

NSSLHA NEWSLETTER

CALIFORNIA STATE UNIVERSITY, LOS ANGELES



National Rehabilitation Awareness Week September 20-26

What is rehabilitation? What is habilitation? Is there a difference? The answer is...yes! Both rehabilitation and habilitation aim to help individuals gain skills, and speech-language pathologists (SLPs) and audiologists are part of the team of professionals that provide these types of services. Habilitation is the process of providing services that help individuals develop, maintain, or improve skills and functional abilities. Rehabilitation is the process of helping individuals regain skills and functional abilities that have been lost.

What do these look like? As previously mentioned, audiologists and SLPs are some of the many professionals that provide rehabilitative and habilitative services. Settings in which you might find these professionals providing rehabilitative services include private practices, skilled nursing facilities, and hospitals. Schools are often what come to mind when we think of habilitative services. An example of a rehabilitative service is when an SLP helps a stroke patient regain speech skills that have been lost as a result of the stroke. An example of a habilitative service is when an SLP sets individualized education plan (IEP) goals to help a young child with a language disorder. This is considered habilitation since the child's language has not yet been fully established.

WHAT'S INSIDE THE ISSUE:

ALUM SPOTLIGHT:
HELEN HAWKINS

CROSSWORD

DIVERSITY, EQUITY,
AND INCLUSION

GRAD SCHOOL
APPLICATION TIPS

ANNOUNCEMENTS

NSSLHA POINTS

FOLLOW US AT



CSULA_NSSLHA



NSSLHA AT CSULA

Alum Spotlight

Helen
Hawkins

Class of 2020



My name is Helen and I graduated from CSULA with my Bachelor's degree in 2018 and my Master's degree in 2020. I just completed my Clinical Fellowship Year in a Skilled Nursing Facility where I work with the geriatric population. I became a speech-language pathologist after seeing my grandma decline due to dementia. I am passionate about memory care and working with dementia patients as I've learned how much cognitive abilities impact every part of our lives.

Alum Spotlight

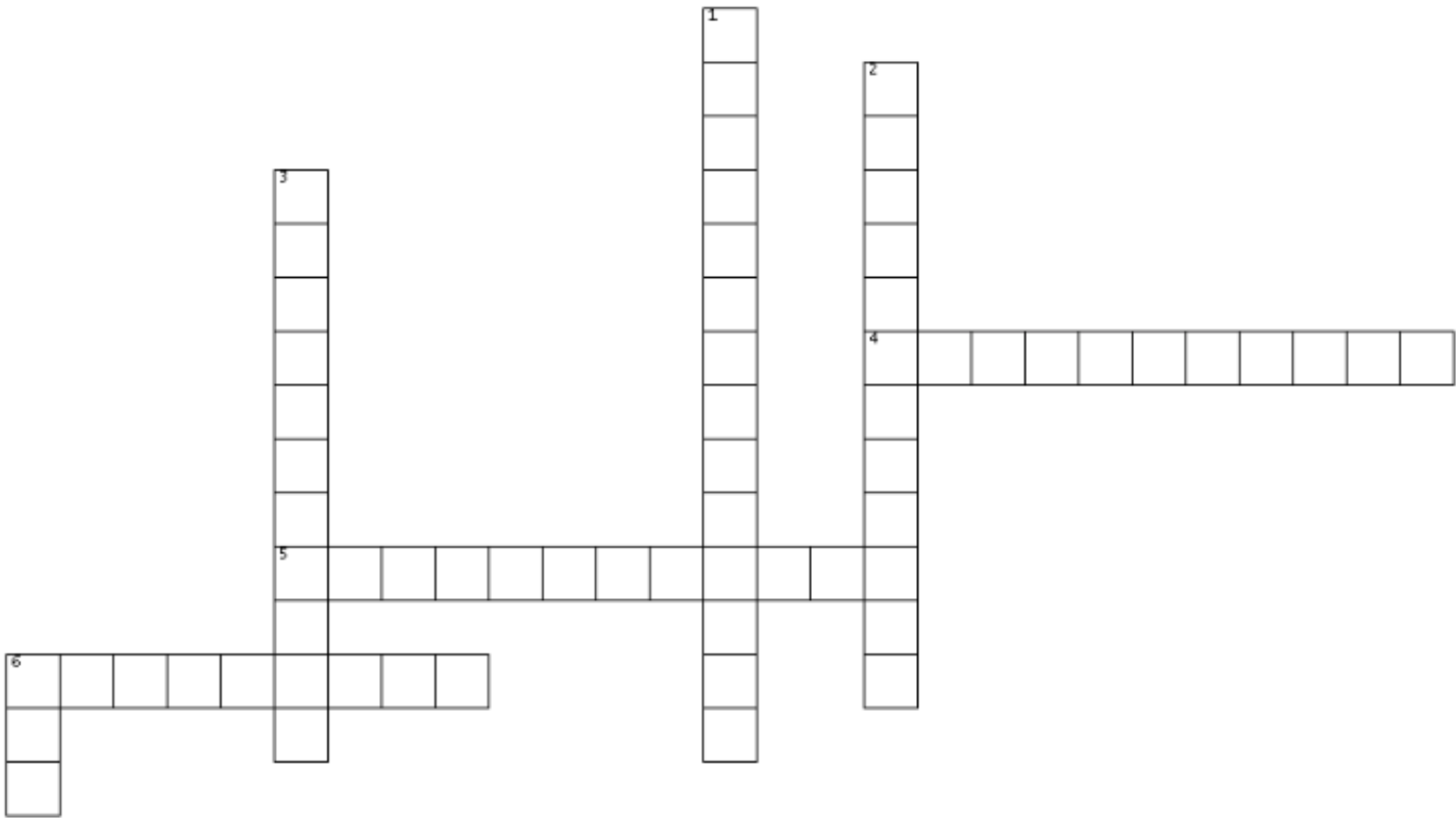
What do you enjoy about working in rehab settings?

I work in a Skilled Nursing Facility, predominantly with the elderly with dementia, post-stroke, or post-fall. I love the rehab setting as I get to be there during their whole journey and see their progress. They make progress not only with speech therapy, but also with occupational and physical therapy. It's exciting when someone who hasn't walked in a while is walking again. I also love the collaboration with the other therapists. As a new grad and the only speech therapist in my building I had to adjust really fast, so I was discussing clinical questions with all involved in each patient's care. It's definitely made me a more well-rounded therapist.

What advice can you give students who are on the fence about working in rehab settings?

If you're on the fence-- it's ok!! I promise! Take your time. I do recommend getting ANY exposure you can. This is hard during COVID, I know. However, I've seen first-hand how many jobs there are in the healthcare field that are not patient-care (but just as important): work in the kitchen, cleaning staff, activities, rehab aide, secretary. ANY job and I'm sure you'll interact with the therapists who would be happy to answer questions/ let you observe. Plus, you care for the patients in different and indirect ways. This is something I wish I had known in undergrad.

Rehabilitation Crossword



ACROSS

- 4. A health care professional who is trained to evaluate hearing loss and related disorders
- 5. The process of helping individuals with disabilities attain, maintain, or improve skills and functioning for daily living
- 6. The month in which National Rehabilitation Awareness Week falls

DOWN

- 1. The process of regaining skills, abilities, or knowledge that may have been lost or compromised as a result of illness, injury, or acquired disability
- 2. This type of therapist helps injured, ill, or disabled patients regain fine motor skills necessary for daily activities
- 3. A facility for the residential care of elderly or disabled individuals
- 6. (abrv) A health care professional that works to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults

DIVERSITY, EQUITY, AND INCLUSION

Bilingualism

What is Bilingualism?

- Bilingualism is the ability to communicate in more than one language
- Bilingualism can be described as a continuum based on proficiency in any language and can vary across settings, conversational partners, and topics

Why Bilingualism is Important in the Speech-Language Pathology Field

- To instruct and assess the client/patient in direct clinical techniques using behavioral, physiologic, and developmental measures
- To select and interpret culturally and linguistically appropriate assessment materials, tools, and methods
- To apply intervention strategies for treatment in the language most appropriate for the needs of the individual

Key Bilingualism Terms to Know in this Field

- **Simultaneous bilingualism** - acquisition of two languages at the same time, usually introduced before the age of 3
- **Sequential bilingualism** - acquisition of a second language after the age of 3
- **Dual language learners** - people learning two languages simultaneously from infancy or who are learning a second language after the first language

DIVERSITY, EQUITY, AND INCLUSION

Data Snapshot: ASHA Bilingual Service Providers, Year-End 2020

Counts

- **Overall.** At year-end 2020, excluding National Student Speech Language Hearing Association (NSSLHA) members, ASHA represented 208,135 audiologists; speech-language pathologists (SLPs); speech, language, and hearing scientists; and audiology and speech-language pathology support personnel—up from 201,961 at year-end 2019.
- **Bilingual Service Providers.** Of the 208,135 individuals ASHA represented, which excludes NSSLHA members, 16,656 (8.0%) indicated they were bilingual service providers—up from 6.5% at year-end 2019. Of these, 14,958 were ASHA-certified SLPs and 885 were ASHA-certified audiologists. The remainder included members with dual certification, individuals who had started—but not yet completed—the certification process, and non-certified members.
- **Languages Used.** There were 82 spoken languages other than English reported by those who indicated they were bilingual service providers—up from 78 at year-end 2019. In addition, 781 individuals indicated that they could communicate using American Sign Language, 111 use Manually Coded English (including SE, SEE, Cued Speech, etc.), and 28 use “other sign languages”.
- **Spanish-Language Service Providers.** Of the 16,656 individuals who indicated they were bilingual service providers, most (11,023 or 66.2%) were Spanish-language service providers—up from 64.9% at year-end 2019. Of these, 10,208 were ASHA-certified SLPs, and 358 were ASHA-certified audiologists. The remainder included members with dual certification, individuals who had started—but not yet completed—the certification process, and non-certified members.

<https://www.asha.org/siteassets/surveys/demographic-profile-bilingual-spanish-service-members.pdf>

Helpful Resources

Becoming Bilingual, a booklet describing typical language development in bilingual children and how to support these children. Get it at the ASHA Store:

[https://apps.asha.org/eWeb/OLSDynamicPage.aspx?](https://apps.asha.org/eWeb/OLSDynamicPage.aspx?Webcode=olsdetails&title=Becoming+Bilingual&Site=ASHACMS)

[Webcode=olsdetails&title=Becoming+Bilingual&Site=ASHACMS](https://apps.asha.org/eWeb/OLSDynamicPage.aspx?Webcode=olsdetails&title=Becoming+Bilingual&Site=ASHACMS)

Learning Two, an article available on the ASHA website:

<https://www.asha.org/public/speech/development/learning-two-languages/>

GRAD SCHOOL APPLICATION TIPS

1. Start as soon as possible! Beginning the process early will give you plenty of time to account for all application-related submissions. Putting things off until the last minute can cause unnecessary stress!

2. Become familiar with professors from programs you are interested in and their areas of focus.

3. Ask for letters of recommendation in advance. Professors are busy; it's best to request letters of recommendation ahead of time. Communicate your deadlines, and politely provide reminders prior to deadlines.

4. Get involved! Find something that you are passionate about such as research, clubs, volunteering, or shadowing.

5. Keep a list or spreadsheet of your application information. A list or spreadsheet can be used to display deadlines, requirements, and other important information about potential graduate schools.

6. Check for school-specific requirements. Some schools do not require the GRE, and some require videos or writing samples.

7. Form a group with at least one other person so that you can help each other stay on top of deadlines!

8. Set aside a solid amount of time each week to address parts of your list or spreadsheet.

ANNOUNCEMENTS

Journal Club

Meetings every other week on Thursdays 12-1 PM starting September 2

Fall Topic: "The Bilingual Advantage"

To register to receive articles, email bbarra11@calstatela.edu

Peer Mentoring

Mon-Thurs 3:30-5 PM

Zoom Meeting ID for Mon/Tues/Thurs: 893 7173 6614

Zoom Meeting ID for Wed: 842 0260 1683

Spanish for SLPs

Thurs 4-5 PM

Same Zoom Meeting ID as Peer Mentoring (see above)

ASHA Virtual Career Fair

September 22 3-6 PM ET

Join ASHA's Virtual Career Fair to network, participate in webinars, enter to win prizes, and explore your professional opportunities!

NSSLHA Jumpstart Meeting

September 23 7 PM

Zoom Meeting ID: 883 8367 8878

Passcode: 577273

ANNOUNCEMENTS

MSLP Presents...Virtual Student Leadership JeoParty

September 23 7-9 PM ET

Register to join ASHA's Minority Student Leadership Program (MSLP) to test your knowledge on all-things-ASHA for a chance to win fun prizes.

National NSSLHA Office Hours: Grad School Applications

October 5 7:30-9 PM ET

Join to get application tips from grad admissions professionals and AuD and SLP master's students.

MSLP Presents...FACTUALITY: An Interactive, Virtual Experience

October 5 7-9 PM ET and October 6 7-9 PM ET

Register to participate in this interactive virtual experience on cultural competence!

ASHA Convention

November 18-20 in Washington, D.C.

“The ASHA Convention is one of the largest professional development events for audiologists; speech-language pathologists; and speech, language, and hearing scientists.”

To inquire about the ASHA Convention, email convention@asha.org

NSSLHA POINTS

THE OFFICIAL BREAKDOWN OF WHERE TO GET YOUR NSSLHA POINTS IN 2021



REMEMBER

To receive NSSLHA cords for graduation, NSSLHA members need to earn 75 points for two consecutive semesters

To receive points for completing your crossword, you must submit the attendance form (available on our website) with the completed crossword puzzle

Want to check your current totals?
Visit our website at
www.csulansslha.com

- **Color/Label Activities: 5 pts**
- **COMD Book Club Meetings: 5 pts**
- **Merch Mondays:**
5 pts (25 pts max)
- **General Meetings: 25 pts**
- **Crossword Puzzles: 5 pts**
- **Grad Application Workshop:**
20 pts
- **Annual COMD Symposium:**
6 pts/speaker
- **Peer Mentoring: 2 pts/day**
- **Volunteering: varies**