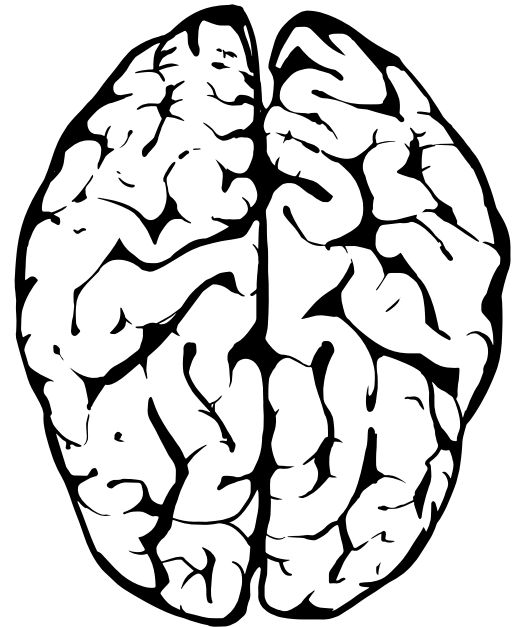


CSULA NSSLHA

Newsletter

MARCH IS TRAUMATIC INJURY AWARENESS MONTH

What is traumatic brain injury (TBI)... a neurological disorder caused by trauma to the brain. TBI is a broad term that describes various injuries that happen to the brain. The severity of a brain injury can range from a mild concussion to severe injury that results in coma or even death.

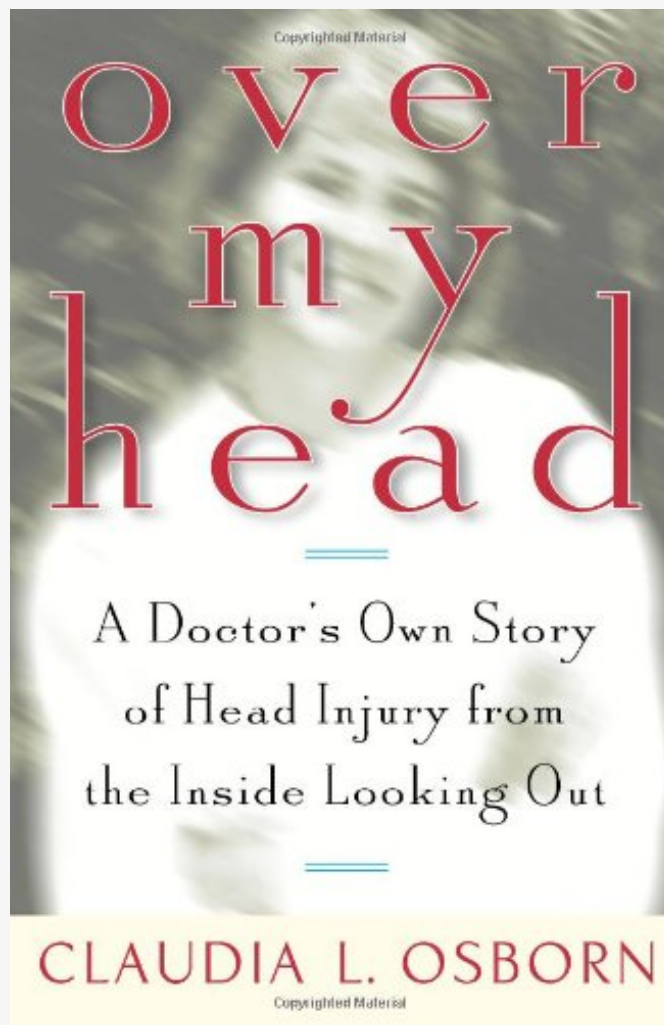


1.7 million people in the US have suffered a TBI with adolescents between ages 15-19 and adults ages 65 and older.

CHARACTERISTICS OF TBI

- **Cognitive:** Individuals can't think clearly, are disorientated, and have memory problems.
- **Physical:** Headaches, sensitivity to light and sound, dizziness, and nausea.
- **Social-Emotional:** Easily irritable, personal changes, and more emotional than usual.
- **Sleep Functions:** Sleeping more, sleep cycle off and feeling tired, no energy.

After an injury, individuals may feel sad, frustrated, and even angry and can suffer from social anxiety, irritability, depression, and feeling overwhelmed.



TBI BOOK RECCOMENDATION

"Over my Head " by Claudia L. Osborn is a powerful story of a successful physician and respected medical school faculty member. Who had a bicycle accident that left her with a severe head injury. Illustrating the hardship and processes of rehabilitation. This remarkably inspiring story shows the audience encouragement and tips on developing many reminders, cues, and alarms to get through the day living with a severe brain injury. This book gives insights into the hardship of this disability. And the story of bond friendship. The physical lengths that family and friends had to go through in caring for a loved one with a disability. Osborn's motivation was to go back to her normal state. She overcame this disability with the help of physicians, medicine, and the rehabilitation team, which restored her cognitive abilities. Physicians who read this book will appreciate the long and challenging journey patients with a head injury must go through. This story helps those facing severe brain injury, and is an encouraging story of strength and courage.

"Out of sight, out of mind...families may not connect their problems to the injury."



STUDENT SPOTLIGHT

Fatemeh Tadjiki

Fatemeh is a first year grad student in speech pathology at CSULA. She shares her story with TBI.

"The day the car accident happened, I was 11 years old and my life changed forever. Before the accident, I was an energetic B average student who got along with everyone and was filled with tons of laughter and positive energy. The car accident changed that."

A Brief Background of Personal Experiences:

I remember hearing the crash, then seeing black and hearing silence. I blacked out for 1-2 minutes. My mom and I got airlifted and received medical care at the UCLA trauma center. I had broken my femur, which required surgery and needed a rod and pins placed. In total, I had around 60 stitches on my head and face. It took about a year for my leg to fully recover. I had to use a wheelchair and received homeschooling. Everything was different, and my perspective on life had changed.

I remember having this feeling of not caring anymore. Everywhere I went, I got stared at, kids pointed, and when I returned to school, I got bullied for my scars. My behavior had changed, my feeling and emotions towards life and human interactions had changed, I felt isolated, and I did not care. My grades dropped, and it seemed like teachers did not understand me. I was depressed. I had known what it felt to be defeated and unable to feel or function as "normal." When my anger turned outwards, I started to bully the bullies, standing up for the underdogs.

Eventually, my mom helped me find a healthy way to deal with my emotions, and I began to receive psychological services to work through the isolation and depression. As an adult, I continue to struggle with how my brain regulates my emotions and functions, not to mention I also have ADHD. Healing is a forever process with which I have been successful through the guidance of a mental health specialist. With time I have found various strategies that I use daily to help with the traumas and get through graduate school. Recently, I have overcome the hump of not crying/panicking when driving by car accidents. Even though healing from this trauma is a lifelong process, I am proud of the baby steps I have taken to heal.

Spreading Awareness About TBI

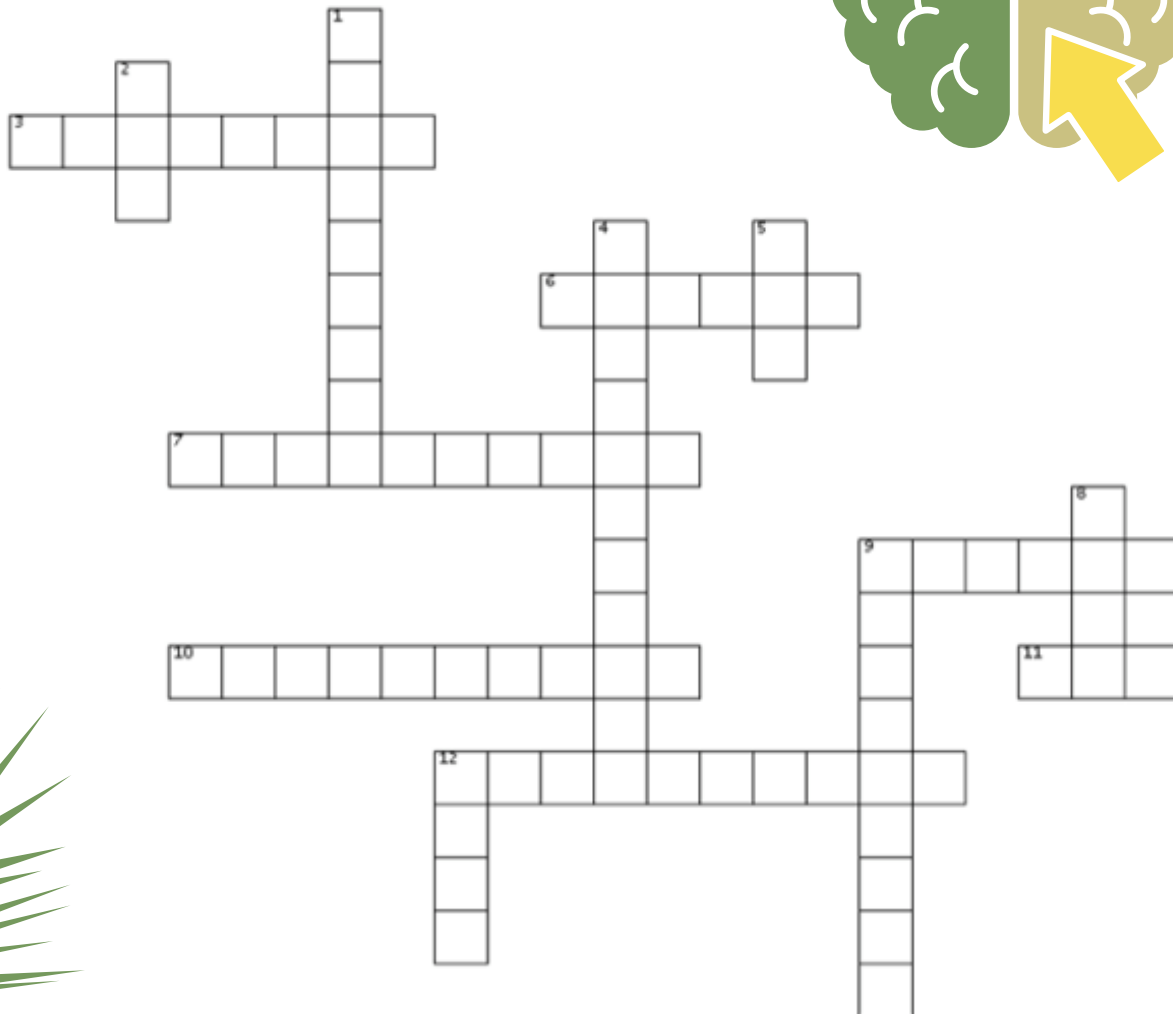
In my neuro-linguistics graduate course at CSULA, I learned about TBIs and how I had experienced a mild one from the car accident. It felt like I was taking a class on what I experienced as a child. I also learned about concussions and how they are "invisible" diagnoses.

I want to spread awareness about how an "invisible" diagnosis can significantly alter an individual's life. I hope that people can try to understand and not be quick to judge others. We never know what silent battles a person may be fighting or experiencing.

Additionally, here is a volunteer opportunity hosted by Dr. Cohick for CSULA students to educate high school athletes by spreading awareness about sports concussions. Please see the flyer attached in page 9 of the announcements section for details.

CROSSWORD!

Traumatic Brain Injury



ACROSS

- 3. A ____ hematoma where blood rapidly fills the brain and compresses brain tissue.
- 6. is how the brain stores information.
- 7. caused by trauma to the head through a blow or jolt which moves the head quickly in a back and forth motion.
- 9. imaging that uses multiple x-rays to cross sectional images of the area.
- 10. slow or slurred speech; is an associated symptom of TBI.
- 11. an acronym for a professional that specializes in rehabilitating speech and language for patients with TBI.
- 12. contusion opposite to the actual site of impact to the head.

DOWN

- 1. Brain injury an injury to the brain caused by an external force.
- 2. an acronym for Traumatic Brain Injury.
- 4. A ____ performs a neurological exam checking for severity of TBI.
- 5. Imaging that uses a magnetic field and radio waves to create and image of the soft tissues and organs.
- 8. s the number one cause of TBI.
- 9. a serious bruising of the brain that causes internal bleeding.
- 12. a prolonged unconscious state can be caused by a TBI.

SELF-CARE TIPS FOR STUDENTS

Maintaining a well-balanced and healthy lifestyle is key to having a successful academic career. Even if it's just a few minutes out of your day to de-stress, it is always a good idea to find time for yourself. Here are a few self-care tips for the spring semester to keep you going.

Exercise: getting active is a great way to relieve stress and allow your body to rejuvenate. Going out for a 15-minute walk, doing some yoga, or finding youtube workout videos. These are great ways to get your body moving!

Spend time outdoors! Sunlight is important to your mental well-being. Consider having your zoom meeting or enjoying your breakfast outside!

Good sleep: prioritizing sleep is important! Set an alarm at a certain time that you want to start getting ready for bed. Turn your phone off 30mins before your bedtime. Finding a way to make sleep your main priority will benefit you in the long run.

Meditating: This can be in the morning, mid-day, or right before bed activity. Giving yourself 5-10 of tranquility will get you through the rest of your day!



ANNOUNCEMENTS

NSSLHA UPDATES:

- You can pay your membership dues in person by **March 24th** to qualify as an active member for Spring 2022!

After you submit the membership form, you will receive instructions on how to pay membership dues (\$20 per semester). Spring 2022 membership dues must be paid by March 24, 2022.

In-person payment schedules at KH B113 are as follows:

- Mondays- 10:30-11:30 am
- Wednesdays- 11-12 pm & 3-5 pm
- Fridays- 12:30-1:30pm

NSSLHA 2nd GENERAL MEETING:

- Careers in SLP and SLPA
 - **March 24th at 7:00pm.**

DIVERSITY, EQUITY, AND INCLUSION EVENTS:

- Views From The 8% with Jordyn R. Carroll, M.S. CCC-SLP
 - **Friday, March 18th, 4pm-5pm**
- Safe Spaces Returns!
 - **Monday, March 21st, 6pm-7pm**

PEER MENTORING:

- Attend Peer Mentoring **Monday-Thursday from 3:30pm-5pm**
- Attend Spanish for SLPs on **Thursdays 4pm-5pm**

CSHA:

- CSHA Convergence 2022 is from March 24th-27th and will be held in Pasadena, CA!
- CSHA offer registration fee reimbursement for volunteering students...
 - Students who volunteer/attend CSHA can earn 25 NSSLHA points.
- Find more information about registration and volunteering at this [link](#)

*See flyers below for additional announcements

NSSLHA CSULA- Diversity, Equity, and Inclusion
Team Event

"Views from the 8%" The POC Perspective of the
SLP/COMD World: Jordyn R. Carroll, M.S. CCC-SLP



Zoom Link:
<https://calstatela.zoom.us/j/81809561302?pwd=d1lETVkrT2REMmNFanZ3SDN3dHZMUT09>

Date: March 18, 2022

Time: 4-5 PM

Zoom Meeting ID:
818 0956 1302

Passcode: DEI2022

School-based Speech-Language Pathologist
Specializing in Cultural Responsiveness, Child
language development, and well-rounded
success!

DEI PRESENTS

Safe Space **CONVOS**

**MONDAY, MARCH 21ST
6-7PM**

Zoom meeting ID: 893 7173 6614

The safe spaces meeting will be an open floor for students to share about their experiences and connect with other students!

Safe spaces was created to support underrepresented persons in the COMD field and to create a confidential place where students can come to receive support.



VOLUNTEERS needed!



CONCUSSION
↑ Legacy Foundation

TEAM UP AGAINST
CONCUSSIONS™

 **CAL STATE LA** |
CALIFORNIA STATE UNIVERSITY, LOS ANGELES

Concussion Education for High School Athletes

I'm looking for a group of students interested in learning about sports related concussion, and teaching high school athletes about concussion. Students would assist with presentations at high schools surrounding Cal State L.A. Exact dates to be determined by prospective schools.

You must be a student during the 2022-2023 academic year to participate in this program.

Meetings will be held on select Fridays from 10:00 am -12:00 pm. Some meetings will be via Zoom. And others will require that we meet in-person. Exact dates to be determined.

If you are interested, email Dr. Nancy Cohick
ncohick@calstatela.edu



CSULA Department of
Communication Disorders



PEER MENTORING SPRING 2022

Monday-Thursday 3:30pm-5:00pm

**ZOOM MEETING ID:
893 7173 6614**

Join us to get assistance for your
COMD- related coursework and
questions and to connect with
peers!



CAL STATE LA COMD SPANISH FOR SLPS

STARTS THURSDAY, JAN 27TH

**ZOOM LINK
893 7173 6614**

4-5 PM

los y las esperamos!

**LOOKING FORWARD TO
SEEING YOU!**

NSSLHA POINTS

The OFFICIAL breakdown of where to get your NSSLHA points in 2022

- Merch Mondays: 5 pts (25 pts max)
- General Meetings: 25 pts (**next general meeting is on March 24th from 7pm-8pm**)
- Crossword Puzzles: 5 pts (**see page 4**)
- CSHA Attendance: 20 pts
- DEI - Views from the 8% Attendance - 25 pts
- Peer Mentoring: 2 pts/day
- Volunteering: varies

Reminder

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