

Procedure for Requesting Accommodations

Veterans, who wish to be regarded as a student with a disability, should make an appointment with a Disability Counselor at least ten days prior to the start of the semester. Appointments can be scheduled by calling (734) 384-4167. Information to help substantiate the need for accommodation should be brought to the appointment. Student confidentiality will be observed and no information will be released without the student's written consent.

During the initial appointment the Disability Counselor will:

- Review all documentation and discuss possible semester schedule/ accommodations based on the veteran's specific needs.
- Complete appropriate paperwork to be registered as a student with a disability
- Advise student on appropriate semester course schedule

Tips for Successful Transitioning

- **Limit your schedule to what is reasonable**
Don't over load classes/life. You need to set reasonable boundaries for yourself in both college and life.
- **Connect with other Veterans on campus**

Other Veterans understand the experience and impact of combat. Be aware some students on campus may not understand or agree with your service in the military.

- **Establish new relationships**
Getting involved with clubs/organized activities on campus can connect you with others with similar interests.
- **Work to reestablish existing relationships**
Communicate with significant others about how responsibilities and roles have changed during deployment period.
- **Take care of your emotional well-being**
Unlike on the battlefield, expressing and showing emotion does not indicate a sign of weakness and helps to maintain personal relationships in civilian life. Recognize emotional signs of stress/PTSD. Limit use of alcohol and drugs. Use of these substances increases the likelihood of depression, insomnia, and relationship problems.
- **Pay attention to your physical well-being.**
Eat well-balanced meals, get rest, and build physical activity into your life.
- **Develop good academic habits**
Start with a reasonable course load. Organize your days. Use tutoring and writing fellows services as needed.
- **Avoid negative thought patterns.**
Focus on the positive. Limit exposure to war-related news reports.



VETERANS WITH DISABILITIES

MONROE COUNTY COMMUNITY COLLEGE

*1555 S. Raisinville Rd.
Monroe MI 48161-9746
LAL/ Disability Services
(734) 384-4167*

Recently, a significant number of changes are taking place in legislation related to disability services. The Americans with Disabilities Act with Amendments (2008), has now expanded the definition of disability, eligibility for services, and accommodations. In addition, the passage of the Post 9/11 Veterans Education Assistance Act has increased the financial benefits to Veterans. (Department of Veterans Affairs, 2008). This Act specifically provides greater educational benefits to all military veterans serving since September 11, 2001.

The American Council on Education has estimated that over 2 million veterans returning from Iraq and Afghanistan will be enrolling in institutions of higher learning with diagnoses of:

- Post Traumatic Stress Disorder
- Major Depression
- Traumatic Brain Injury
- Burns
- Amputations
- A variety of other combat-related medical conditions

With the life challenges these students will confront, along with the receding budgets, the Disability Service Office of MCCC desires to help meet the academic needs of this population.

The Disability Services office at the Monroe County Community College can assist Veterans during their tenure at Monroe County Community College and, when warranted, provide accommodations to them based on their individual disability need. Accommodations are provided for college-sponsored programs and events, as well as regular credit classes and non-credit classes. Based on the Americans with Disability Act (1990) and the Americans with Disabilities Act with amendments (2008), Monroe County Community College's Disability Services' goal is to "level the playing field" by providing students with disabilities with an equal opportunity to achieve their full potential at Monroe County Community College.

Disability Counselors are available to assist Veterans with disabilities by:

- Setting up accommodation for placement test when appropriate
- Planning a class schedule
- Providing appropriate accommodations
- Providing career and transfer information
- Evaluating and helping to secure adaptive technology
- Providing access to campus Buildings and events

Under the Americans with Disability Act (1990) and the Americans with Disability Amendments Act with Amendments (2008), an individual with a disability is defined as any person who has a physical, learning, emotional, behavioral, or mental impairment that substantially limits one or more life activity.

Accommodations and Campus Practices

A disability does not in and of itself qualify an individual for accommodations. The individual must also have a substantial limitation in at least one major life activity, resulting in a functional limitation that makes it difficult for the individual to participate effectively in the daily tasks involved in academic pursuits. Academic accommodations are linked to the diagnosis and functional deficits that interfere with academic performance. Accommodations attempt to provide the student with equal access to the content and activities of a course. The provision of equal access does not guarantee specific grade outcomes.