

## WE ARE PROUD

We are so proud of Alexander. Alexander has been active at NDSU and now mastering the art of coursework and employment skills. Alexander has a great attitude and is always willing to try something once. She has sung the National Anthem at a basketball game and has recently started job practice skills in the library. Alexander has become great at computer skills and completing online work for the media specialist.

Welcome to the Herd, we are so glad you are here!



# Transition and Access Program @ NDSU



## What's Happening?

We have successfully completed one full semester at NDSU. There are many lessons we have learned this first semester, but students and staff all agree that the biggest lesson is we all believe in TAP and for it to be successful we need to rely on one another and ask for help. NDSU has been a great university to start this Transition Program.

December has been a month filled with gatherings, social events, and registration for spring semester. The first week in December we were able to host our 1<sup>st</sup> annual family holiday event at Labby's Bar and Grill. We are so grateful for our community supporters. Labby's was able to provide pizza and drinks along with an excellent location close to NDSU at no cost to the program. Providing time for families to gather to connect is so important in the transition phase for students. We appreciate your generosity and support!



## Looking Ahead

- Class starts Jan. 8
- Dorms open on Jan 7 @ 12pm.
- No Class on Jan 15

## Staff Shoutout!

Mark ~

We are so thankful for Mark! He is a smiling face and a great supporter of TAP.

Mark loves all things Apple, and the students know his likes! Mark has great ideas, provides a lot of supports with suggestions.

Thank goodness Mark was willing to take on the challenge or writing the grant to bring this transition program to NDSU.

We are grateful to know you!



Contact Us

Molly McKinnon

[ndsutap@nds.edu](mailto:ndsutap@nds.edu) or

[molly.mckinnon@nds.edu](mailto:molly.mckinnon@nds.edu)

701.231.1805

<https://www.ndsu.edu/disabilityservices/tap/>

## Seminar Class

The transition seminar class focused the month of December on whole body wellness. We discussed nutrition, physical exercise, and our thoughts as all important pieces in being healthy. We had a wonderful community member invite us over to complete a craft, served us lunch, and provided a safe and friendly atmosphere to practice many conversation skills.

Each Wednesday evening, we were able to have some fun in the Memorial Union doing some bowling. We also were able to enjoy some physical exercise playing basketball at the Wellness Center. We are excited to start up an inclusive soccer team in the Spring and look forward to more physical exercise. Having friends and staying physically active can be easily forgotten when you enter college and beyond. We are grateful for the peer mentors to come and work on these valuable skills.

Lastly, although, not incredibly nutritious, our seminar class made cookies and other treats for our annual cookie exchange. Thank you to Stockbridge Hall for allowing us to use your kitchen. Also, a big thank you to Inclusion Ministry at Hope Lutheran Church for supporting us with groceries. We have the best community in the Fargo/Moorhead Area.



*"I am different...not less" – Dr. Temple Grandin*