



## Welcome to the Center for Student Development and Counseling

Welcome to NCCC! College is one of the first major life transitions for many young adults. Some students are excited to take on the new experiences of campus life, while others feel apprehensive about making this change. Regardless of one's outlook when embarking on this new transition, one might benefit in talking to someone who has already experienced it.

Some of the first changes a student will encounter:

- **New environment and relationships.** Roommates may or may not develop into close friendships, but communication and compromise can create a smoother transition. College also brings forth a unique opportunity to experience a wide variety of ethnic backgrounds and cultures.
- **Personal Freedom.** A student will experience a new found freedom, making decisions their parent(s) often made. This can become quite overwhelming but learning to manage your daily routine and life will aid the student in better decision making.
- **Added responsibility.** First-year students must manage important daily decisions in conjunction with their increased personal freedom. Some students will find it difficult in managing their new found freedom and increased responsibility such as juggling home-work, socializing, college activities, finances, etc.
- **Changing relationships.** New students encounter numerous challenges and changes in relationships due to many variables. It is best for the student if they can learn to balance the connectedness and separation while attending college.

### Common Stressors

- **Time Management:** First-year students are used to a typical 8 hour school day. This is no longer the norm now that you are in college which can cause some students to feel as if there is not enough time to do it all. Utilizing a schedule and some organizational skills will help you over this new hectic lifestyle.
- **Academic Performance:** College courses can be more challenging than those students encounter in high school. In order to manage, it is important to attend class regularly while keeping up with daily notes and assignments. It is also important to ask for help when needed.
- **Roommate Conflict:** Learning to live with someone new can be quite challenging. Different living habits contribute to roommate conflict. To avoid conflict, respectful communication is recommended. If the conflict continues, the student(s) should take their concern(s) to the RA or Residence Hall Coordinator.
- **Long Distance Relationship:** Continued open communication and assurance are key factors in reducing this additional stress.
- **Body Image:** Many students struggle with body image particularly due to our culture playing a big part in how we view ourselves. If you find yourself obsessed with how you look, discussing this issue with someone can be helpful.

### Recommendations for First-Year College Students

- Be patient
- Connect with other students
- Get involved
- Take care of yourself

These services are available to all students, including: Chanute, Online, Ottawa, and Outreach, full or part-time. Please contact Kerrie Coomes, Dean of Student Services, at the Chanute campus at [kcoomes@neosho.edu](mailto:kcoomes@neosho.edu) or phone at 620-432-0304. Please contact Dr. Marie Gardner, Dean for the Ottawa and Online Campuses, at the Ottawa campus at [mgardner@neosho.edu](mailto:mgardner@neosho.edu) or phone 785-248-2798.

# ACCOMMODATIONS REQUEST FORM

Semester/Year: \_\_\_\_\_

Name: \_\_\_\_\_

Student ID#: \_\_\_\_\_

Phone Number: \_\_\_\_\_

NCCC e-mail address: \_\_\_\_\_@[student.neosho.edu](mailto:student.neosho.edu)

Disability (optional): \_\_\_\_\_

Accommodations requested (please check those you are requesting):

- Extended testing time
- Usage of a note-taker to assist with classroom lecture information
- Alternative test-taking environment, such as the CAVE
- Usage of a tape recorder for class lectures
- Lecture notes provided prior to class
- Extended assignment due dates as needed
- Meeting privately with instructors to discuss course progress and/or request additional aid. Student will request meeting.
- Usage of a magnifier/reading equipment
- Classrooms free of obstruction (for cane) as necessary
- Test reader provided during scheduled testing per course
- Electronic textbooks
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

As a student of Neosho County Community College who qualifies to use accommodations/services through Access Services for Students with Disabilities, I acknowledge that during my meeting with Access Services:

1. \_\_\_\_\_ I was informed of my responsibilities in the accommodations process.
2. \_\_\_\_\_ I was informed that it is my responsibility to discuss my need for accommodations with my instructors.
3. \_\_\_\_\_ I was informed that it is my responsibility to notify Access Services of any problems with my accommodations.
4. \_\_\_\_\_ I was informed that it is my responsibility to notify Access Services of any changes in my class schedule.
5. \_\_\_\_\_ I was informed that it is my responsibility to check my NCCC e-mail regularly as this is the primary means of communication that Access Services will use.
6. \_\_\_\_\_ I was informed that if any absences from class affect my accommodations, it is my responsibility to notify appropriate Access Services.

Print Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

School Official Signature: \_\_\_\_\_

Date: \_\_\_\_\_