

HAWKREACH COUNSELING SERVICES

TAHLEQUAH CAMPUS

Hours: 8 a.m. to 5 p.m.

Monday - Friday

Location: Leoser Complex

MUSKOGEE CAMPUS

Hours: 8 a.m. to 6 p.m.

Wednesday

Location: Dean's Office, Admin, Room 144

Phone: 918-444-2042

Email: hawkreach@nsuok.edu



STUDENT DISABILITY SERVICES

BROKEN ARROW CAMPUS

MUSKOGEE CAMPUS

Monday – Friday

Hours: 8 a.m. to 5 p.m.

Phone: 918-449-6139

Email: sdsba@nsuok.edu

Location: Administration Services Building,
First Floor, Ste. 130

TAHLEQUAH CAMPUS

Hours: 8 a.m. to 5 p.m.

Monday - Friday

Location: Leoser Complex

Email: sdstah@nsuok.edu



SPRING 2021 NEWSLETTER

Spring 2021 is already underway. As we all prepare for a very busy and productive semester we want to make sure that you are aware that we are here to help you and assist you in anyway. We want you to be successful both in the classroom and out.

Our goal with our newsletters is to inform you of important dates to remember, Counseling information, information about accommodations, disability information and more.

If there are topics or information that you would like to see in our newsletters, please feel free to reach out and submit those ideas to sdsba@nsuok.edu and we will do our best to cover those topics.

To stay up to date with COVID-19 please go to [NSU RiverHawk Response - Student Guide to COVID-19](#)

HAWKREACH – COUNSELING SERVICES



Walk-In-Wednesday (WIW) Mornings @ HawkReach
located in Leoser 99 next to the University Housing Office.
8:00 a.m. to 11:30 a.m.

HawkReach Counseling Services is pleased to offer “Walk-In-Wednesday-Mornings” weekly from 8:00 a.m. to 11:30 a.m. These morning sessions are limited to brief interventions and resource referrals and last for approximately 30-minutes. Appointments are offered on a first-come first served basis.

Below is a list of services that may be available on WIW Mornings:

- Referrals to campus and community resources
- Brief solution-focused therapy,
- Brief assistance with personal or interpersonal concerns
- Scheduling for future sessions with a counselor.

HawkReach regular scheduled appointments may be made via phone by calling (918) 444-2042 or by emailing hawkreach@nsuok.edu.

We are also excited to announce the extension of these services on the Broken Arrow (Admin Building, Room 130) and Muskogee (Dean's Office, Admin, Room 144) campuses starting January 27th.

ROWDY’S RESOURCE ROOM

REFER SOMEONE IN NEED! THE PANDEMIC CAN BE TOUGH WHEN YOU ARE ALONE, BUT WE ARE HERE FOR YOU! Established by students in Spring 2014, the Riverhawk Food Pantry on the Tahlequah and Broken Arrow campuses are to assist students in times of need. Now expanded and rebranded in 2017 as Rowdy's Resource Room, this resource provides non-perishable food, gently used clothing, and office/school supplies. This donation-based program is a great way for students to give back and support their Riverhawk’s family.

Students are asked to fill out an intake form the first time they access Rowdy's Resource Room. After registering online and the initial use, students simply need to present their NSU ID when visiting. The Rowdy's Resource Room registration will allow the staff to do more accurate reporting of use and allow patrons to register in a way that is convenient for them.

- Tahlequah Rowdy's Resource Room is located in Leoser Hall, down the hall from Pizza Hut Express and across from the Chatterbox. Spring 2021 Hours Monday through Friday 1:00pm to 4:00pm. Contact NSU Community Engagement at commengage@nsuok.edu or 918-444-2255
- Broken Arrow Rowdy's Resource Room is located in the Administrative Services Building, Student Affairs Lower Level Suite BAAS 130. Spring 2021 Hours Monday through Friday 8:00 AM - 5:00 PM Contact 918-449-6137 or email wright06@nsuok.edu if you need to schedule outside the specified hours.

STUDENT DISABILITY SERVICES - DISABILITY HIGHLIGHT: AUTISM

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges. There is often nothing about how people with ASD look that sets them apart from other people, but people with ASD may communicate, interact, behave, and learn in ways that are different from most other people. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less.



A diagnosis of ASD now includes several conditions that used to be diagnosed separately: autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger syndrome. These conditions are now all called autism spectrum disorder.

Signs and Symptoms

People with ASD often have problems with social, emotional, and communication skills. They might repeat certain behaviors and might not want change in their daily activities. Many people with ASD also have different ways of learning, paying attention, or reacting to things. Signs of ASD begin during early childhood and typically last throughout a person's life.

Children or adults with ASD might:

- not point at objects to show interest (for example, not point at an airplane flying over)
 - not look at objects when another person points at them
 - have trouble relating to others or not have an interest in other people at all
 - avoid eye contact and want to be alone
 - have trouble understanding other people's feelings or talking about their own feelings
 - prefer not to be held or cuddled, or might cuddle only when they want to
 - appear to be unaware when people talk to them, but respond to other sounds
 - be very interested in people, but not know how to talk, play, or relate to them
 - repeat or echo words or phrases said to them, or repeat words or phrases in place of normal language
 - have trouble expressing their needs using typical words or motions
 - not play "pretend" games (for example, not pretend to "feed" a doll)
 - repeat actions over and over again
 - have trouble adapting when a routine change
 - have unusual reactions to the way things smell, taste, look, feel, or sound
 - lose skills they once had (for example, stop saying words they were using)
- (Autism Spectrum Disorder (ASD), 2020)

Here are six tips to help your students with autism thrive in the classroom.

- Avoid sensory overload. Many unexpected things can be distracting to students with autism. ...
 - Use visuals. ...
 - Be predictable. ...
 - Keep language concrete. ...
 - Directly teach social skills. ...
 - Treat students as individuals.
- (Manolis, 2016)

Let's give a warm welcome to our new members of the team and our interns and graduate assistant.



Lisa Sloggett, Counselor

I earned my BA in psychology from UCO in Edmond, OK in 1989 and my Master of Community Counseling from OSU in Stillwater, OK in 2014. I have experience with widely diverse populations and ages. Working with adults is my passion. I have personally found counseling helpful, especially during transitional times of life. I understand the importance in student lives to have a healthy balance between school, home, family and mental health. I am grateful to be a part of HawkReach and look forward to providing an environment of safety and confidentiality for all NSU students.

Office Location: Tahlequah Campus, Leoser Complex 99, HawkReach (North of the Housing Office) and Muskogee Campus Dean's Office, Admin, Room 144
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Erica Coward, B.S., Counselor-in-Training

I am currently attending classes on the Tahlequah campus while putting in internship hours at HawkReach. I will be graduating December 2021 and I am beyond excited to go through this journey with you all. Growing up I knew I wanted to be in a helping profession and with some of my family having a background in nursing, I thought that was it. I attended the nursing program at Connor's State College – Muskogee campus, but it just did not feel right to me. I knew I still wanted to be helping others but did not know exactly how. Being interested in the brain and how it reacts to internal and external events, I transferred to NSU Tahlequah campus in Fall 2016, changed my major to psychology with a minor in criminal justice, and slowly my interest in counseling began. I graduated with my Bachelors of Science in May 2019 and began the Clinical Mental Health program that fall. I have enjoyed the experience I have gotten so far and will be embracing the future with wide arms and an open heart.

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Skylar Fielder, B.A., Counselor-In-Training

I graduated from NSU with my Bachelors of Arts in December of 2015. I went to work for my tribe where I got comfortable, only to be shaken up by my experience working as a CASA volunteer in Cherokee County. The situations I witnessed and the families I advocated for gave me a hunger to do something more than just work a day job for the rest of my life. I applied and was accepted into the Masters of Counseling program here at NSU, and started that journey in the fall of 2019. Being a counselor means everything to me. My ultimate goal is to help clients feel lighter and more capable than they did when they first walked in the door. Currently, I am working at HawkReach on the Tahlequah campus as a Counselor-In-Training, and really feel like I am learning a lot not only about the profession, but about myself as well. I will graduate from the program this December (2021), which means I have very little time left to soak up as much as I can. I am excited to be on the journey that I'm on, and to be mentored by the professionals here at NSU. Needless to say, I am looking forward to becoming a colleague and not just a student.

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Brandon Jones, B.S., Graduate Assistant

I graduated from NSU in 2019 with my bachelor's in Psychology. When I graduated I worked in Oklahoma City Payroll Department for the Department of Corrections. I worked there for a year and knew it was not the path for me. I am a second semester graduate student working towards my master's in counseling. I am the graduate assistant for Educational Access in Broken Arrow and enjoy working for the department and helping students here at NSU!

UPCOMING EVENTS

<https://www.nsuok.edu/calendar/>



Wed. March 3, 2021

Virtual Career & Graduate School Fair - <https://www.nsuok.edu/calendar/index.php?eID=1343>

Sat., March 06, 2021

NSU Founder's Day - <https://www.nsuok.edu/calendar/index.php?eID=483>

Mon., March 15, – Fri. March 19, 2021

Spring Break (No Classes/Campuses Closed) - <https://www.nsuok.edu/calendar/index.php?eID=606>

Monday, March 22, 2021

Summer Enrollment Open - <https://www.nsuok.edu/calendar/index.php?eID=621>

Sunday, March 28, 2021

JCPenney Suit-Up In-Person event - <https://www.nsuok.edu/calendar/index.php?eID=1344>

05:00 PM - 08:00 PM

Wed., April 07, 2021

Junior Day - <https://www.nsuok.edu/calendar/index.php?eID=372>

Tues., April 13th, 2021

NSU Spring 2021 Virtual Teacher Fair - <https://www.nsuok.edu/calendar/index.php?eID=1345>

Thurs., April 15, - Mon., April 19, 2021

Reminder: Renew ADA Accommodations - <https://www.nsuok.edu/calendar/index.php?eID=484>

Mon., May 3rd, 2021 – Fri. May 7th, 2021

Finals Week - <https://www.nsuok.edu/calendar/index.php?eID=616>

USEFUL LINKS AND RESOURCES:

[Oklahoma Able Tech](https://www.okabletech.org/) - <https://www.okabletech.org/>

[Oklahoma Department of Rehabilitation Services](https://oklahoma.gov/okdrs.html) - <https://oklahoma.gov/okdrs.html>

[Oklahoma Association of Higher Education and Disability](https://www.ahead-ok.org/) - <https://www.ahead-ok.org/>

[Association of Higher Education and Disability](https://www.ahead.org/home) - <https://www.ahead.org/home>

REFERENCES

1. *Autism Spectrum Disorder (ASD)*. (2020, March 25). Retrieved from Center for Disease Control and Prevention: <https://www.cdc.gov/ncbddd/autism/facts.html>
2. Manolis, L. (2016, March 15). *6 Tips for Teaching Students With Autism*. Retrieved from Teach for America: <https://www.teachforamerica.org/stories/6-tips-for-teaching-students-with-autism>

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

~ Helen Keller ~

