



# THE SOAPBOX CHRONICLES

*"Take it from me"*

Chabot College students share their perspectives and experiences with learning differences.



# A word from the Teacher

Students enroll in LNSK 116 to learn more about how they learn. Over the years, hundreds of students have shared their stories with me about past classroom experiences, including experiences on our campus. Most conversations have included two phrases: “I wish my teacher knew” and “no one gets what it’s like to learn differently”. This poster project gives students a chance to share their messages in a big way with faculty and students. This project is student-generated kindling for campuswide conversations about teaching, learning and equity. The impact of these students’ work is unfolding daily. Students who created posters went from “reluctant” to “empowered”.

Since the first batch of posters were printed, colleagues have approached me questions about teaching, learning, learning disabilities, and the project itself. The posters have been used in numerous classes across disciplines and used in professional development capacities such as with the Equity Pedagogy Institute (Chabot Collaborative for Equity & Professional Growth). Many thanks to each of the Student Initiative Center staff for the time and energy they shared supporting students (and me!) with this project through all it’s steps to fruition.

Lisa Carlsen  
Learning Skills  
Instructional Assistant

# **THE SOAP BOX: TAKE IT FROM ME**

## **Magdalena O.**

**"Teaching is only demonstrating that it is possible.  
Learning is making it possible for yourself"**  
**- Paulo Coelho**

Throughout my educational career, I have found myself breezing through certain class subjects, while others are more challenging. For the ones that are challenging, I find it a great help in making study groups! Creating study groups can be beneficial in a class that acquires more time to comprehend concepts. Also, it's a great studying tool when someone can teach a topic they understand to others. I feel the most comfortable in school when my professors actually make the time to answer any questions I have. When my professors go out of their way to help me succeed in class, it makes me feel comfortable to talk to them. When professors offer and are present in office hours, it is crucial to my learning. Another point that I feel most comfortable in school is if professors provide a study guide. I notice that when my professors make a study guide for an exam, I perform much better.



To learn more, contact: the Disabled Students Resource Center and/or  
the Learning Skills Program at Chabot College  
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The Student Initiative Center

# THE SOAP BOX: TAKE IT FROM ME

## TINA PHAN



### WHAT SHOULD YOU KNOW ABOUT ME?

Well, having a learning disability means "different" and "slow" to me. It means I'm very behind and super slow with my learning process. It takes me approximately a week to months of learning -- depending on what it is. I noticed I am a visual learner, meaning I have to see and be taught exactly the steps to understand. I am not like everyone else who are quick to learn. Talking to me does nothing, but if I'm taught and it's explained, then chances of me getting it is 100%. I believe that having a disability is very awkward because the way we function is not normal. But then again, everyone has a different way of learning. But it does make me feel special ED at times. Having a learning disability embarrasses me a lot because I want to just be normal and catch on and understand like normal people. There should not be a race with your pace of learning. Also I learn best, when I have someone patiently and kindly showing and teaching me.

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# THE SOAP BOX: TAKE IT FROM ME

SOMETHING I WOULD LIKE TEACHERS TO KNOW ABOUT ME IS THAT I TAKE MORE TIME TO PROCESS SOMETHING THAT IS SAID. FOR EXAMPLE AT SCHOOL I SPACE OUT DURING LESSONS FOCUSING ON THE FIRST THING THAT IS SAID. USUALLY WHEN I SPACE OUT I TRY TO UNDERSTAND WHAT WAS JUST SAID BY MY OWN. ALTHOUGH IT WOULD BE NICE IF THERE IS TIME IN BETWEEN THE LESSON TO ASK QUESTIONS. ASKING QUESTIONS HELP SO THAT I CAN UNDERSTAND ONE PART OF THE CONCEPT, LEADING ME TO FULLY UNDERSTANDING THE CONCEPT.

BEING AWARE OF MY LEARNING DISABILITY HELPS A LOT BECAUSE IT REMINDS ME TO TAKE NOTES, AND ASK FOR HELP WHEN I CANNOT UNDERSTAND A CONCEPT.

TO LEARN MORE, CONTACT THE DISABLED STUDENT'S RESOURCE CENTER AND/OR THE LEARNING SKILLS PROGRAM.

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Through to Success  
Technology Connection  
Learning Skills Program

# The Soap Box: Take It From Me

Being aware of my learning disability makes it a less frustrating when I am learning something new. I know I need to be patient with myself and to remember the tools I have learned through the years.

I have always struggled in school. It was never my favorite place to be and would have much rather been on my horse or in the pool growing up. After learning I am dyslexic and a person who learns hands on, I am able to learn more easily. I still struggle and am learning new ways to overcome my learning disabilities. These learning tools will help me in my future education.

To learn more, contact the Disabled Students Resource Center and/or the Learning skills program

The Soap Box:  
Take it From Me

Kiyatta "Kiki" 

Porter-Robinson



## About me:

When I feel most at welcome is when the teacher makes me feel like I don't have to worry about what's going to be in the curriculum. I like a teacher that is transparent in what I need to give them for me to succeed. I like when I have emotional and academic advocacy for sure because I need those two things to fully pass my classes. I don't want to survive on my own all the time without needing help. What it feels like to have a learning difference is that it feels like anything else but I just learn differently, I don't feel less than or greater than. I don't like to be compared to other students because of their ability to do something better or quicker than me. I feel unwelcome in school is when I'm being exploited for having a learning disability like there's something wrong with me. Next, I don't feel like I'm apart of the class when the students don't understand my learning disability. I just like to do things my own way, but with the assistance I might need I can succeed. I do get to be fortunate to have a system that does support my academic goals, wants, to be the best in the profession I want to be in. I want my teacher to know that I like to be in school I like to learn my own way I want to be the best in what I want to do, which my major is Computer Science and Linguistics. My teacher is my key to help myself succeed, I don't want a teacher to compare me to anyone else. Disabled kids are trying their best to succeed in a world that misunderstands them. Any teacher that doesn't do that to others is a component one at that.

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Students Resource Center and/or the  
Learning skills program*

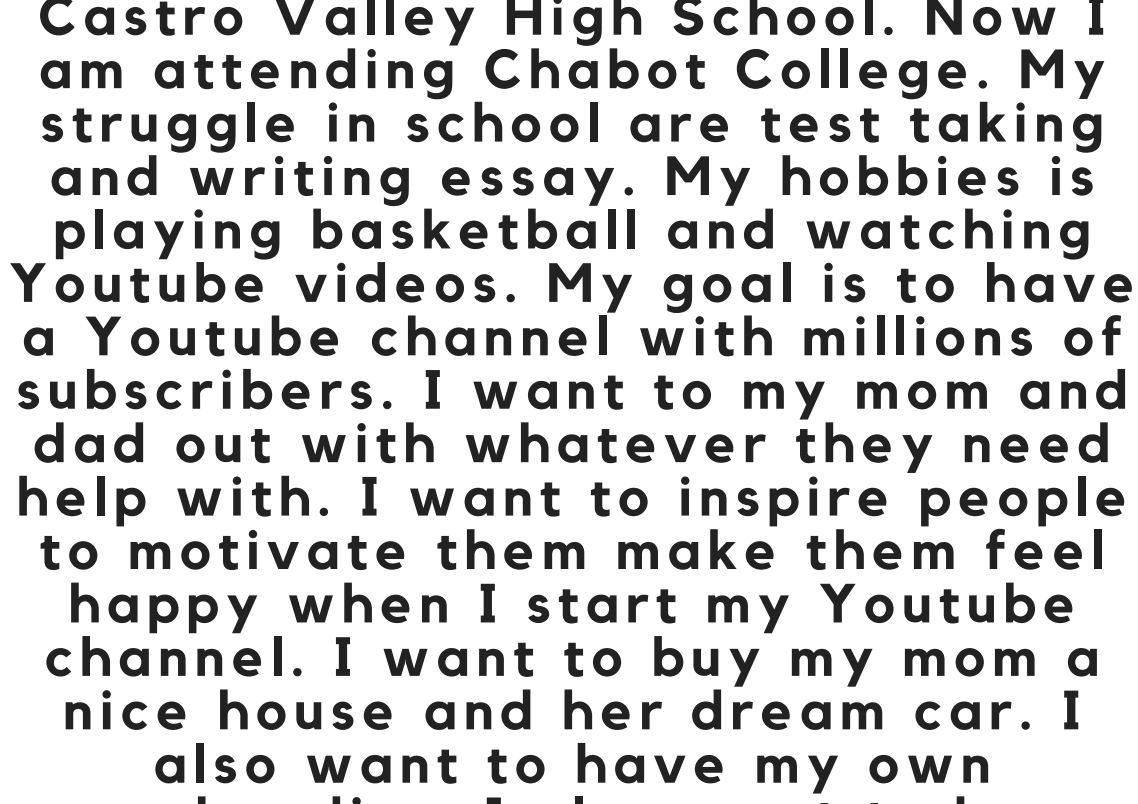


THE SOAP BOX: TAKE IT FROM ME

# JUSTIN LAU



I am 18 years old. I was born in Berkeley CA. But now I live in Castro Valley CA. I Graduate From Castro Valley High School. Now I am attending Chabot College. My struggle in school are test taking and writing essay. My hobbies is playing basketball and watching Youtube videos. My goal is to have a Youtube channel with millions of subscribers. I want to my mom and dad out with whatever they need help with. I want to inspire people to motivate them make them feel happy when I start my Youtube channel. I want to buy my mom a nice house and her dream car. I also want to have my own merchandise. I also want to have my own shoes brand.



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THE SOAP BOX: TAKE IT FROM ME

# Marianne Medina



What it's like to have a learning difference is you just have to push yourself harder. Sometimes someone has to tell you or show you how to do something over and over again until you get it, or just show you a different way. A learning difference is different for every person that has one we all struggle with different things. For me a teacher could be showing me how to do a math problem and I will get it when we're doing it together and when the teacher will leave it will just completely leave my mind on how to do the math problem. Having a learning disability is hard but that only means that

you push yourself harder to reach your goals that you have. I didn't think I was going to graduate high school because everything was just getting to hard for me. So I pushed myself harder and I graduated high school with a learning disability. Having a learning disability doesn't mean your stupid,dumb,weird it just mean you have to work harder than everyone else.

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The Soap Box: Take it from me

# Katie Montes De Oca Sanchez



Having a learning difference can be challenging at times and sometimes makes me feel isolated from others around me. There are positives though. For my learning difference I have learned what works for me and have taught myself different ways for me to learn the material being taught to me, which I feel are more creative and fun ways to learn than the traditional way of learning.

What I would like teachers and other students to know about me is despite having a learning difference-- I am still able to learn what is being taught to me, it just may take a different way than other students. At some things I may take longer than most other students, but other things I may actually learn quicker than everyone else. Having a learning difference has not affected my intelligence--just the way I learn. I am not stupid or incapable, just different.

I feel most comfortable in school when I feel the teachers, students, and others around me are understanding and not judgmental and for them to not insult me or anyone else with a learning difference. Many people may be surprised to know how many successful people and famous celebrities also have learning differences too. Whether the traditional way of learning works for you or you need a different approach at it we are all still people.

**"The Soapbox: Take it  
from me"**

# **RICARDO CORTEZ**

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When it comes to me having a Learning Difference, I feel left behind in my classes because everyone else in my classes are ahead of me. I feel like I have to keep up or catch up on my own. When I'm in class I'm feel comfortable when we get into groups to help each other out or reflect on a discussion we had on a lecture or group project. When I'm in a group in class, I feel like I'm on the same page as everyone else.



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# The Soap Box: Take it From Me

## JESSICA GIRON



Growing up with Dyslexia and ADHD was always a challenge for me. I hated going to school even at such a young age. The only classes i liked and did great in was Art and PE. Growing up with a learning difference was always a struggle especially in reading and writing. I always felt stupid and uneducated in a language that i speak everyday. I would even go home and cry because i couldn't read out loud and i would get into fights with my mom because it was just too frustrating to deal with. I really didn't know i had Dyslexia until i was in 5th grade and all the way up until then i felt stupid.

It kind of put all the pieces together on why i wasn't processing everything at everyone else's speed. It was like a weight was lifted off me and i finally understood and i found the best way to learn for me.

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THE SOAP BOX: TAKE IT FROM ME

# J.C.

WHEN IT COMES TO THE SUBJECT ABOUT ME, THERE ARE MANY THINGS I WOULD LIKE TO SAY, MAINLY TO TEACHERS OR TO ANY COUNCILORS. WHAT I WOULD SAY IS THE SIMPLEST OF THINGS, AND THAT ONE THING I WANT TO SAY IS 'WHAT I WANT YOU TO KNOW ABOUT ME'. WHEN IT COMES TO WHAT TO SAY TO YOUR TEACHER WHEN IT COMES TO THIS SUBJECT, IT WILL BE ANYTHING ABOUT YOU THAT IS IMPORTANT, SUCH A CASE WOULD BE DISABILITIES THAT SOMEONE HAS. A EXAMPLE, WOULD BE SAYING THAT WHEN IT COMES TO PROCESSING NEW THING THAT I LEAN I AM ACTUALLY REALLY SLOW AT PROCESSING EVERYTHING, WHICH TAKES A LOT OF TIME AWAY AND MAKES ME UNFOCUSED ON ANYTHING ELSE. A WAY TO GET PASS THIS IS TO GET HELP AFTER CLASS AND TALK TO A TEACHER OR GO GET HELP FROM A TUTOR, OR ANYTHING SIMILAR TO THESE TWO OPTIONS.

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TAKE IT FROM ME

# LORENA

When I felt most unwelcomed in school was in third grade through eighth grade. My worse year was eighth grade because my English teacher was strict. I hated when she called me for an answer because I did not know it or needed more time to think about it. It was so embarrassing

with my class mates. I dreaded school and hated it. I had never experienced anxiety until that year. I remember trembling at night. Sometimes I used to fake I was sick not go to school. I wanted to change that class, I even had my mother have a meeting with the principal, but nothing was done. No one noticed I was struggling and maybe that indicated I had a learning disability. I felt alone and angry because I did not know what was going on with me. I thought I was just dumb and was not capable of learning. I went on feeling like this throughout my school years. It wasn't



until I had my first child, that I got the courage to face my fears. I wanted to give him a better life, so I decided to start college. This is where I found out about learning disabilities. I did not know this ever existed. College has been a much better experience because of the support I've been having. Accommodations make a big difference. I just want you to know if you suspect you have a learning disability, go to the DSPS office and ask someone how you can get checked out. Don't let your disability hold you from your dream/ goal you have because you think you are not smart enough. Every one learns different, you just need to find out how you learn and with accommodations from college you are most likely to succeed.

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A young man with short dark hair, smiling, stands in a garden. He is wearing a black hoodie with "CHABOT COLLEGE" printed in orange and white. The garden has green bushes, a path covered in fallen leaves, and a large tree behind him. In the background, there is a building with a decorative lattice fence.

# The Soap Box Take It From Me

## WHAT I WOULD LIKE MY TEACHER TO KNOW ABOUT ME

I'm a student that wants to learn new things, know how to graduate college, and experience how people pay their own mortgage and go to work. Being in college feels like you have to wake up every morning, be here on time, and try to understand what the teacher is telling you. The teacher is trying to tell us about word problems and opportunities colleges offer and its ability to help us reach our goals of learning. If you don't know how to solve question problems you can always go to tutoring - they can help you understand what you don't know. In order to graduate college, you have to know all word problems in class and focus on what the teacher is trying to tell us what we're supposed to know about.

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# THE SOAP BOX

## Take It From Me

### NOTE TAKING

- Taking concise notes you'll remember
- Use your own language
- Write keywords instead of full sentences
- Cornell notes
- Skip unnecessary things and use the main points
- Underline key ideas
- Abbreviate
- Mapping method
- Outline method

### NEED TO KNOW

What I would like my teachers to know about me is that I am very talkative but a smart person. I often get off task but I'll never give up. I try my hardest to get things done.



### STUDY STRATEGIES

- Space out your studying over time
- Practice bringing info. to mind w/o the help of materials
- Explain and describe ideas in detail
- Use specific examples to understand abstract ideas
- Combine words and visuals
- Don't bring things you'd get distracted by

Hi my name is Enayjah. I feel like there is a flaw in the school system that most people don't address which is that college students don't know many note taking methods or study strategies . As a result, this leads to bad test scores and bad grades. There are so many ways to study and everyone learns differently. I'm here to list those different ways and hopefully help someone who's not willing to ask someone about it.

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## *The Soap Box: Take It From Me*

# ALEXANDER B

HELLO MY NAME IS ALEXANDER BURTON AND I'M 18 YRS OLD. AND I HAVE 4 SISTERS AND 1 BROTHER. I WAS BORN WITH A LEARNING DISABILITY CALLED MENTAL RETARDATION. MENTAL RETARDATION IS CHARACTERIZED BY BELOW-AVERAGE INTELLIGENCE OR MENTAL ABILITY AND A LACK OF SKILLS NECESSARY FOR DAY-TO-DAY LIVING. PEOPLE WITH INTELLECTUAL DISABILITIES CAN AND DO LEARN NEW SKILLS BUT THEY LEARN MORE SLOWLY. MENTAL RETARDATION BEGINS IN CHILDHOOD AT THE AGE OF 1 FOR ME. MENTAL RETARDATION IS DEFINED AS AN IQ SCORE BELOW 70-75. ADAPTIVE SKILLS IS A TERM THAT REFERS TO SKILLS NEEDED FOR DAILY LIFE. IN GENERAL, CHILDREN REACH SUCH DEVELOPMENTAL MILESTONE AS WALKING AND TALKING MUCH LATER THAN CHILDREN IN THE GENERAL POPULATION. SYMPTOMS OF MENTAL RETARDATION MAY APPEAR AT BIRTH OR LATER IN CHILDHOOD. THE CHILD'S AGE AT ONSET DEPENDS ON THE SUSPECTED CAUSE OF THE DISABILITY.

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**THE SOAP BOX:  
TAKE IT FROM ME**

# Sa'Nea Butler

## WHAT YOU NEED TO KNOW ABOUT ME

One thing that I would like my professor to know about me is I like to learn at a steady pace. What I mean about that is I want my professor to understand that I may need a little bit more time to do assignments.

**Not everyone learns at the same pace** as others so when or if I was to ask for help, please acknowledge the fact that I'm asking for your help in class. For example, when the professor is finished with their lecture and they jump right into an assignment, the professor should give their students some time to ask questions about the lecture or the assignment instead of encouraging students to wait until after class or office hours. Not having enough time to ask questions in class about the lecture or the assignments leaves me guessing. I usually am the type of student to think that I can do everything by myself even if I don't understand something.

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**THE SOAP BOX: TAKE IT FROM ME**

# **IAN FOSTER**

## **COMPUTER LITERACY**

These days I utilize computers as much as I did when I was a kid. However I am still software oriented. I enjoy the practice and operation of computers and would like a PhD in computer science. I started learning Photoshop when i was only 11 years old. At first, Photoshop wasn't so enjoyable but, given time I quickly got into it. Finding my self using my PC to completely customize the Windows 95 program, I stayed learning about computers until I could not anymore. I choose computers because the world is controlled by all sorts of computers and technology. I quickly found my self playing video games and being interested in the programming. Playing with a game genie on the Nintendo console was a good start. It alters the game by changing the programming code of the game possibly losing saves and progress if a mistake is made that is non correctable. There was still more to learn at a young age. I was doing computers in school and modifying games in my spare time. I was learning to use computers to focus my attention. So, the computer was a strong tool for me to gain focus and not let my mind drift off into La La Land.



I was in trouble a lot back then but I had a chance to stay in school as long as I followed the new curriculum that was set out for me. I remember playing Mega Man X when I went home and talking about it with my friend Derrick. Staying in school was the only option I could do so I wouldn't be expelled because I was getting into fights with other students. This was my last chance so I would go to the computer lab after lunch. They allowed me to work on the computer and I played stickdeath.com. I learned about Power Point and Photoshop and i found I had fun. Some years later I started learning how to work on computer hardware and printers. We learned how to install a LAN Windows operating system from the server at the school. I grew with computers and never stopped liking them. I learned also if you do what you love you never have to work a day in your life. Computers were it! My dad praised me and my mom was glad I found something to channel fighting. I had my first computer when I was maybe 8 yrs old. It was an Apple II and it had a green and black screen. I was so old compared to the computers now but man I had fun with it.

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# THE SOAP BOX: TAKE IT FROM ME BY GC

I started college two years ago since then for the most part i have struggle in my classes but i have meet great people who have support me. But i have also felt unwelcome here at chabot specially when i have ask for extra time for my homework and or exams it seems that professors here at chobot don't really understand that there is students like me who have learning disabilities, When i felt most welcome and comfortable in school. Going to my biology class on my first day i was very nervous. i have never taken any science classes so i seat wway on the back of the room and the professor started this lecture and a powerpoint ass i was writing and trying to keep up with class and writing as much notes as possible, the professor asked me a question and to be honest if i'm writing something it's hard for me to pay attention didn't knew the answer so the professor said out loud " yep cuz your not paying attention and i'll tell you now if you keep on doing this you will not pass my class" i felt very inberest" this situation definitely scarff me. What i would like teachers other students to know and understand is that there is student with learning disabilities and that we learn different that we might take longer to completed assignments and that we process things much slower..

**JUST KEEP TRYING !**

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**THE SOAP BOX:  
TAKE IT FROM ME**

**MICHELE  
COLON**



Hi my name is Michele Colon one thing I wished my teachers would know who I am as student is how I process my learning skills, Example, some people can process information faster than others, especially if it's a class that deals with math and problem solving.

I have issues trying to solve certain information, but I keep trying and I try to understand how to solve the problem. People with learning Disabilities need to cope with it in everyday life and NOT get frustrated, a person like myself just coming back to school after 30 years after High School is a challenge, but I am working hard to achieve my goals. If you yourself struggle you are NOT alone. If you want to learn more information check out our DSRC on Campus.

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# LALITA

I am a 58 year old woman who has lived her whole life trying to hide her learning disabilities.

I have struggled to fit into society both academically and socially. When I was growing up I was told I was stupid and lazy because I struggled with my school work no matter how hard I tried. I was at home reading Shakespeare but could not pass tests so I was placed into the special need classes. Fast forward: I have struggled my whole life to hide my disabilities from my employers; I never wrote anything because I was extremely embarrassed of both my handwriting and could not spell. So I had to choose my fields of employment accordingly.

I had three daughters and four granddaughters who all have some form of learning disability.



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THE SOAP BOX:  
TAKE IT FROM ME

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# S.W.

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LEARNING IS VERY CHALLENGING FOR ME AND SOMETIMES I FEEL LIKE I DON'T KNOW ANYTHING .BUT I AM WILLING TO LEARN. .AND MY COUSIN TOLD ME TO HAVE KNOWLEDGE IS BETTER THAN NOT TO HAVE ANY. I AM NOW OPEN TO RECEIVE LEARNING SO I CAN SHARE WHAT I HAVE LEARNED WITH OTHERS. IT'S NEVER TOO LATE TO LEARN AND GET AN EDUCATION TO SHARE WITH OTHERS. I WILL ALWAYS HAVE A HEART TOO SHARE WITH OTHERS.

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THE SOAP BOX: TAKE IT FROM ME

# DAVID RUIZ

Add doesn't go away and there are a few conflicts  
with couples  
When a partner has Add. but the substance abuse,  
depression  
And act are the big symptoms of a person with  
Add, Adhd or any  
Other disability. But there are changes and  
benefits, advantages  
Or even success when a person has Add. girls with  
Add are not  
As hyper as boys with Add. and people are better  
targeting when  
They take their medicine and Add is an impulse.

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THE SOAP BOX: TAKE IT FROM ME

# CAMAY OLISON



I want my peers and professors to know just because I am quiet and shy doesn't mean I'm slow. Yes, I have a disability but that has nothing to do with me being shy. I am introvert which means, I am undemonstrative. Sometimes I sit in the back of the class, read quietly to myself, and even do my work alone. There are classmates out there that would take a D on an assignment and be OK with it. I don't rely on classmates because I don't allow that. I only allow A's and B's. I rely on myself because I know what I deserve. I am Camay, a phenomenal woman and I am proud of my Learning Disability.

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# **THE SOAP BOX: TAKE IT FROM ME**

## **NO BRAIN IS TOO BIG OR TOO SMALL!**

**I would like my teacher to know that basically anything that is told to me, I will not be able to recall it within five or less minutes or until I get out of the classroom. I need written notes or note cards for repetition in order to process and understand the topic at hand. I have a bad processing issue where I have to manually take notes or read something on paper multiple times in order for me to reciprocate information. I am not able to learn at all from lecture classes because I will not know what to take notes on and I will not be able to remember or understand anything that comes with the corresponding day. I have classes like this in the past where I had to ask the teacher after class for pre-written notes or even a presentation of what we did a certain day because I would not know what is going on and would even drift off in class because I will become so overwhelmed.**

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**- THE SOAP BOX -  
TAKE IT FROM ME**

# Maricela

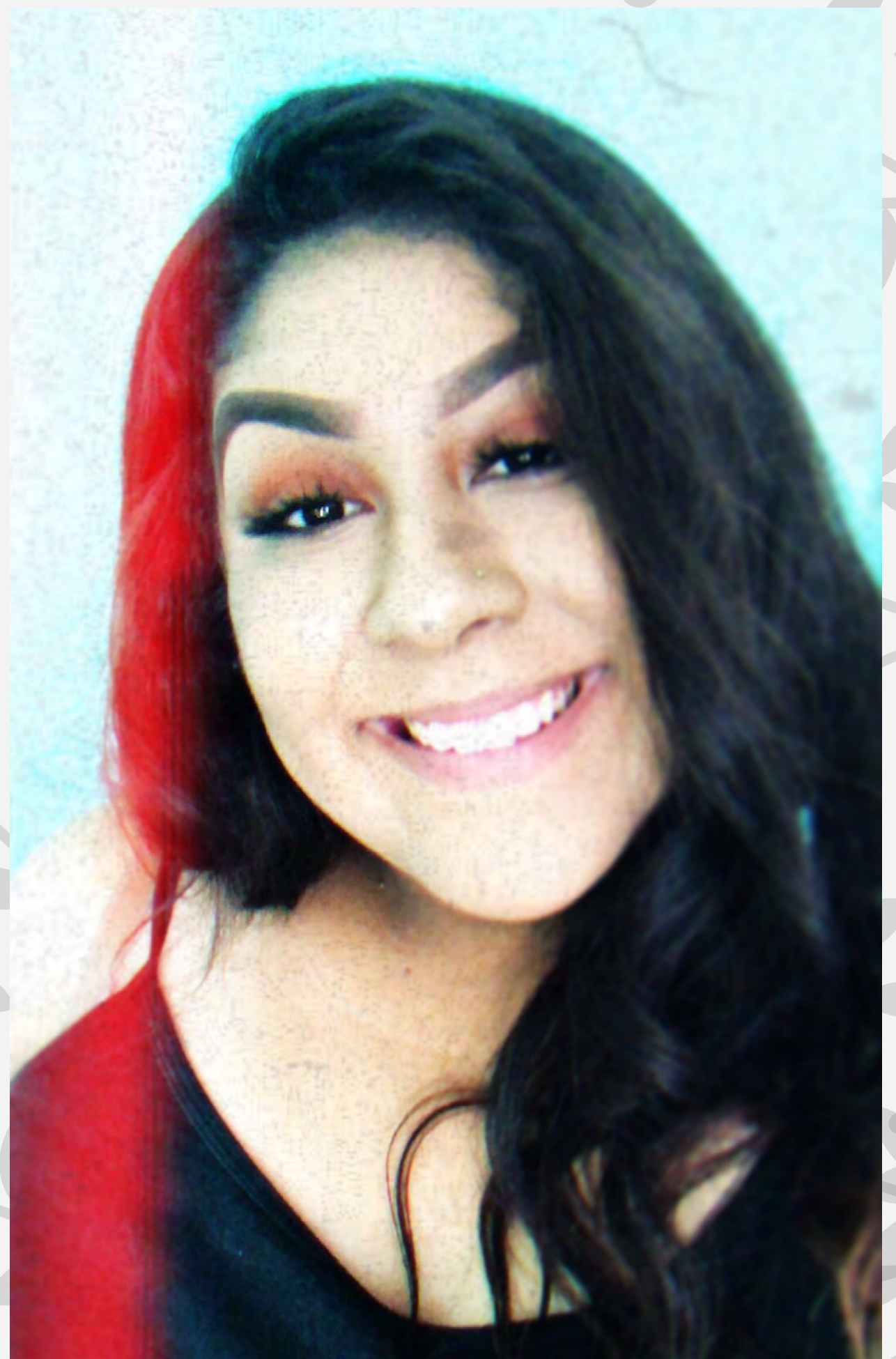
Having a learning disability is difficult because when it comes down to studying I tend to have a hard time and I want my teachers to know that i struggle with that.

I have a couple study strategies to help others. If you are having problems with studying you can seek additional one-on-one with others classmates or even with the teachers after class. Also give yourself some time to gather all your work and that would be easier to study because you would have all the right material. Also when you do get a assignment you can talk to your teacher and tell them to go over it and read it clearly to you so you could better understand it. Another study strategy is going in a quiet room or place where nobody in there so you can read or do anything you need to.

- Improve your note taking
- Improving your memory
- Organize your notes after a lecture
- Improve reading comprehension
- Find time to study
- Do different Styles of writing
- Plan your essay
- Learn Effective reading strategies
- Study with partners

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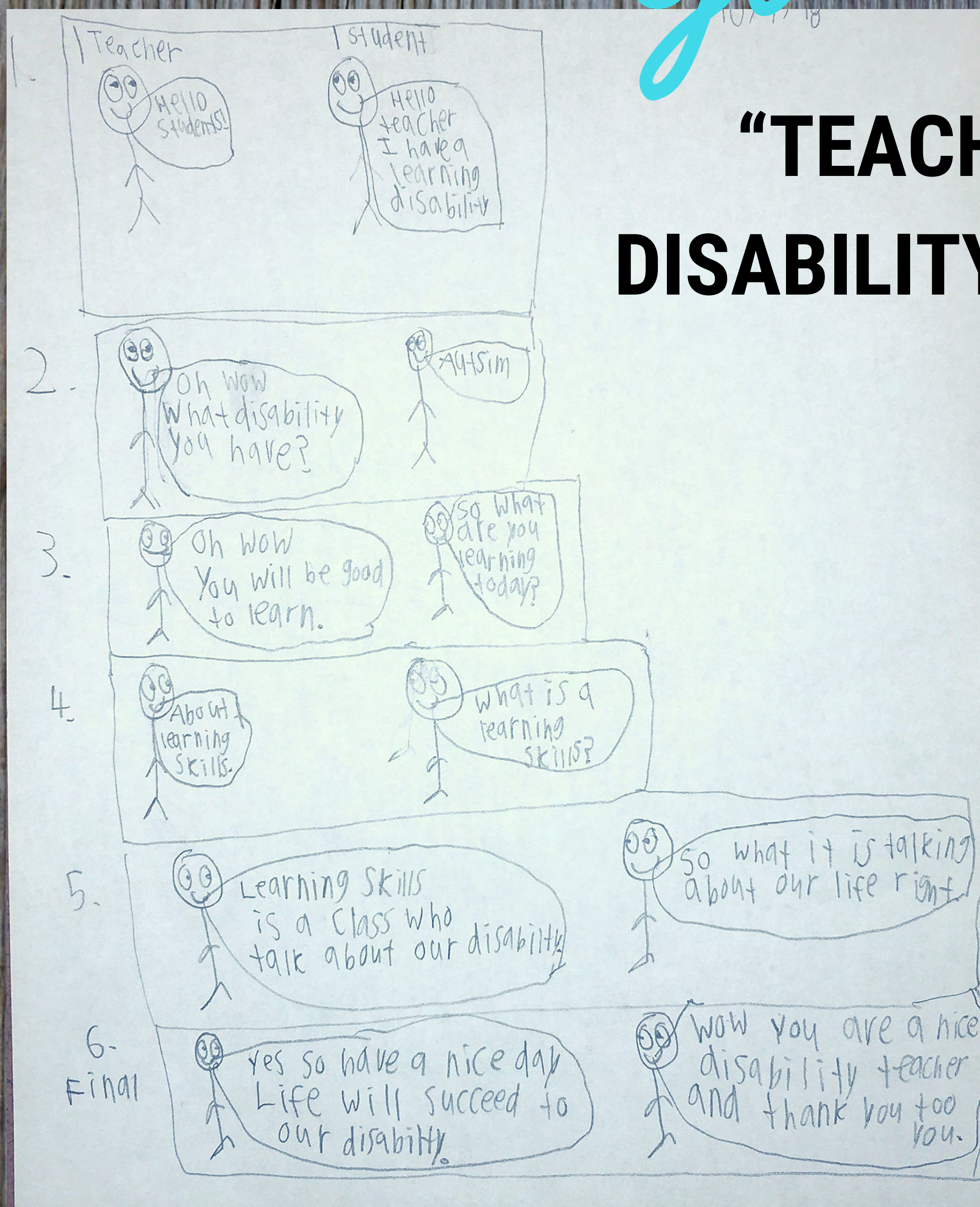


# - THE SOAP BOX -

TAKE IT FROM ME

Joshua

## “TEACHERS AND DISABILITY STUDENTS”



Teachers and Students are at college for the first time in class. There are a lot of students that have disabilities while half of the students don't have disabilities. The teachers say "Hi" to disability students in college and teachers kindly remember the students who have disabilities.

Students with disabilities sometimes do not like the teachers because they are going too fast.

Some disability students do not like teachers that are too talkative.

I would like teachers to know about my disability so that way they can remember me and help me. I love U.S History because I like to learn about what happened in history like the 1800's, 1900's, and 2000's and I like to take notes to know about what happened.

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# TERRANCE

## THE BRAIN AND LEARNING DISABILITIES

How does your brain work when you have a learning disability? The thing I learned was the brain works differently when you have a learning disability. When you have a learning disability you can have strong actions like a very good memory but processing information at a slower rate. When I was little I could remember what we learned in class, however, it took me longer to process the work that was being taught by the teacher. My strengths are my memory, control and attention. You might wonder how does your brain work. Well your brain is like a muscle so the more you work it out the more its grows. This means the brain receives information, processes and then stores it away. This allows your brain to be able to continue to take in more information as you're learning. But what about a brain that has a learning disability? A brain that has a learning disability would be like a weaker muscle. This would affect processing and storing information. For example, it could be difficult reading certain books but if it's an audio book the brain receives the information better and then stores it.

### Cause:

Motor Skills

Touch

Hearing

Vision

### Effect:

Reverses Letters

Says one thing, means another

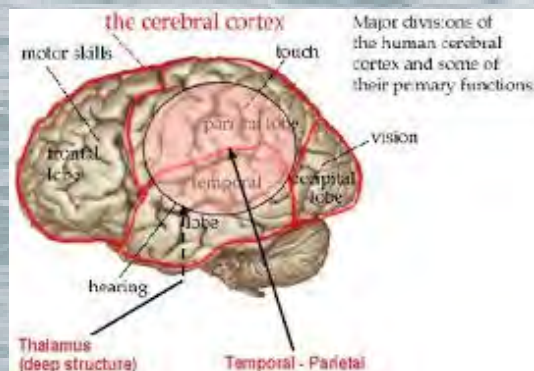
Difficult to discipline

Doesn't adjust well to change

Difficulty listening and remembering

Places letters in incorrect sequence,

Delayed speech development



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# THE SOAP BOX: TAKE IT FROM ME

## MARLENE MAGALLANES

I FEEL LIKE HAVING A LEARNING DISABILITY CAN BE A HASSLE BECAUSE IT CAN BE DIFFICULT FOR US TO BE ABLE TO UNDERSTAND AND EXPRESS OURSELVES ABOUT OUR LEARNING BECAUSE IT CAN BE AN EMBARRASSMENT WHEN WE SPEAK TO OTHERS ABOUT THE LEARNING DISABILITY THAT WE HAVE. WE TEND TO BE SHY ABOUT IT AND DO NOT WANT TO TALK ABOUT THE PROBLEM THAT WE HAVE AND IT CAN ALSO BE UNCOMFORTABLE FOR THE PERSON TALKING ABOUT IT. IT IS UNCOMFORTABLE TO SHARE MY PROBLEMS WITH EVERYONE BECAUSE I DO NOT WANT PEOPLE TO FEEL BAD FOR ME OR EVEN MAKE FUN OF ME FOR HAVING A DISABILITY. IT MAY NOT BE THAT NOTICEABLE ABOUT MY LEARNING DISABILITY, BUT I FEEL LIKE I STRUGGLE WHEN I AM TAKING AN EXAM OR EVEN TAKING QUIZZES. IT HELPS ME FOCUS MORE WHEN I TAKE MY TIME AND ACTUALLY TRY TO UNDERSTAND THE PROCESS OF TRYING TO UNDERSTAND THE SUBJECT.



### SILENCE DISTRACTS ME

I GET DISTRACTED WHEN I AM NOT LISTENING TO MUSIC BECAUSE IT HELPS ME FOCUS AND ALSO HELPS ME GET THINGS DONE FASTER. I FEEL LIKE MY WORK IS WRONG WHEN I TURN IT IN. BUT I STILL TRY MY BEST AND I FEEL LIKE I DID WELL EVEN THOUGH I DID NOT GET A PERFECT SCORE ON AN ASSIGNMENT. IT IS HARD FOR ME TO FINISH WORK ON TIME BECAUSE IT TAKES ME AWHILE TO CAPTURE THINGS AND IT CAN BE HARD FOR ME TO UNDERSTAND AND MEMORIZE THINGS. MY BRAIN IS SO USED TO HAVING THE NOTES NEXT TO ME WHEN IT COMES TO ME TAKING EXAMS OR MIDTERMS. IT TAKES ME AWHILE TO COMPREHEND THE PROBLEMS BY MYSELF AND IT ALSO GIVES ME A HARD TIME TO UNDERSTAND THE THINGS AS WELL.

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# - THE SOAP BOX -

TAKE IT FROM ME

## Taikh' Hughes

THERE ARE DISADVANTAGES OF EMOTIONAL INTELLIGENCE. HAVING THE ABILITY DEVELOPED TO MANIPULATE OTHERS RISKS OVERUSING THEIR SOCIAL SKILLS BY FOCUSING HEAVILY ON THE EMOTIONAL ASPECTS OF COMMUNICATION WHILE NEGLECTING LOGICAL ARGUMENTS. MY EMOTIONAL INTELLIGENCE IS I'M A HARDWORKING PERSON VERY OUTSPOKEN, I LOVE LEARNING NEW THINGS ABOUT DIFFERENT TOPICS OR SUBJECTS. ONE IMPORTANT THING I WOULD WANT PEOPLE TO KNOW ABOUT ME IS THAT MY LEARNING IS VERY IMPORTANT TO ME. I TAKE SCHOOL VERY SERIOUSLY. I DO STRUGGLE IN SOME SUBJECTS BUT I KEEP TRYING AND PUSHING MYSELF FORWARD.



I FELT MOST WELCOME IN SCHOOL WHEN EVERYONE WAS JUST BEING WHO THEY ARE EVEN IF THEY DID HAVE A LEARNING DISABILITY. I FELT MOST UNWELCOME IN SCHOOL TAKING A TEST IN CLASS WITH OTHER STUDENTS. I FEEL LIKE WE HAVE AN ADVANTAGE TO TAKE TESTS OUTSIDE OF CLASS. I WANT MY TEACHERS TO KNOW I AM A VERY HARDWORKING STUDENT. I AM OUTSPOKEN, I LOVE LEARNING NEW THINGS ABOUT DIFFERENT SUBJECTS. BUT I STRUGGLE WITH TESTS, BUT I STILL TRY MY VERY BEST.

ONCE I REALIZED I HAD SOME STRUGGLES IN LEARNING, I EMBRACED IT BECAUSE EVERYONE STRUGGLES IN LIFE AND THERE'S NOTHING WRONG AT ALL. IT'S LIKE THE OLD SAYING YOU FALL AND YOU GET RIGHT BACK UP AND KEEP PUSHING AND MOVING FORWARD.

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# THE SOAP BOX: TAKE IT FROM ME SONALI LAL

I don't get distracted when I work by myself due to noises and I tend to lose focus and look around and start to daydream. When there is someone keeping me on track, it feels more personalized. And when I work in a group, I feel that some individuals don't do their work or you have to do it for them. I don't want to get a bad grade because of one person. I feel like I'm always carrying the group because I care more about the grades and people in the group know that if they don't do the work then someone else will do it for them. I prefer one on one over group work. I am a shy person when it comes to being in a big crowd. However, if I'm called on, I will talk.



Once I'm comfortable, then I will talk more without hesitating. What makes me comfortable is being in a small setting and also depending on the people. If I know them really well, then it will give me more confidence to talk more because I know they don't talk bad about me. I feel welcome and comfortable in school when people greet and welcome me. When I arrived to Chabot, people were welcoming me like the same way in high school. I felt the same with my teachers as well who all greeted me and made me feel safe. When people also talk to me in the correct tone, that's how I know that I feel welcome. I like to sit in the corner or in the back because I don't like it when people sit behind me.

I can pay attention more easily when I'm able to have a full view of the classroom. I don't like the attention as much so that's why I prefer not to sit in the front. Sitting in the back helps me stay focused because I am comfortable. My learning disability is different. I have to interpret things in multiple ways to understand the material while a normal person would understand the material immediately. People around me move onto the next topic really quickly while I'm still on the first one. I struggle to keep up and finish with everyone else.

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# ALEXIS FIGUEROA

THE SOAP BOX:  
TAKE IT FROM ME

How can a learning disability influence you? What changes can this program offer you? Can it help you get better at everything you struggle with? Can it help you keep focused on your work? Can it help you learn new stuff? Will it encourage your lack of skill? Will it help you in the future?

I think it would help you in the future because people with learning disabilities are mostly struggling in school. Some of the challenges that are very hard and make me struggle are Math and English because these subjects are one of the toughest classes you would ever have. Especially in college, because in English there's a lot of writing and in Math there's a lot of hard work solving equations. In English you have to find topics and main ideas in the texts so these would be a struggle because you won't know where to find them. They assign big 3 page essays and there's a lot of tests in English so it would be also a struggle because the vocabulary test are always long and struggling. It's impossible to memorize vocabulary words.

**Math is especially the worst.**

It is very Complicated to do Math problems and equations. Solving Math equations like stats is like one of the hardest classes I would ever take. It seems very complicated even though I try my best to get my work done and do everything, but it is insanely hard.



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THE SOAP BOX:  
TAKE IT FROM ME



# Darren Evans

I am 19 years of age. I was born in Denver, Colorado, and my favorite hobbies are basketball and track & field. I moved to California from Denver and I have been here for many years now. I graduated from San Leandro High School in 2018.

I live with a single parent which is my grandma. When I moved to California, I didn't know much in school because I was always moving and transferring schools so that led me to a lack of really understanding school materials. But always making friends and having a good personality helped me to be successful in all my classes and with my peers, **and really helped me stay grounded in the classroom.**



I started running track when I was a sophomore and I really enjoyed it because I was the second best hurdler on the team, and got two medals from the 300 and 100 meters hurdles. My major in school is music. I love entertainment, such as beats, sliders and being in the studio and what I'm learning in class is making beats and building skills to be an artist.



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THE SOAP BOX:  
TAKE IT FROM ME

# ALYSSA

To have a learning disability is a struggle and it always will be a struggle. People never understand how hard it is to stay focused or to get something done in a timely manner. If you don't understand something, trying to solve it can get so frustrating. One of the worst things is that if something is on your mind and bothering you that day forget about being able to focus or learn. Procrastination is a huge weakness, you don't want to procrastinate but you have no control over it. You know you'll be sitting there for hours on end trying to get it done and getting distracted over the smallest things. It just doesn't feel worth it. Getting it done last minute is the only way to really focus. Teachers get so angry and frustrated when you don't understand a topic of something or can't focus. They will never understand any of it, no one ever will. Teachers, friends, family, no one will ever understand the day to day struggle. It is a daily struggle to focus in class, trying to understand the material, or follow along. It is even a struggle to comprehend a simple book you are reading. Sometimes you say stuff you don't mean, it just comes out, you have no control over it. No one will ever understand no matter how much you try to explain it to them.



LILA

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THE SOAP BOX:  
TAKE IT FROM ME

# WHAT IS ADHD

BY J.D.



ADHD is a disorder that can affect children, teens and continues into adulthood. It is marked by an ongoing pattern of inattention and/or hyperactivity impulsivity that interferes with functioning or development. There's no cure for ADHD.

## THERE ARE MANY STRATEGIES THAT CAN HELP PEOPLE: MEDICATION

- Self-awareness
- Counseling
- Life coaches
- Use of Calendars, things to do list, finding routines
- Exercise
- Distraction free testing room
- Sitting in front or back row
- Learning while standing and moving

## HOW ADHD AFFECTS STUDENTS:

- Side tracked easily by noise and movement
- Zone out if its slow or boring
- Hard to complete tasks/homework
- Sometimes hard to stay seated

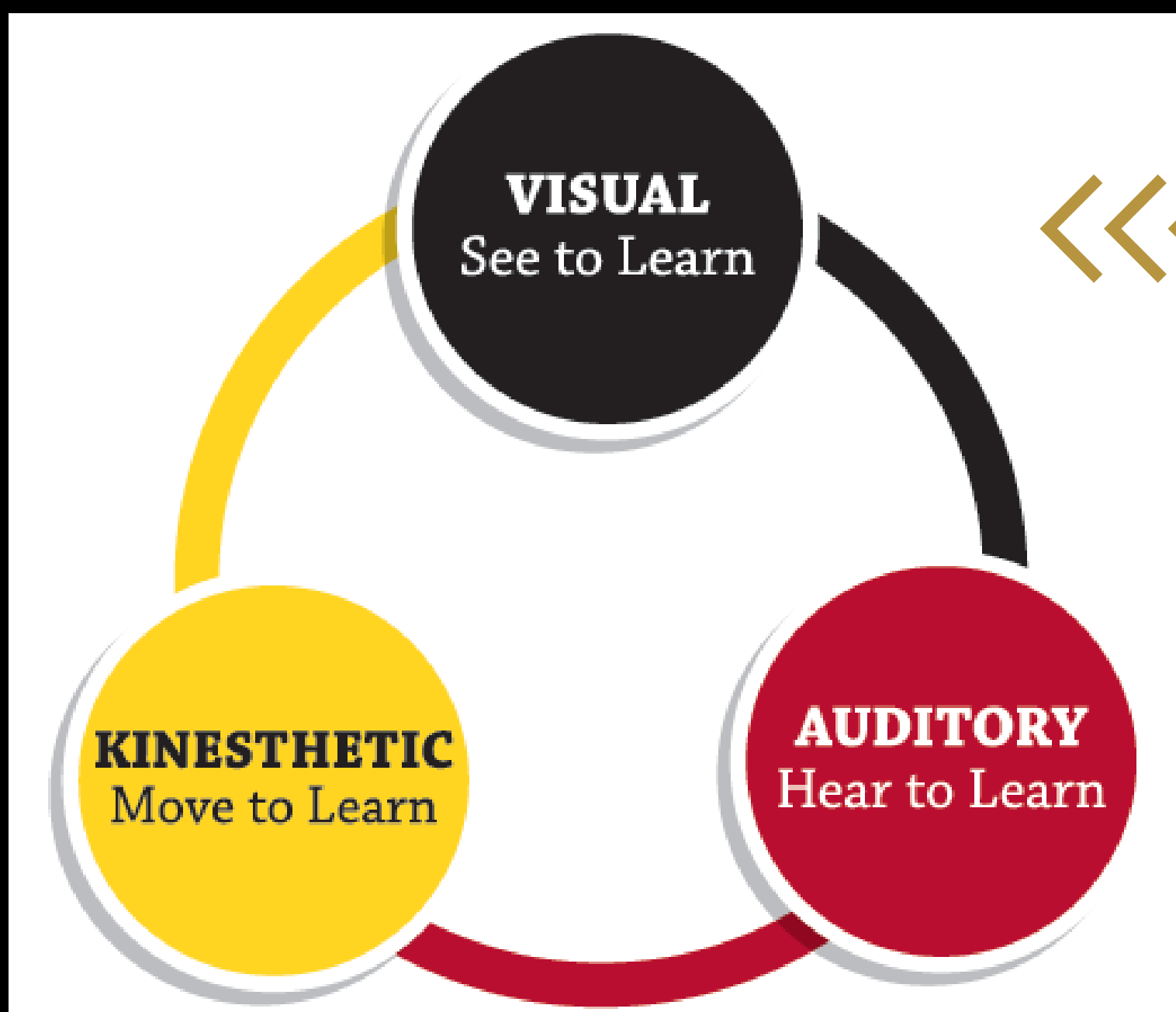
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THE SOAP BOX: TAKE IT FROM ME

*Kamaljiot Hans*

There have been some learning which have been helpful to me while I'm in classes. I learn best with visual and auditory learning. I apply these two methods in different classes but sometime I use them in the same classes. The visual method I like to use in math class because the formulas are complicated so when I look at them than I understand very well. Auditory technique I use in English class because the English is the language doesn't have do to be visual. In business class I use both technique because in that class there is math and reading chapters so which is required both techniques. Sometimes i use kinesthetic technique in computer class because sometimes I can't understand so than I use that technique to do work and participate in that class.



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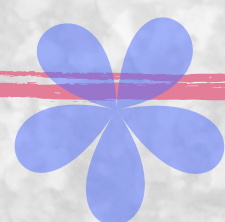
# The Soap Box: Tale It From Me



I've been home schooled since first grade to high school. I wasn't ever planning on going to college as my parents and only sibling had never been to college for a formal education. I was afraid of the unknown as I was isolated at home with little interaction with people my age. I decided that I need to overcome my fears and further my education, and glad that I did. My days in college can be difficult because I never had to find a new way to study. The classes that I was required to take during my time homeschooling was easier and much different than college, but it was also much more lonely. Although I've been in Chabot for a couple of years already, I still am not completely used to the environment in the classroom and doing group activities. I feel out of place and not as quick of a learner as my peers. I need more time to grow as I have a different learning style than the normal person.

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# "The soapbox": Take it from me **ROBYN GLASCO**

## What is DYSGRAPHIA?

There many learning disability but the one I feel I might identify with is dysgraphia. Dysgraphia is a learning disabilities when one find it hard to form letters, spell words or understand their own handwriting.

The reason why I identify with dysgraphia is because when was in elementary school I found it hard to write or tell the difference between some letters. Another reason I identify with dysgraphia is because I find spelling to be the hardest thing to do when it comes to school. I never liked to read out loud because I knew there would be words I couldn't understand. I really never had a issue with understanding my own handwriting.

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## THE SOAP BOX: TAKE IT FROM ME

# ERIC TORRES

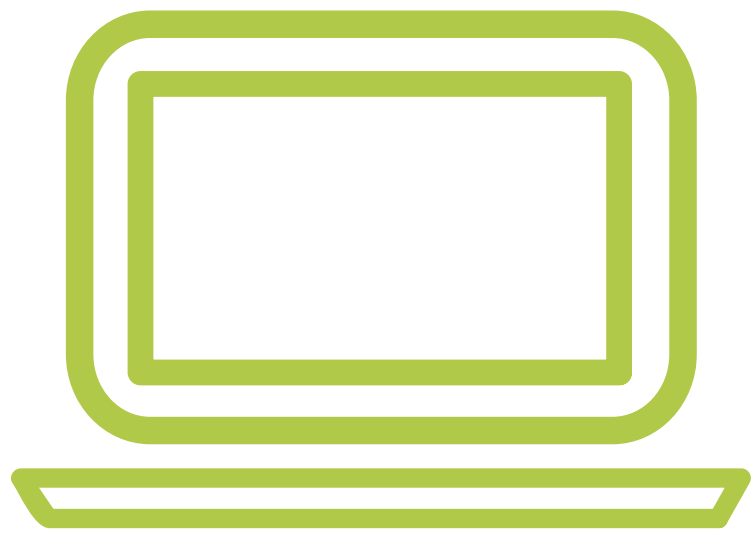
Knowing that there are other people like me on this endeavor is the most satisfying feeling, as for us humans, the sense of belonging is a powerful thing, and knowing you can feel like this on campus is quite flabbergasting. I myself have struggled to study and comprehend certain material, when it comes to my STEM courses, that is where I tend to be at a standstill, it makes me question myself as an individual to the point where I ponder if college is the right choice for me, if I should still continue my journey to pursue higher education. The beginning of my journey started as I enrolled at Chabot, lost and confused I was able to navigate the labyrinth and survive my first day, after a few weeks, the pressure became unreal, I complicated about dropping the institution for several times, fortunate for me I managed to negotiate myself out of that and excel forward, as the next semester started, it became quite interesting for me, it was not fact that I was able to pass my courses with stellar marks, but the fact that an opportunity was presented to me, something that seemed almost surreal, I learned about a Latino program called C.A.R.N.A.L. (Creating Academic Readiness for Aspiring Latinos). I decided to join this program and for the next couple of years my decision changed my life. Literally. The program helped me develop crucial skills for my professional life as well with certain personal skills. Down the journey of my academic career, I decided to depart from such program, however, an individual came to my aid at my lowest point of my academia. Roberto Mendez decided to take time out of his day to help me and persuade me to continue my education, not only that, but he was able to get me tutors for my courses and assist me on the most optimal way to transfer out of Chabot and still continue with my goals as a STEM major. Till this day, I am grateful and sad that I have met him. Grateful due to the fact that he has helped me so much through college and supported me through my life crises, but sad because I know for a fact that I will never be able to pay him back for all that he has done for me. My only regret is not knowing him any sooner.



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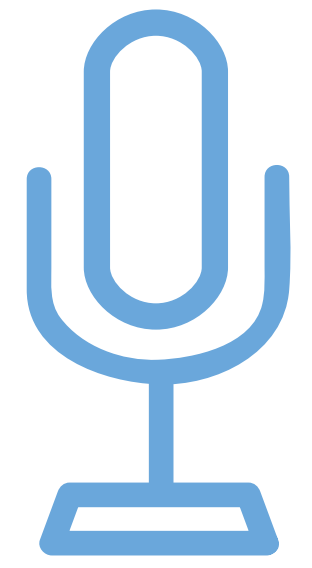
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THE SOAP BOX: TAKE IT FROM ME

CJR



I really don't like school in general always hated it. It's just not for me, from the very beginning since my mom made me take that test to prove that I had a learning disability. Yet even then she pushed me like I was going head first into a train. This was fine till high school rolled around. At the time my parents were getting divorced. Now I've seen divorces happen before but never to my own parents. I thought I could take it well...but was I wrong. I'm not gonna go into detail into what happened but it wasn't my best of times. But I still pulled threw high school and became 1 of 15 black students that graduated in my high school that year. It's funny during the ceremony the principle said we did all of this work for us students. But I didn't feel that way, still don't. I love my mom to death but all my life I heard her say that I going to walk the stage in every tone imaginable. So it felt like this wasn't entire thing was for the parents more than the students but that's just me. The image you see is something I made in my media class in high school I made one of those cards that you get when you go to the A's game I think I did a good job but yeah. Thanks for taking the time to read this. Have a nice day!

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## THE SOAP BOX: TAKE IT FROM ME

# E.V.

I'm a gamer and play video games. I play video games since I was little. Many years later, I still play video games, I thought to myself, "Should I join like a tournament?" So I decided to not join the tournament in the future because it take skill and communication. I'm not a much talking person, I like to stay quiet because it can help me to stay focused. Games I play are on console and mobile games.



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"THE SOAPBOX: TAKE IT FROM ME"

C. L.

With someone with a disability it is hard to work in school and focus. For me I procrastinate and quit every time i find something hard. I never really do my homework at all and i never do my school work. But i still know im able to do things and i can still succeed cause i won't quit.

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THE SOAP BOX: TAKE IT FROM ME

# JOHNATHAN CULP

I think having a Learning Difference means that some students get to achieve with their learning skills in different ways. Many students learn different kinds of subjects at different paces. I could always get support by talking to my teachers or using the campus resources in order to succeed in my classes. I felt pretty comfortable in school when I got the chance to take some electives in high school such as Spanish & Keyboarding. I would like my Math teachers to know that Math has been my favorite subject since elementary school. Math is a subject that I would love to study more in the future. I felt most welcome in school when I got to make new friends during my school years.

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THE SOAP BOX TAKE IT FROM ME

# FREDDIE CHATMAN

I DID MY PRESENTATION ON THE STAR WARS SITH ASSASSIN DARTH MAUL. THE REASON I CHOOSE TO DO A STAR WARS PRESENTATION IS BECAUSE STAR WARS HAS BEEN APART OF MY LIFE EVER SINCE I WAS A SMALL CHILD. IT'S ONE OF MY FAVORITE FICTION FRANCHISES OF ALL TIME. ITS HAS A LOT OF ACTION SCENES IN IT AND IT TEACHES EVEN IN MY DARKEST TIME THERE WILL ALWAYS BE LIGHT. I PICKED DARTH MAUL, CAUSE HE IS ONE OF MY FAVORITE SITHS BECAUSE HE IS MYSTERIOUS AND LIKE HIS FACE PAINT AND THE LIGHT SABER HE USES. HE WAS TAUGHT HOW TO EMBRACE AND IGNORE PAIN BY DARTH SIDIOUS. HE SURVIVED THE HARDEST CHALLENGE AND IF HE FAILED A MISSION SIDIOUS WOULD PUNISH HIM.

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THE SOAP BOX; TAKE IT FROM ME

# STARR PARKER

## TRAUMATIC BRAIN INJURY

On the bus I heard a women frantically scream out, "Oh no we're about to crash!" My eye's pop opened and all I could see is bright white lights. I instantly went into prayer. I asked God to save my life. Suddenly my body was violently thrown from the back of the bus forward. It felt like I hit a brick wall. My body rolled over and over tossed around heavy debris. My head hit something so hard I heard it crack open. I felt ecstatic pain throughout my body then I went limp. I was knocked out unconscious.

When I woke up my brain didn't work the same. I could see but I didn't recognize anyone. I could hear but I didn't understand the language. I could only smell the flesh of bodies burning. I could taste the blood in my mouth. I couldn't feel anything--my body was numb.

I had suffered a Traumatic brain injury. The 4 parts of my brain that were severely affected were the Frontal lobe, Parietal lobe, Temporal lobe, and my Occipital lobe.

Recovering from a TBI is very difficult and scary. I knew in order to improve myself I needed help. I went back to college and got tested for a Learning Disability. I got support with class and accommodation where I needed the most.

Many years after the bus crash. I see life in bright healing colors. I can taste the sweetness life has to offer. I can hear positive feedback supporting my efforts. I can smell the flowers that bloom in the gardens. I can touch people's lives by encouraging them to never give up.

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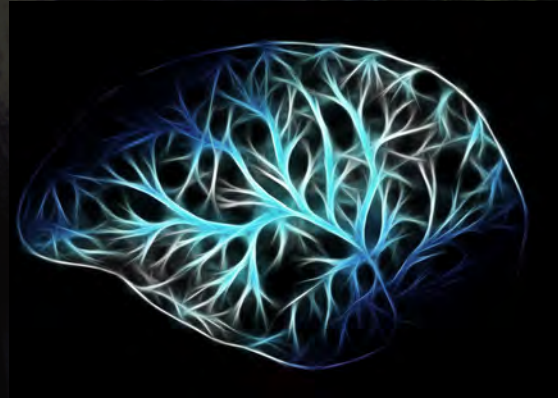
*The Soap Box: Take it From Me*

M I R O S L A V A .

## *Learning Disabilities*

*What is ADHD and my experience living with it.*

*ADHD: A difficulty staying focused and paying attention, also difficulty controlling behavior and hyperactivity*



*Living with ADHD can be challenging. When I was in school, I frequently had trouble keeping up with other students. When time came to reading, note taking, staying focused, and test taking, I would finish those tasks at a slower pace. It would be difficult for me to stay focused during lectures or when I had to read on my own. So, I ended up just getting by and doing the bare minimum to pass my classes. As my school career went on I decided to reach out and get help. That was the time when I realized that I have a learning disability. I started taking medication to help me concentrate and I changed up my approach to school and learned new strategies and techniques that helped me overcome the challenges and help me cope with ADHD. It's never too late to get help because it can make a world of difference in your life and make you realize how different the world can be.*

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THE SOAP BOX TAKE IT FROM ME

# VICTOR ZEPEDA

WHAT I WOULD LIKE MY TEACHER TO KNOW ABOUT ME IS THAT I'M A VISUAL LEARNER. I LIKE TO SEE HOW IT IS DONE FIRST THEN DO SOME HANDS ON AND MAKE SURE I HAVE SOMEONE TO MAKE SURE I'M DOING IT WELL. I ALSO THINK THAT MANY STUDENTS LEARN WAY DIFFERENT FROM ME. I LIKE TO TAKE NOTES BUT WHEN THE TEACHER IS DOING IT WITH US. I LIKE TO FOLLOW ALONG BUT IF IT GETS CONFUSING I WOULD TEND TO LOOK AROUND. I ALSO DON'T LIKE TAKING TESTS ON THE COMPUTERS; I GET BORED AND DON'T LIKE DOING IT LIKE THAT. I'M MORE OF A PENCIL AND PAPER PERSON TO BE HONEST

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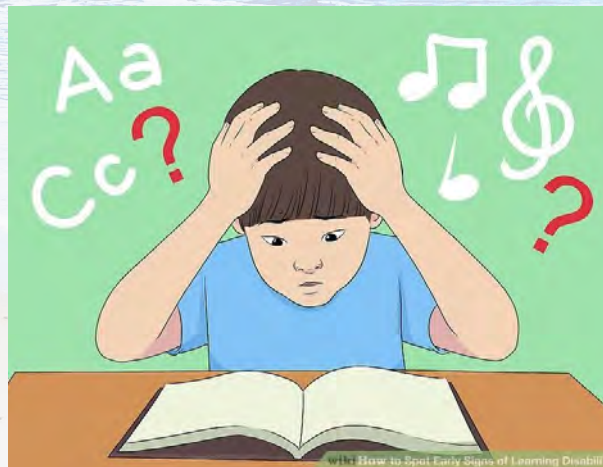
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THE SOAP BOX: TAKE IT FROM ME

# IVAN CHIK

My own experience with learning disabilities throughout my life is quite complicated. Back then, I didn't even know what my disabilities were until high school. During tests I always get sent to another room so I can do my exams. I had this case manager who checks my reading, math, and writing skills and they told me what my disability was. I always felt that high school wasn't really interesting until college came. My Learning disabilities are ADD/ADHD, Poor Memory, and Speech problems.



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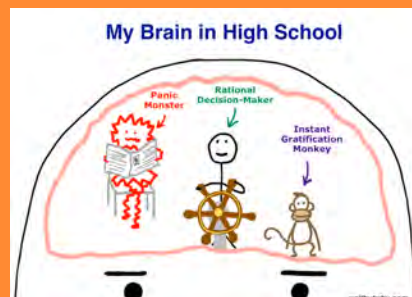
# JULIUS CRUZ

Although I haven't been assessed for learning disabilities, I have faced many challenges academically. Reflecting on my career as a student, I have experienced symptoms of inattentive ADHD and sensory processing disorders. Throughout school I have struggled to focus, manage my time, and complete my assignments by their due dates. I have been labeled "a slow learner", "a daydreamer" and "a slacker", but under the right conditions, I know I can accomplish as much as other students.

I would like my instructors to know that certain subjects, such as math and science, are more difficult for me to learn because I process the content differently than other students. I can learn most concepts easily, but when I practice the math problems I often need to take extra time to visualize the information in my personal ways.

Another detail that I would like my peers to know about me is that I need to work in calm spaces that are free from distractions. If I'm surrounded by too much stimuli, and my brain is trying to process a lot of information, I can feel overwhelmed. If I'm overwhelmed, I usually find ways to distract myself and escape, which always leads to procrastination.

Overall, I know that I am capable of learning anything. I just need to work in environments that fit my preferences. I am grateful to have taken the LNSK 116 course because it has helped me discover more about my learning style and it's the first step on my Learning Difference journey.



THE SOAP BOX: TAKE IT FROM ME

# Justin Phillips

THE UPCOMING LEGEND

Letters and numbers  
Flying then Scrambling  
Feels like a tornado  
Going round and round in my head  
I am feeling lost in the moment  
But what's the cost  
Excluded from the pack  
I might as well be in a cell  
The 4 walls in the room closing in  
Teachers isolating me from my peers  
What's the difference between jail and  
no support  
In the end you are a lost soul  
Trying your best doesn't cut it  
no matter what you do  
professors always telling you to do better  
I'm doing my best-- isn't that enough?  
Dropping classes because I wasn't getting respect  
I'm supposed to look up to you  
with your wrongs and no rights how can I look up to that.



To learn more, contact the Disabled Student's Resource Center and/or the Learning Skills program. This poster series is a co-production of Learning Skills and The Student Initiative Center

## THE SOAP BOX: TAKE IT FROM ME

# KAREN RODRIQUEZ

What I would like my teacher to know about me

I am a very hard achiever. I don't give up. I try to accomplish all my life goals. I am also a good listener. I just struggle a little on taking tests. I always get nervous, try to rush through the test, and get test anxiety. You might have no idea of test anxiety unless you have experienced it. I don't use my best judgement--then I get the answer wrong. And yet, I am always open to learning new things in life that help me accomplish my career goals.



I am also open to working together on group projects or getting new opinions. It is difficult to really understand a disability unless you have experienced having a disability. It is also good to do research on disabilities if you are ever having trouble on your learning process and you feel that you are having more trouble than the average person.

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# CLAUDIA RISCO



Maybe it came to my young with a colleague and my background in English. I struggled with understanding everything around the end of course when the time came my parents enrolled me in school, which is when I was able to try my first real ESL communication.

Until most of my classmates they learned the language with a dictionary and some grammar filled with charts. This is a student participant. This would have been a good power to my staff with a dictionary. That, when the teacher taught in I was sent to different programs like Read 180 which wasn't designed for ESL. I was swept under the rug. However, going forward I was determined to fight for myself and fight for opportunity.

I was my own person. I would fully myself into a hole and all times I couldn't get out of my rut. The last year I was in the bay to open a door. We acted problem that understanding and jumping on a computer and reasoning was that, that is what we do. I had the support and patience from my teachers and classmates. They took time to explain the logic behind taking the derivative during my time in AP Calculus and reassured why the Native Americans tried to fight rather than giving up to foreign while to all was and people. I was indeed working overtime trying to assimilate into a normal classroom setting when that isn't my forte. There is nothing wrong with asking for help and saying, "I might have a problem that's beyond myself and the whiteboard".

However, what made this situation worse was the lack of knowledge of my Learning Disabilities. Living with any type of learning is like a but some in the dark and thinking something is wrong with you rather than knowing what you have and having that light on how to combat. My disability is a type of low that I've never experience before. However, through hard work I was able to open doors for myself. I didn't let myself beat the game, I avoided putting myself forward. I managed to build my portfolio and landed a job right out of high school, with constant self determination I pushed my self forward. I'm always working up, nothing will stop me.

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2018

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- Perform manual backend configurations for enterprise clients to ensure data quality

# Janet Guillen

**IMPATIENT**

**FRUSTRATION**

**SADNESS**

**HELPLESS**

**ANGER**

**DISAPPOINTED**



**DISTRACTED**

**DEPRESS**

**LACK OF CONFIDENCE**

**CONFUSION**



This poster series is a co-production of the Learning Skills Program and The Student Initiative Center at Chabot College