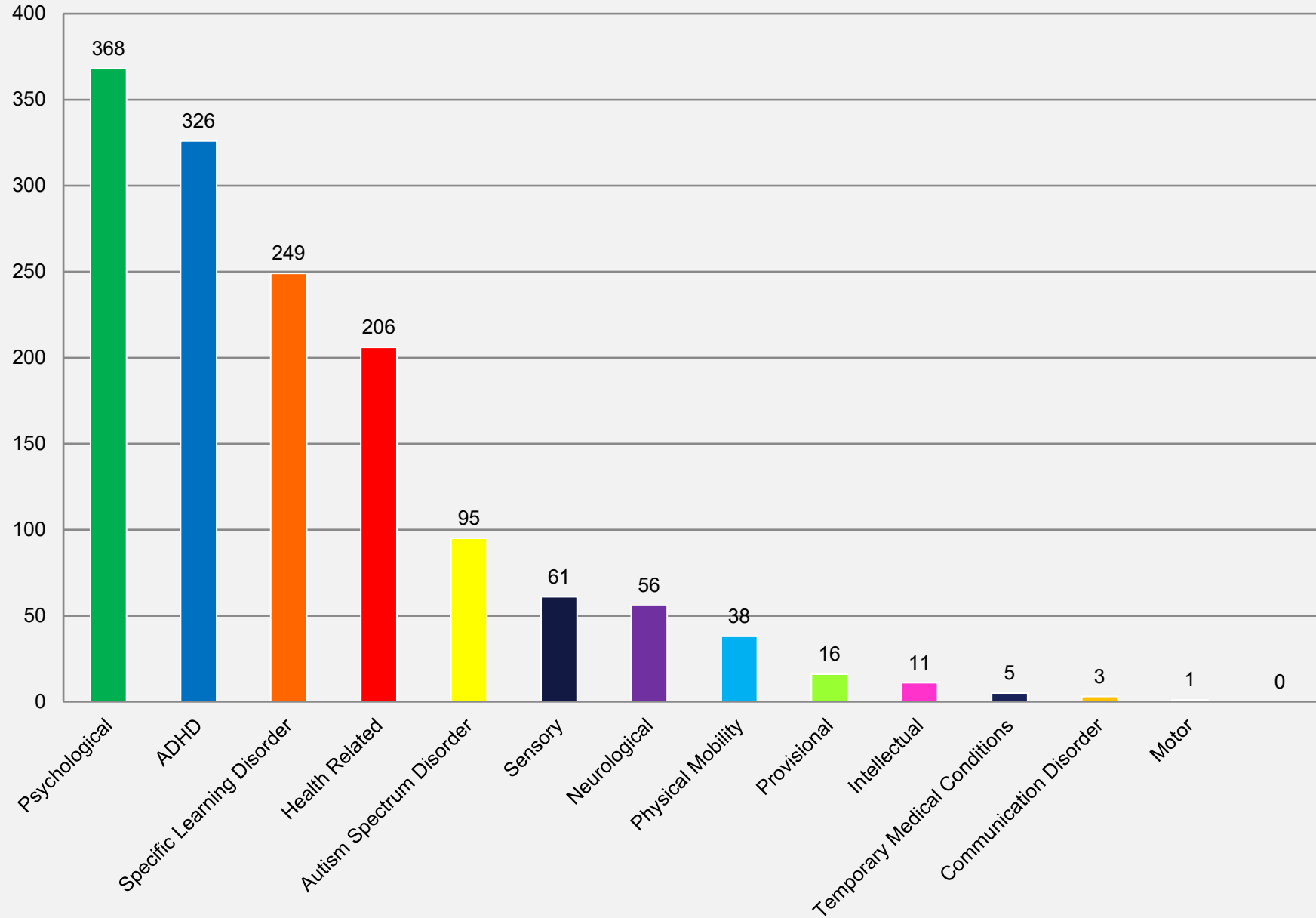
For placement testing for incoming students, see www.uakron.edu/placement. New students have received an email indicating any required placement testing prior to Orientation.

For general campus-wide testing information, see www.uakron.edu/testing



THE UNIVERSITY OF AKRON
OFFICE OF ACCESSIBILITY

Active Students by Disability



REGISTER WITH THE OA

IT'S EASY AS 1-2-3

1. Application

Complete the online application at www.uakron.edu/access.

2. Documentation

Submit current documentation from a qualified treatment professional. Guidelines are available at www.uakron.edu/access/forms.

3. Appointment

Make an appointment to meet with a Disability Specialist to determine reasonable accommodations once required documentation is received.

Documentation Guidelines

Documentation Guidelines:

- [Documentation Verification for Attention Deficit Hyperactivity Disorder](#)
- [Documentation Verification for Autism Spectrum Disorder](#)
- [Documentation Verification for Emotional Support Animals \(ESA\)](#)
- [Documentation Verification for Hearing Impairment/Deaf](#)
- [Documentation Verification for Intellectual Disability/Specific Learning Disorder](#)
- [Documentation Verification for Physical Disability](#)
- [Documentation Verification for Psychological Disability](#)
- [Documentation Verification for Seizure Disorder](#)
- [Documentation Verification for Temporary Medical Condition](#)
- [Disability-Related Housing Request Form](#)

Handbooks:

- [Law School Handbook](#)
- [Student Handbook](#)
- Student Handbook Supplements
 - [Accessible Parking and Transportation Services](#)
 - [Adaptive Technology](#)
 - [Alternative Media](#)
 - [Animal Guidelines](#)
 - [Attendance and Disability](#)
 - [Campus and Classroom Accessibility](#)
 - [Captioning](#)
 - [Emotional Support Animals \(ESA\)](#)
 - [Notetaking](#)
 - [Personal Care Assistance](#)
 - [Provisional Support](#)
 - [School of Law Students](#)
 - [Sign Language Interpreters](#)
 - [Testing Accommodations](#)
 - [Transcriber and CART](#)
- [Transition Handbook](#)

Other Forms:

- [Appeal Form](#)
- [Audio Recording Agreement Form](#)
- [Counseling Center - On Campus Proctor Sheet](#)
- [Release of Information](#)

<https://www.uakron.edu/access/forms/>

TIPS:

- Use OA's Documentation Guidelines
- IEP is not sufficient- Include ETR!!
- Have professionals link limitations to accommodation recommendations
- Provide current documentation
- **REMEMBER:** Services will look very different in college!!

ADDITIONAL SUPPORTS

- Information Sessions
- Accommodations for Placement Exams
- Academic Support Sessions with a Disability Specialist
- RLH Accommodations
- Individual disability related student appointments
- Campus physical accessibility walk-throughs
- Campus wide consultation
- College2Careers - Opportunities for Ohioans with Disabilities
- Referral Services and Bridging Connections
- Educational Outreach



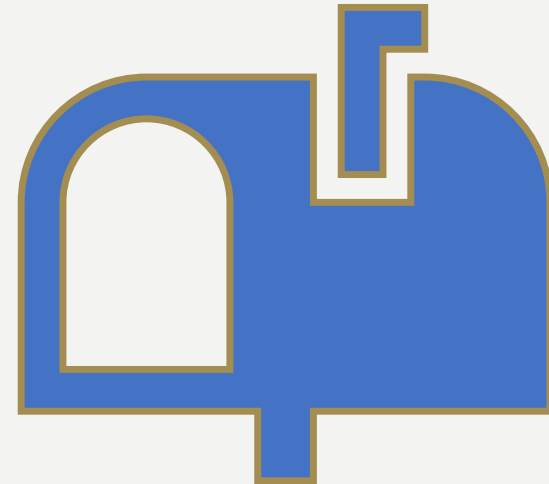
OFFICE OF ACCESSIBILITY CONTACT INFORMATION

Website: <https://www.uakron.edu/ACCESS/>

Email: access@uakron.edu

Phone Number: 330-972-7928

Physical Location: Simmons Hall, 105





Questions?

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