

Navigating

N.U.'s

Disability
Resource
Center

Hello! I am your Husky Service Dog.

School can be challenging no matter who you are but can be even more so when living with a disability.

Whether you are an incoming student or a already registered student, there are people who understand what you are going through and resources to reach out to. This may feel like an overwhelming process so here are a few steps for you to get started.



Types of Disability

Impairment

an absence of or significant difference in a person's body structure or function or mental functioning.

Activity limitation

such as difficulty seeing, hearing, walking, or problem solving.

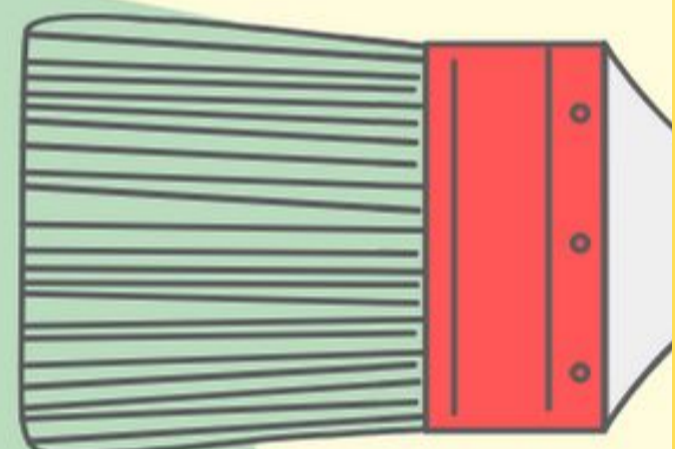
Participation restrictions

Participation restrictions in normal daily activities, such as working, engaging in social and recreational activities, and obtaining health care and preventive services.

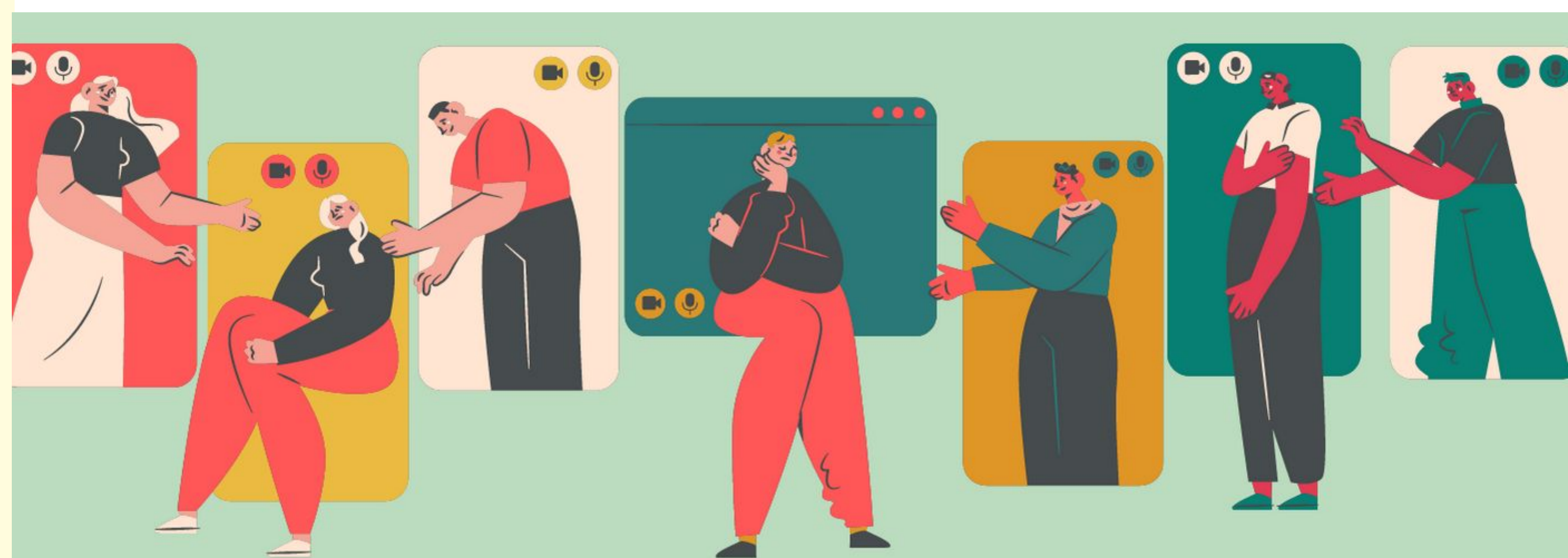




Navigating the DRC for the first time can be a stressful and intimidating process. That's why we're here to help you walk through the process of receiving the accommodations you need to be successful here!



Make sure you know how to access your DRC Portal. That's the place where you'll be requesting and using your accommodations. A link can be found in the Resources tab in Student Hub.



Incoming Students

Documentation you need to submit:

1. **Student Disclosure Form**
2. **Any documentation that shows a history of disability and accommodation, whether that's your clinical diagnosis or your 504 plan in high school.**
3. **If necessary, a disability-specific disclosure filled out by a clinician.**

The DRC will take a few weeks to review all your documentation, so make sure you start early!

When you're approved, a DRC specialist will set up a meeting with you to discuss your accommodations. They will be your go-to person during your time here to support you on any disability-related issue.



Registered Students



Testing Accommodations

- If you have reduced distraction or private room accommodations, testing rooms must be reserved through the DRC 1 week before an exam & 2 weeks prior to a final.
- Include any extended time or technology needed when reserving
- Confirm your professor has received the notification and have submitted an exam accommodation form.

For anyone confused on how to start using their accommodations and what to expect, this is the right place for you!

Professor Notification Letters

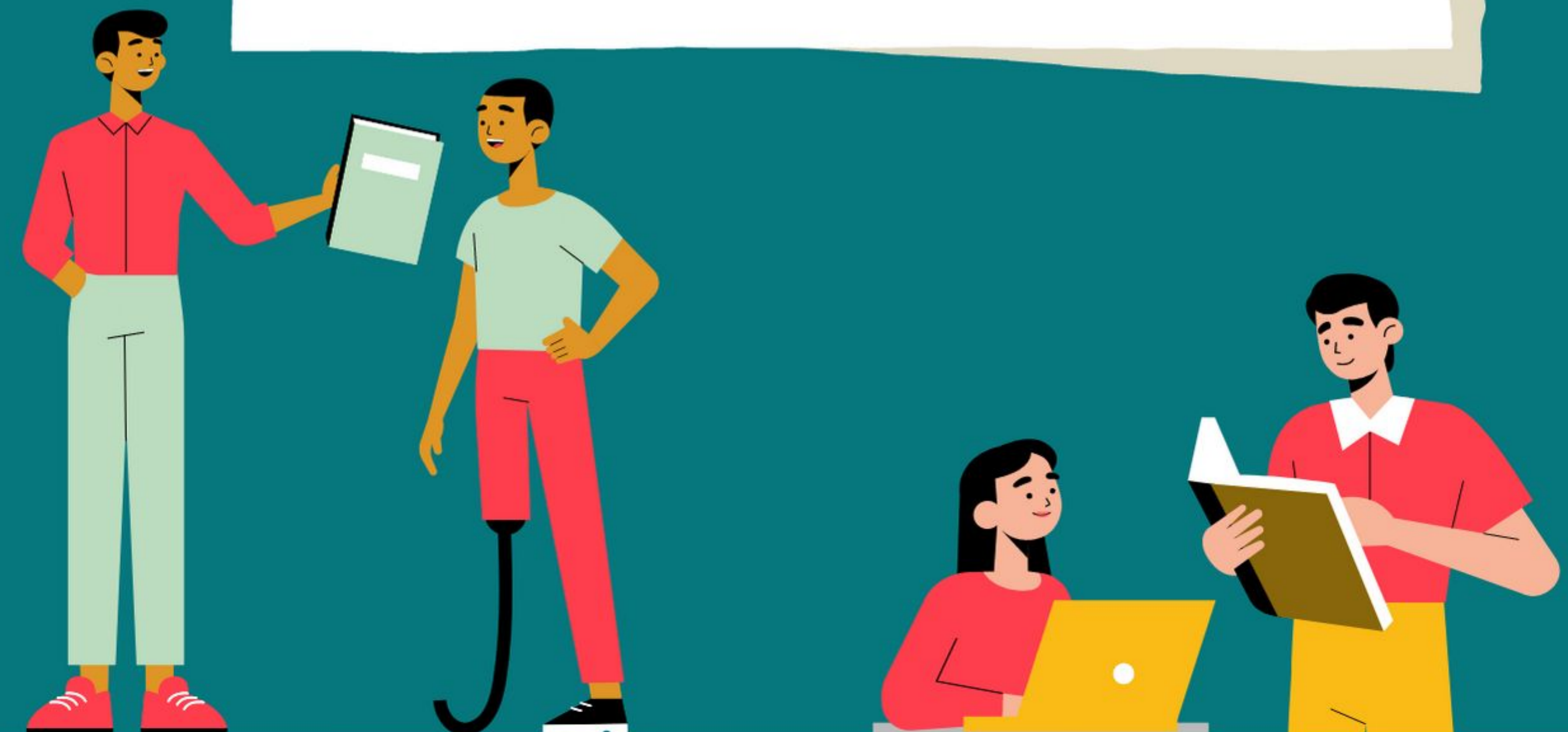
- At the beginning of every semester, notify all your professors of your access to accommodations.
- Check 3-5 days after submitting the request that the letters have been sent, and send a follow-up email to each professor verifying they received a letter and introducing yourself.

Emotional Support Animals

- You must read and sign the Approved Animal Contract.
- Every semester you must submit an updated roommate consent form and a record of the animal's vaccination records and notify the university if the animal is no longer on campus.

Note Taking Services

- If you have preferred note taker for a class, provide their contact information when making the request. The DRC will follow up with information about accessing your notes.
- You and the notetaker will receive a link to a shared folder where you can view and download your notes.





Managing Medications

Medication management can be challenging whether you are changing medications, beginning a new kind, or modifying dosages.

→ Side effects can be particularly overwhelming to deal with because of their unpredictable nature and variability from person to person.

→ Make sure to vocalize your concerns to your prescriber

→ If possible make an action plan ahead of time, note down any important assignments or dates that may be impacted

→ Communicate with your DRC rep, they can help you figure out what next steps to take if needed

→ WeCare can also be a helpful resource that helps students facing unexpected challenges to their academic progress



Unexpected Obstacles

Professor Problems

Struggling with a professor not honoring your accommodations, communication difficulties or coursework concerns

Let your DRC representative know, they can often speed up the communication with your professor and advocate on your behalf.

Longer-Term Difficulties

Unexpected events may arise that require ongoing support or more long-term solutions.

Communicate with WeCare and the DRC they can help you understand your options whether that be taking a leave of absence or facilitating communication between your medical care team and NU





Self Advocacy



One of the most powerful tools to reach for when navigating your disability is self-advocacy. Here are some ways to build it...

Recognize your strengths

Be aware of the challenges you may face in college

Communicate challenges with professors, friends, and advisors



This is not always an easy process but it's important to remember that your hard work got you to Northeastern!

Join **Diversability**!

@Northeastern

Who are we?

An undergraduate student-lead club dedicated to promoting disability advocacy, education, and collaboration among the Northeastern community

FOSTER a community for disabled Northeastern students
DISCUSS disability issues and topics
COLLABORATE with other university organizations, students, and staff to work on projects around accessibility

Meets every
Monday 6 p.m.
@Curry Student
Center Rm 346

How to contact us?

Join and sign up at:
<https://linktr.ee/nudiversability>
Instagram: nudiversability

ver
DI[^]SABILITY
The Disability Alliance

