The first month at San Diego State was hard enough, getting to know a new campus, new teachers, and new students, but there was still an issue looming over me... I knew that I would have to face it eventually and the longer I waited the worse it got. Eventually I sucked it up and made the call to the Student Disability Services (SDS). I knew that it’s my right as a student with disabilities at San Diego State to receive services and I knew that my education was at risk. So that got me thinking... I know why I tried to avoid SDS, but why do other students? A few ideas: 1. I don’t want people to know and judge me. 2. An invisible disability is my secret and I can keep a secret really well! 3. Asking for help means that there is something wrong with me. 4. I don’t like the title “disabled”; don’t try to categorize me. 5. There are others way worse then me. 6. I only have this semester and one more, why start now? 7. I want to be under the radar and be “normal”. And the list goes on and on! However, an excuse is only an excuse and without SDS as my guiding hand my time at SDSU would not have been as beneficial or rewarding.

The support of wonderful staff and encouragement from others who use SDS has defined my success. I have stopped looking at SDS as the place that acknowledges my differences and instead have found it to be more of a social network with great people to guide and support along with students who have great ideas for success.

Give SDS a try, regardless of the list above, you will find that disabled is not what we are; instead we are a group of Ability and success!

Tiffany Owenby

Need A Place To Fit In? Check Out Sigma Delta Nu

Experiencing feelings of not belonging and not fitting in is an everyday ordeal for people living with disabilities. For students with disabilities, in particular, not being accepted and questioning their place in their college community is widespread. They wonder what their purpose is and if they will ever find their niche.

Enter Sigma Delta Nu. Sigma Delta Nu (also known as Student Disability Network) is an organization that will be launched in spring 2012 to bring people with and without disabilities together in a social setting. Although Sigma Delta Nu will begin as an organization on campus, it is the goal of its members to develop into a locally-based fraternal organization, and eventually to develop a national charter, the first of its kind. Sigma Delta Nu is a service and support organization dedicated to serving the SDSU campus and surrounding community.

For anyone that is interested in becoming a member, please email sdsusigmadeltanu@gmail.com.

Liza Amadora
Did you know that the majority of San Diego State Students (SDSU) registered with Student Disability Services do not have visible disabilities? In fact, hundreds of SDSU students are on campus every day with invisible disabilities such as Attention Deficit Hyperactivity Disorder (ADHD), dyslexia, anxiety disorders, chronic pain and much more. Therefore, when interacting with your fellow students, it is important to remember that any one of them may have a disability that you do not know about. The most helpful action is sometimes simply being aware. Be sensitive; for example, when you see a student after class or in office hours getting a request for test accommodations form signed, be discrete, perhaps step out of the range of hearing and be sure never to repeat anything you happen to overhear. Know that some students are happy to talk openly about their disability but others may care for more privacy and that decision is up to the individual. Also, do not be afraid to accidentally insult a student with a disability. We would rather you make an honest mistake than ignore us. Finally, if you think that you have an invisible disability, you can contact Student Disability Services for support at (619) 594-6473.

Daniel Brown

Susan Burger

Cited from:
http://disability.lsu.edu/myths
http://appl003.lsu.edu/slas/ods.nsf/$Content/Myths?OpenDocument
http://www.ldpride.net/myths.htm

*Learning Disabilities
*Attention Deficit Disorder

Invisible Disabilities?

**Myth -- a widely held but false belief or idea**

**Myth:** If you cannot see the disability it does not exist.

**Fact:** Hidden disabilities such as AD/HD, learning disabilities, and psychological disabilities, can create significant limitations or difficulties just as someone who is blind or in a wheelchair.”

**Myth:** All persons who are deaf or have hearing impairments can read lips.

**Fact:** Lip-reading skills vary greatly among individuals and is never totally reliable.”

**Myth:** Providing accommodations to persons' with disabilities gives them an unfair advantage over

**Myth…:** People with LD[*] and ADD[*] are not very smart.

**Fact** Intelligence has nothing to do with LD and ADD. In fact, people with LD and ADD have average to above average intelligence. Studies indicate that as many as 33% of students with LD are gifted.”

**Myth…:** Attention Deficit Disorder (ADD) does not really exist. It is simply the latest excuse for parents who do not discipline their children.

**Fact:** Scientific research tells us ADD is a biologically-based disorder that includes distractibility, impulsiveness, and sometimes hyperactivity. While the causes of ADD are not fully understood, recent research suggests that ADD can be inherited and may be due to an imbalance of neurotransmitters chemicals used to control behavior in the brain.”

**Myth…:** LD and ADD are just an excuse for irresponsible, unmotivated or lazy people

**Fact** LD and ADD are caused by neurological impairments not character flaws. For some people with LD and ADD, the effort required to get through a day can be exhausting in and of itself. The motivation required to do what others take for granted is enormous.”

S.D.S. S.A.B. Newsletter

Why do we need to know the truth behind these?

Will it change our thoughts and actions?

We would rather you make an honest mistake than ignore us. Finally, if you think that you have an invisible disability, you can contact Student Disability Services for support at (619) 594-6473.

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*Learning Disabilities
*Attention Deficit Disorder

Invisible Disabilities?

**Myth -- a widely held but false belief or idea**

**Myth:** Mental illness is the same as mental retardation.

**Fact:** These are different disorders. Mental retardation is characterized by limitations in intellectual functioning. Mental illnesses are health conditions.”

**Myth…:** LD and ADD are just an excuse for irresponsible, unmotivated or lazy people

**Fact** LD and ADD are caused by neurological impairments not character flaws. For some people with LD and ADD, the effort required to get through a day can be exhausting in and of itself. The motivation required to do what others take for granted is enormous.”

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