



THE DPN ADVANTAGE



A Monthly Newsletter from the Disability Program Navigator

Vol. 3, Issue 21

January 2007

Up & Coming

Headliner

Ask the Experts

LEGACY

Diversity Training

Cognitive Disabilities

This workshop will define different types and causes of cognitive disabilities affecting mental processes and their potential effect on an individual's ability to get a job and perform work-related tasks. Addresses "real" versus "perceived" barriers to employment for customers with cognitive disabilities and One Stop strategies for helping customers overcome these barriers. Provides links to local resources for specialized services to expand the capabilities of One Stop centers to serve persons with cognitive disabilities.

Wednesday January 31st, 2007

Time: 10:00am – 3:00pm

Sutter County Superintendents Office
970 Klamath Lane, Yuba City CA

LUNCH provided ~ Please RSVP

Any Questions, Please Contact your
Disability Program Navigator "DPN"

Toni Costales-Servin

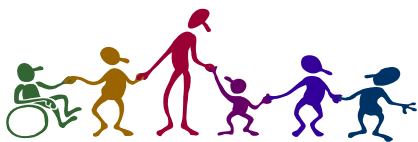
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"The Vision"

Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.

Booker T. Washington



Do you have a cartoon, a motivational thought or saying? Please share your encouragement and we will try to put it in the next issue. Send to the contact below.

Reach your GOALS

As a long-standing tradition it is common for people to set new goals in January for the coming year. However, it is important to set effective goals so that way you are more likely to achieve whatever you are trying to do.

To put it simply...you need to RATE your goals...

R – Realistic...Is your goal something that you can do? For example - if you are 35+ years old and have never played football (except recreationally) you aren't going to be playing for the Steelers (or whoever is your favorite team) anytime soon.

A – Achievable...this is different from realistic in that once you are out of fantasy land you need to consider what can be accomplished. For example – If your goal is to loose weight, the achievable goal for a year should be between 15-35 pounds in a year (generally 2-3 pounds per month).

T – Time...you HAVE to put a time frame on your goal – if you don't then it's an excuse to be lazy. You also have to be realistic here too – in the example above you don't want to loose 35 pounds in a month (well you may WANT too...but that's not healthy for you).

E – Enthusiasm...you have to be excited about your goals – for two reasons...if you're not excited no one else will be...but more important – if you are not excited about your goals you won't do anything to achieve them.

Lastly – Select only 4-7 goals for a year...too many more than that and you are probably going to expend too much of your energy in too many directions and ultimately accomplish nothing. So set your goals and make 2007 your best year ever.

Bill Grimaldi

Workforce Coordinator



QUESTION

What exactly is a Learning Disability and can it be temporary?

Answer:

A learning disability (LD) is a permanent condition which affects the manner in which individuals with at least average intelligence receive, retain and express information. Deficits in reading comprehension, spelling, written expression, math computation and problem solving are commonly exhibited. Less frequent are problems in organizational skills, time management and social skills. A learning disability is inconsistent and may manifest itself in one specific academic area, such as a foreign language. It may also be frustrating, since it is an invisible or hidden disability.

For more information try some of these websites found from an on-line search of "learning disabilities".

<http://www.ldonline.org/>

<http://www.schwablearning.org/>

<http://kidshealth.org/>

