

Pre – Employment Transition Services Newsletter

March
2020

Welcome to our monthly newsletter, where the DSB transition team will provide you with information and links that pertain to career exploration, workplace readiness training, counseling on post-secondary training options, and instruction in self-advocacy.

Note: Due to recent current events, this newsletter will primarily focus on resources available to you and ways to stay informed during the pandemic.

Free Offer - College Students in Need of Aira

“AIRA is a service that enables blind and low vision people to connect to a live agent who can assist with a variety of tasks. Using the camera on a smart phone or a camera mounted on glasses, The AIRA agent can assist the individual by reading inaccessible documents on a computer screen, reading street signs, helping the blind person find her/his Uber, etc.

Normally a paid subscription service, AIRA is offering college students free access through the end of the spring semester.

We know that many universities and colleges are rapidly shifting to distance learning. We’ve heard that some materials and software being used are inaccessible so we will be offering free Aira for any college student for the remainder of the spring semester ending in May 2020. If you know of a student who could benefit from Aira for their distance learning, please email support@aira.io for more information on the program.”

Visit their website to watch a video about what Aira can do: <https://aira.io/students>

Services for the Blind – Transition Team

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HAVE YOU CHECKED OUT HADLEY YET?!

[HTTPS://HADLEY.EDU/](https://hadley.edu/)

“Hadley creates personalized learning opportunities that empower people with vision loss to thrive - at home, at work and in their communities.” Their site provides plenty of instructional videos to learn accessibility features across tech tools and apps.

Discussion groups:

- Crafting Circle
- Writers’ Circle
- What’s Cooking?
- Hadley Growers
- Tech it Out
- Travel Talk
- Get Up and Go!
- Resource Roundtable
- Spanish
- Embracing Braille



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Is the pandemic causing you anxiety? Check out this article for some guidance!

11 tips for managing your anxiety during the coronavirus pandemic, according to a therapist who specializes in anxiety

by Amy Morin Mar 19, 2020

1. Create a schedule

“Incorporate healthy activities into your day, and try to keep a similar daily routine in the process.”

2. Limit the time you spend consuming media

3. Choose what media you consume carefully

4. Exercise

5. Label your emotions

6. Balance your emotions with logic

7. Argue the opposite

8. Maintain social support

9. Focus on the things you can control

“Gaining a sense of control over something can help you gain inner peace.”

10. Externalize your anxiety

11. Schedule time to worry

Follow this link to read the full descriptive article:

<https://www.businessinsider.com/11-tips-for-managing-your-anxiety-during-coronavirus-from-therapist-2020-3>

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Stay Calm, Stay Informed

<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>

COVID-19 Resources

NC 2-1-1 is now a resource for people to call for assistance related to the COVID-19 coronavirus
<https://www.nc211.org/>

For general information and updates about COVID-19: **Text COVIDNC to 898211**

Are you without internet access?

Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.

<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

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