

Student Health Insurance

All PNCA students enrolled in six credits or more are required to carry either the school's student health insurance or their own health insurance policy. All students enrolled in at least six credits are automatically enrolled and billed the premium at the beginning of each semester. Students carrying other health insurance coverage have two weeks from the first day of each semester's classes to complete a health insurance waiver and return it to the Student Accounts Office. Students who waive the coverage will be credited the premium and will not be covered under the PNCA plan. Summer coverage is included in Spring term coverage. Waiver forms and insurance brochures are available on the Student Life page of the PNCA website, www.pnca.edu. If you have questions about student health insurance, contact: Student Life, 503-821-8925.

PNCA Support Staff You Should Know

- Rachael Allen, Director of Student Life
- Stephanie Yu, Coordinator of Student Life
- Pearl Fisher, Academic Advisor
- Your Assigned Developmental Advisor (for First Time Freshman)
- Forrest Kublick Psy. D, Licensed Psychologist

YOUR PNCA CAMPUS RESOURCES

Academic Resource Center

The Academic Resource Center/ARC, PNCA's student-driven study support network, helps students build confidence in a broad range of academic areas through peer coaching, and supports the College's mission to prepare students for a life of creative practice. The ARC study salon, located in Room 517, is open for student use during building hours. Direct inquiries for ARC to arc@pnca.edu.

Student Counseling Services

For students struggling emotionally or psychologically with issues around disabilities, a variety of resources are available. The Director of Student Life has over 10 years of experience in working with students in this area. The PNCA counseling center is also available at no added cost to students for the first 10 sessions. To make an appointment with the school's mental health professional, Dr. Forrest Kublick, call 503-318-7736. Students enrolled in the PNCA student health insurance program also have partially funded professional mental health coverage with therapists in the larger Portland community. Our goal is to help keep you mentally healthy and ready to succeed in the BFA program. If you wish to speak with someone regarding mental health issues, please stop by the Student Life office for counseling and/or referral.

Disability Support and Information Guide

PNCA

Disability Support Services:

Hello and welcome to PNCA. Among the student services provided by PNCA are services for students with physical and/or learning disabilities. The following information covers what you need to know about our services. Federal law requires that schools receiving federal funds provide "reasonable accommodations" for students with disabilities that give them an equal opportunity to succeed in their academic endeavors.

What Exactly is Considered a Disability?

An individual with a disability is defined by the ADA (Americans with Disabilities Act) as a person who has a physical or mental impairment that substantially limits one or more major life activities; a person who has a history or record of such impairment; or a person who is perceived by others as having such an impairment.

FERPA (Family Educational Rights and Privacy Act)

FERPA restricts our ability to communicate with anyone about your educational records. If you would like us to share information about your educational records or other sensitive information with someone like a parent/guardian/partner/or other individual, you'll need to fill out a FERPA Release Form and return it to the Registration Office. Forms can be found on the PNCA website (www.pnca.edu) or in the Registration office.

What do You do if You Have a Disability and Need Accommodations?

Come to the Student Life office to meet with either the Director of Student Life. Fill out a notification of documented disability/special special needs form and return it to Student Life. Once we receive the completed form, we will contact you to discuss strategies and resources to accommodate your request.

What are Some Examples of Accommodations?

Accommodations will vary from person to person and it is good to know what tools work best for you. You will be asked to describe your challenges in your own words in order to help us to better understand your particular needs. Some examples of accommodations provided in the past have included: tutors, extensions for projects and/or tests, different testing environments, recording equipment for lectures, special chairs/equipment.

Is it Important to Advocate for Yourself?

College is a big transition from high school. As a college student, it is up to you to advocate for yourself in regards to what you need to be successful student. We can help you to determine this through conversation but, if you are aware of the need that exists already, it is up to you to speak up. Student Life is here exactly for that reason: to help you help yourself.

What is the Responsibility of a Student Who Needs Accommodations?

- To identify themselves to the Director of Student Life
- To provide documentation of disability
- To request accommodations
- To provide adequate notice (typically two weeks or longer) for all accommodation requests

What are the Rights of Students with Disabilities?

- To receive reasonable accommodations that provide equal opportunity
- To have access to needed auxiliary aids
- To receive assistance in removing any physical or academic barriers
- To not be discriminated against or receive any retaliatory discrimination due to a disability

What Else Can the Office of Student Life do For You?

The Office of Student Life is like a clearing-house for anything you may need. If we don't know the answer, we know where to find it. Come to us for support throughout your entire PNCA experience. We also have a food pantry if you forgot your lunch, condoms, a quiet place to rest, couches, lots of plants, and a lot of other things that you'll just have to see to believe!

We Look Forward to Getting to Know You!