Onondaga Pathways to Careers (OPC) at Onondaga Community College (OCC)

…for Young People with Disabilities

Greetings!

Orientation Held for Newest OPC Scholars and Supporters

OPC hosted its kick-off event for the 2016-2017 Scholars Program on Saturday, October 29th, at OCC's main campus. The OPC Scholars Program is a college preparatory program that engages high school seniors with disabilities in college and career planning, leadership development, life skills development and opportunities to visit high demand job sites in the region. Twenty-eight high school seniors attended the event with their families or others who are part of their support network to become oriented with the OPC Scholars Program and learn about potential opportunities to become part of the OPC college program. Students participated with OPC staff in team-building activities and developed expectations for each other, while families and others participated in a workshop on the college financial aid process and FAFSA, presented by Rebecca Rose, Director of Financial Aid at OCC. This year's cohort of OPC Scholars are from the following school districts: Syracuse City School District, Baldwinsville Central School District, Central Square, Jamesville-Dewitt, East Syracuse Minoa, Little Falls, Altmar-Williamstown-Parish, LaFayette and Cicero-North Syracuse.

Kristin Fleschner Presents Blind Ambition for Universal Accessibility

On Monday, November 7th, OPC hosted Kristin Fleschner as part of the Fall 2016 UDL Academy Speaker Series. Kristin is a foreign affairs officer with the Bureau of Democracy, Human Rights and Labor in the U.S. Department of State. She spoke to about 60 members of the OCC community on her experiences navigating higher education and work as a person with a disability. Kristin also presented a documentary of her experiences as a Harvard Law School student and the role of her guide dog Zoe. The event was video-recorded, and will soon be captioned and made available on the OPC website.

Learn more about Kristin at:

http://www.state.gov/r/pa/ei/pix/womenshistory/2015/238163.htm

Watch her documentary, "Blind Ambition" at:

http://hls.harvard.edu/dept/dos/accessibility/blind-ambition/

Reduce Stress and Manage Test Anxiety

Most students experience a little nervousness before a test. It's normal and can actually help you feel alert and focused. But if stress and test anxiety are negatively affecting your performance, you may need to take action to tackle your feelings of worry and self-doubt.

Attend an upcoming workshop at the The Learning Center in Gordon, Room 202, and learn approaches to reduce stress and manage test anxiety. All 45-minute workshops are FREE and open to all students.

Stress Management and Test-Taking Strategies:

Finals are coming. Now what?!?!

Come to this workshop to learn how to handle the stress that comes with the end of the semester and learn some strategies to help you when preparing for your finals.

- **Monday, 11/21 at 5 p.m.**
- **Friday, 12/1 at 11:30 a.m.**

The Learning Center is open Monday – Thursday, 8:30 a.m. to 9:00 p.m., Friday, 8:30 a.m. to 4:00 p.m., and Saturday and Sunday, 12:00 to 4:00 p.m. We will be closed for Thanksgiving, from November 23rd to November 26th.

Coming Soon...

Register for Spring 2017 Classes!

New students planning to register for Spring 2017 classes can now participate in OCC's combined orientation program. The program will be offered on the following dates. For more information, contact: occinfo@sunyocc.edu

- **Wednesday, December 7th**
- **Saturday, December 17th**
- **Tuesday, January 3rd**
- **Wednesday, January 4th**
- **Thursday, January 5th**
- **Saturday, January 7th**

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