



*Onondaga Pathways to Careers (OPC) at Onondaga Community College (OCC)
...for Young People with Disabilities*

Greetings!

Meet OPC Student: Osman Hassan



OPC student, Osman Hassan, remembers his early childhood living in Somalia. After he and some of his family escaped an attack on their village, they made the trek to Kenya. Once there, they were given food, water and shelter in a refugee camp. Eventually, they were chosen to come to the United States. This is when Osman, his parents and sister made the journey here. Osman has been in the United States for over a decade now. He is a thriving OCC student with good grades and a job. He would one day like to become a counselor or psychologist and work with refugees that come to the United States. He helps to care for his family, including supporting his mother while she studies for her citizenship test. Osman received his own American citizenship on March 23rd during a ceremony at

the Civic Center in downtown Syracuse. When asked how he felt about it, he said, "I studied very hard and now it just feels great."

Find out more and read Osman's story, in his own words, [here](#).

Learn About OPC's Eligible Majors

Newly released videos are available on OPC's website. The videos show majors that OPC students are enrolled in at OCC. All of the videos are captioned and can be viewed at [OPC's website](#).

The current majors included in the OPC project are:

- Hospitality Management

- Computer Information Systems
- Computer Science
- Computer Forensics
- Electronic Media Communications
- Health Information Technology
- Electrical Technology
- Mechanical Technology, and
- Advanced Manufacturing

Finding Your Way, In and After High School

Students with disabilities attended a transition conference on March 13th. The conference was called "Finding Your Way! Understanding Transition Planning In and After High School." This all-day event was held at OCC. It was sponsored by:

- [Mid-State RSE-TASC](#)
- [OCC](#)
- [OCM BOCES](#) and
- [SUPAC](#)

Families and professionals also participated in the event. Attendees began their day by listening to a keynote speaker. They also attended break-out sessions throughout the day covering several topics, such as "Involving Your Student in the IEP Process" and "Alternatives to Guardianship." Several sessions were made available just for students. A few of these titles included "High School vs. College," and "Summer Employment Opportunities."

A student panel shared their transition experiences. The panel included students from OCC, LeMoyne College and Cayuga Community College. The students, guided by Meaghan Bodemer, answered questions about getting prepared for college.

The event drew 350 participants from our surrounding community.

Scholars Learn About Entrepreneurship

On April 1st, Gary Shaheen and Shannon O'Conner presented "Entrepreneurship for People with disABILITIES." Fourteen OPC Scholars and 4 of their parents attended. Gary is a former Syracuse University adjunct professor of entrepreneurship. Shannon is the owner of a Syracuse company called Professional Tradesmen Inc. She is also a beneficiary of the Start-Up NY Inclusive Entrepreneurship grant. Shannon shared her story of becoming an entrepreneur with a disability. During the workshop, Scholars and their families were able to share their own passions and interests. They also talked about their dream careers. It was an inspiring workshop for our Scholars and their families.

We thank both Gary and Shannon for this contribution to our Scholars program.

OCC Students: 10 Ways to Prepare for Finals

1. Start early and set aside time to study every day. Review previous tests and assignments. See which questions you missed and look up the answers.
2. Go to class and pay close attention. Listen to your instructor for clues about what definitely will, probably will, or what might be on the exam. Make sure you know where and when your final is being held.
3. See if a group study session is being held at the Learning Center or ask your classmates about getting together for a study group.
4. Make a Learning Center appointment early, before your tutor fills up. Look at your notes and text book before your appointment. Go to the Learning Center fully prepared. Concentrate on the material you didn't understand the first time around.
5. Location matters. Find a few quiet, calm places on campus, or at home, where you won't be distracted.
6. Find the best hours for you to absorb information. Create a study schedule to make the best use of your time.
7. Know your learning style and how you study best. Adjust your study technique to the subject you're concentrating on. Flash cards might work great for Spanish but maybe a rhyme would work better for Psychology.
8. Switch subjects every so often. Allow yourself an hour for math and then switch to biology. Concentrate on the classes you find hardest, but take nothing for granted.
9. Know when to stop. At a certain point your brain is tired and saturated with information. Take a break. Get something to eat. Or take a walk.
10. Get a good night's sleep the night before the exam and eat a healthy meal that morning. Be on top of your game so you can show what you know. **YOU GOT THIS!**

For more tips on how to study, contact the Learning Center, Gordon 202, 315-498-1203.

[Click here to tell us what you'd like to hear about!](#)

Training - Skills - Jobs

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Onondaga Pathways to Careers | 315-498-2945 | OPC@sunvocc.edu | Sunvocc.edu/opc