

Accommodations, Disability, and COVID-19

**First: JUST BREATHE, WE GOT THIS, WE ARE IN IT TOGETHER!
Bears Bounce Back!**

We do not expect you to become online learners overnight. Let us help you navigate this unique situation!

Disability Services Contact Information

(for Accommodations and Supports Related to Impacts from a Disability)

Dolly Singley, PhD., Director of Disability Services

I am available to set up virtual meetings and/or phone calls with you as needed to help support you.

[Just CLICK HERE to schedule a meeting with Dolly.](#)

or email dsingley@ursinus.edu

Alex Conces, Institute for Student Success Administrative Assistant

Alex's email is aconces@ursinus.edu

Overall suggestions:

- Treat your courses as if you were in class; stay engaged and connected as much as you can manage.
- Practice effective time-management strategies; it will be important to prioritize and map out your assignments using alerts and a daily calendar.
- Dedicate a specific space within your environment that will help you learn and engage (limit social media, TV, distractions). Work at a desk or table; have your course supplies ready to go and in front of you.
- Reach out for help when needed; Be proactive and don't wait until last minute or stop engaging because something isn't making sense. Reach out to your professors, reach out to tech support, reach out to me!

Note-taking while Engaging in Distance Learning:

[Click here for Note-taking Tips and Strategies](#)

For students (or anyone) with Migraines, Eye strain, Concussions:

(recommendations from AHEAD)

Prolonged computer usage can cause a strain on your eyes. If you are prone to migraines or have other visual issues, you will want to take extra steps to minimize the impact as much as possible by adding some adjustments to your computer monitor and workstation.

- Your desk setup can trigger a migraine. Make sure your monitor is placed directly in front of your face to reduce neck strain. Your monitor should be 20 to 40 inches away from your face at eye level.
- Adjust the refresh rate of your monitor to its highest rating.
- Adjust the display settings of your computer to help reduce eye strain and fatigue.
 - Brightness: Adjust the brightness of the display so it's approximately the same as the brightness of your surrounding workstation. As a test, look at the white background of this page. If it looks like a light source, it's too bright. If it seems dull and gray, it may be too dark.
 - Text size and contrast: Adjust the text size (enlarge) and contrast for comfort. Usually, black print on a white background is the best combination for comfort.
 - Color temperature: This is a technical term used to describe the spectrum of visible light emitted by a color display. Blue light is short-wavelength visible light that is associated with more eye strain than longer wavelength hues, such as orange and red. Reducing the color temperature of your display lowers the amount of blue light emitted by a color display for better long-term viewing comfort.
- To reduce your risk of tiring your eyes by constantly focusing on your screen, use the “20-20-20 rule”. Look away from your computer at least every 20 minutes and gaze at a distant object (at least 20 feet away) for at least 20 seconds.

Suggestions for (More Common) Specific Accommodations

Extended Test Time: If your professor is giving online tests or quizzes, you will receive your extended test time. We have communicated to professors on how to add time to online tests/quizzes in CANVAS. If you are approved for extended time and want to use your extended time, please reach out to your professors and let them know.

Alternate Testing Environment: This accommodation won't necessarily apply while courses are being held remotely as you will be in your own spaces. However, you can create your own distraction-reduced environment by choosing quiet spaces free from distractions (social media, phones, noises). You should seek out a space like a classroom; at a desk/table, etc to complete your tests/quizzes.

Reasonable Flexibility in Deadlines: If you are approved for reasonable flexibility in deadlines, you will still need to communicate to your professors if your impacts have affected your ability to meet deadlines. Similar to in person courses, if deadlines are essential to the due date given in the syllabus, you will need to meet those deadlines with or without accommodations. An

example of an essential deadline are discussion boards when other students need to engage within a certain period. If you feel like you need extensions on assignments, please reach out to your professor and/or me!

Reasonable Flexibility in Absences: This accommodation of course is a bit trickier and wouldn't necessarily apply directly. My suggestion for handling situations where you may not be able to engage at certain times in your courses is to reach out to your professor to communicate your needs to them.