



Educational Assistance Center

Winter (break) is coming! 😄

THE ADVOCATE: A Newsletter Devoted to Disability Equity



TOP NEWS OF THE MONTH

EAC ENROLLMENT OUTPACING OC ENROLLMENT

Our EAC office is busier than ever! While our campus has increased its unduplicated student enrollment from 11,333 to 12,484 over the past 4 years (as per our OC Program Review), our EAC department has increased its own unduplicated student enrollment from 538 to 1,020 over those same years! That's a 10% increase campuswide compared to a 90% increase in our department. We must be doing something right!

In addition to academic counseling, our EAC counselors assuage unique student concerns, assess learning styles, provide and describe accommodations, perform mid-semester progress check-ins, and regularly collaborate with faculty. And they still (usually) have time to eat lunch! So, the next time you see one of our counselors on campus, give them a pat on the back. Those numbers we listed above are largely due to their service.

EAC COUNSELORS ROCK

EAC wishes all of our wonderful faculty and professional staff a Happy Holiday Season!

A PERCEIVED INCREASE IN ADHD

EAC provides accommodations to students diagnosed with Attention-Deficit/Hyperactivity Disorder in an effort to help them focus on their course material and perform well on exams. The percentage of individuals diagnosed with ADHD has nearly doubled since the turn of the century, and our EAC counselors are often asked why. Good question! Several theories have emerged to explain this trend:

1. **Greater Awareness and Understanding:** Increased awareness of ADHD among parents, educators, and healthcare professionals has led to more individuals being diagnosed. The stigma associated with mental health issues has diminished, encouraging more people to seek evaluations.
2. **Changes in Diagnostic Criteria:** The criteria for diagnosing ADHD have evolved over time, becoming broader and more inclusive. This has resulted in more individuals qualifying for a diagnosis that may not have been recognized in previous decades.
3. **Environmental Factors:** Some researchers suggest that environmental influences, such as increased screen time, exposure to toxins, and dietary changes, may contribute to rising ADHD rates.
4. **Educational and Societal Demands:** The modern educational system places higher demands on students, which may exacerbate attention-related issues. The fast-paced, highly structured nature of contemporary learning environments might highlight or create challenges for individuals with ADHD.
5. **Genetic Factors:** Research indicates that ADHD has a significant genetic component. As diagnostic practices have improved, it is possible that more individuals with a genetic predisposition to ADHD are being identified.
6. **Cultural Shifts:** Changes in parenting styles, lifestyle, and the structure of family life may also influence how ADHD is perceived and diagnosed.

In other words, we aren't sure why. But one thing is for certain: If a student has ADHD, EAC has their back!

RECOGNIZE THESE NAMES?

According to ADDitude Magazine, the following massively successful people have ADHD:

- Simone Biles
- Tom Holland
- Michael Phelps
- Greta Gerwig
- Justin Timberlake
- Ellen Degeneres
- Emma Watson
- Trevor Noah
- Mel Robbins
- Johnny Depp
- Terry Bradshaw
- Adam Levine

CONNECT WITH US

805.678.5830

oceac@vccd.edu



@oc.eac



AN IDEA TURNS 50

December 2 is National Special Education Day, a time to reflect on the immense strides made in the education of students with disabilities, thanks in large part to the Individuals with Disabilities Education Act (IDEA). Enacted in 1975, IDEA ensures that all children with disabilities have the right to a free appropriate public education tailored to their individual needs. Prior to this landmark legislation, students with special needs were often excluded from the educational system and received minimal support.

Since the implementation of IDEA, educational institutions have developed specialized programs, resources, and accommodations that empower students with disabilities. This not only enhances their learning experiences but also promotes greater inclusivity within schools. IDEA emphasizes the importance of Individualized Education Programs (IEPs), which are tailored to meet the specific requirements of each student, ensuring that they receive the necessary support to thrive academically and socially.



For students attending Oxnard College, IDEA provides an essential framework for success. The college can implement support systems tailored to the unique needs of students with disabilities, such as adaptive technologies, tutoring services, and counseling. These resources help create an equitable learning environment, fostering both academic achievement and personal growth. Celebrating National Special Education Day reminds us of the progress that has been made and the ongoing commitment needed to support all learners from kindergarten through college.

EAC STAFF SPOTLIGHT: DELLA NEWLOW



Della Newlow is a Learning Disability Specialist at Oxnard College. In her classes at Oxnard College, she encourages her students to reach out and try, and then try again. She believes in every person's ability to push through their discomfort and anxiety related to learning to find joy, fun, and meaning as they pursue their education.

Della is a member of the Academic Senate, fiercely advocating for students with disabilities. She is currently the Sabbatical Chair. In the past, she has served as co-chair of the Campus Use & Safety Committee and as an Academic Senate Treasurer.

DO YOU HAVE A QUESTION OR SUGGESTION FOR NEXT MONTH'S CONTENT?

Contact Leo Orange at lorange@vccd.edu