

Access FSU

Episode 04: Finding the ME in Social Media

Air date: 6/14/2021

KimBoo: Welcome to access FSU, the podcast for the Office of Accessibility Services at Florida State University. Your host accessibility specialist Shannon Bernick and Accessible Technology Coordinator KimBoo York. We are here to shine a solutions-oriented spotlight on issues and concerns for university students of all levels, including undergraduate, graduate, postgraduate, and non-degree seeking. Thank you for joining us. Welcome back to access FSU. This is our fourth episode and this week we are going to explore another presentation that Shannon has done in the past for some of our students that got a lot of good reviews and some good reception. And we think it's very timely. And the title of it is "finding the ME in social media," which Shannon came up with that I really love, I really love what you did with that, Shannon. It is talking about social media as a tool. And I think given the ubiquitousness of social media and social networks sites, we tend to think of it almost as an extension of ourselves. And forget that is actual software, a website, a tool that we're using to interact with the world around us. So we're going to be addressing some of those issues today. And especially in regards to you college students, students with disability, Shannon's going to get into all of that. My role as usual is to put the occasional humerus off sides and some of my own experience from the technological and IT side of, you know, I was there on AOL from the start in the nineties. I was on USEnet, one of the first users of Yahoo Groups. So I've been through at all, seen it all happen. And you know, as they say in the great television show, Battlestar Galactica: it will all happen again. And so that's where we are today in 2021. So the first question — so I'm just going to go ahead and launch right into it, There's not a lot of intro to be had on this more than I've already said. So rather than scramble around, I'm just going to leap right into it. Shannon, You ready?

Shannon: Absolutely!

KimBoo: Okay, so the first thing I think we should clarify for students is talking about the world as it is for them right now. What are the social media types that are out there? What are students using?? What does the research showing us on what is popular Now? And I know that's, that's a hard target because things are always changing, but what's it say?

Shannon: Yeah, so, um, so first of all, it's good to talk about what is considered social media. And we know that it includes websites and applications that enable users to create and share content or to participate in social networking. And you'll see a lot of different categories in terms of social media. That generally there are four types that are recognized. One of the most popular, of course, is social networking. So these are sites like LinkedIn, which are fantastic in a college or a professional setting. And also things like Facebook that people also use on in a more personal way. There are microblogging sites like Twitter and Tumblr, photo sharing like Instagram and Snapchat, even Pinterest. And then of course, video sharing like YouTube or Facebook Live. And many of these are very popular among college students. In 2018, a survey was conducted of which ones were most popular. And Snapchat, by far, was the most popular among college students. And that was followed by other things like YouTube and

Facebook. And then of course, there were less popular applications at that time like discord in tik tok, which we know of course had been on the rise, especially tik tok, quite popular today.

KimBoo: Yeah, it is funny looking at the graph in 2018 in Internet terms might as well be a glacial epoch ago. I'm sure Snapchat is still holding tight in there, but definitely Twitter and discord and Tiktok have snuck up. As, as Shannon knows, I am on Twitter, I'm actually on most of these platforms to varying degrees just in order to keep up with things like usability issues, accessibility issues, as well as friends and family. That's what Facebook's for. [laughter]

Shannon: KimBoo, you and I are like a perfect balance of social media because you're on all of them and I'm not on ANY of them! [laughter] If we combine the two of us we have a great balance!

KimBoo: Exactly! Together, we make a really healthy social media user! [laughter] I was looking over the slides earlier and I was like, Oh no, this is, this is, yeah. So big lessons, and we'll get into those in a little bit. Of course the focus of Access FSU is students with disabilities, not just at FSU, but anywhere where there are students with disabilities in higher education at any level. What are some of the issues and benefits for students with social media related to students with disabilities.

Shannon: Yeah. So I think when we think about students with disabilities in terms of social media, we think a lot about those mental health issues and not just a mental health diagnosis. Also, some of the mental health and social interaction pieces that come into play with other disabilities that might make it difficult for students to interact in person. However, we know that social connection is one of humans greatest needs. In fact, some researchers even put it right up there with food and shelter, right? We are very social creatures. We depend on one another for survival. And of course, this has led to a lot of research and a study that came out at the University of Pennsylvania, which we all know is close to my heart because that's my home state and also where my husband went to college, they actually had a study conducted of 143 undergraduate students where they were randomly assigned to either limit their Facebook, Instagram, and Snapchat use to about ten minutes per platform per day or to continue using it regularly. And the results found that that limited use group actually showed significant reductions in their loneliness and depression over three weeks compared to the control group. So this is huge, right? If you have a mental health diagnosis or if you experience mental health concerns as a result of another diagnosis. But of course both groups show decreases in anxiety and that fear of missing out over the baseline, suggesting that there is a benefit to self-monitoring your use. And so of course, later in our discussion today, we're going to talk about exactly how to limit social media so that it actually contributes to your well-being as opposed to inhibiting your well-being.

KimBoo: Yeah... I know since I am privileged to have a sneak peek of the presentation, I know we're going to get into that whole FOMO issue in more detail. And that's going to be an important one. And I definitely have some experience with that one. In the meantime, especially given this past year plus, where we've been living in a pandemic, lockdown has been an issue for those of us in America, for those of us all over the world. What are the benefits of using social media for students in particular? Yeah, and so obviously the benefits are very far-reaching. And we can start right at the college environment, you know where all we operate. And that's those enhanced learning management systems. So we have chat functions, videos, forums to share information and of course, other lesser resources which are very helpful for students because they strengthen the student participation and they make collaboration and team projects so easy to do. Of course, it aids with research work, with distance learning opportunities using Skype or Zoom, which we've all become experts on. There's information sharing. We can share our

views, opinions, tips, projects, study materials, any kind of resources that we have. And it makes it so easy to work together in a group, sharing all of those resources. Again, we have a web engagements where you can meet with your professors or classmates. And it just goes on extending out from the college environment. From there, we get news updates and global exposure. And then on a more personal level, it makes it easy to find friends who have similar interests to us. We can build supportive online communities that create that feeling of belonging and pride in any organization, which is so important, especially for students with disabilities. I remember when we had Beth Thompson on from the Center for Health and Wellness, she shared with us the Disability After Dark group or...yes, Disabilities After Dark, which just a really unique group that you might not be able to find in your local community. But of course, social media helps widen your community and find people with similar interests. And of course, it helps to raise awareness, which we know nowadays with all of the social justice campaigns and the equity diversity and inclusion efforts, it is just essential in raising awareness for those concerns. And of course, it can help with marketing. If you have a job on the side where you're trying to raise money or even if you're just trying to market yourself in a professional world, which of course, internship and employment searches are so much greater and just can cover a much wider audience using social media.

KimBoo: Yeah, there's a lot of benefits, I know. And particularly in... over the pandemic and reaching out to other people. We just wanted to comment on this a little bit because I want to, I want to make a note of the awareness that we hear in higher education and especially disability services, are aware that the increased accessibility that was unexpectedly brought about by the pandemic has been very important for students with disabilities and staff with disabilities, to be perfectly honest. It's, it's been an important change and we certainly want to see keep that moving forward and have that accessibility available across all platforms. But it does kinda bring us into the dark side of the web in a way. There are disadvantages to using social media. So what are some of the studies and some of the things say about that as a issue that students need to be aware of?

Shannon: Yeah, absolutely. It's, it's at the Yin and Yang, right? And everything. In everything good there's a little bit bad, and in everything bad there's a little bit good, right? And social media is certainly no exception to that. Unfortunately, a lot of the disadvantages are related to mental health, right?

KimBoo: Which is a big population for us, definitely,

Shannon: Absolutely. It's huge for us and I think not only for us at the college level, but as you said during the pandemic, it brought to light mental health issues were worsened for people who were already struggling, and some people who hadn't struggled previously. now with that lack of social interaction began struggling with them. So unfortunately, social media. can hurt in the case of mental health. One thing that's particularly difficult for students who have ADHD diagnoses is the distraction and in the poor self-regulation, right? Social media is entertaining and unfortunately it can distract students from their studies and educational goals, especially if the symptoms of their diagnosis already contribute to attention being difficult. Another one that's mental health just across the board is cyberbullying, right? We know unfortunately...

KimBoo: Yeah, it's a tough one.

Shannon: Yeah, it's a tough one. Some people will write very hurtful messages. And of course this isn't just said one-to-one. You know, if, if this is put out there on social media, it reaches a really wide

audience, right? So the bullying in some ways can almost be worse because of the wide audience that has access to it. Of course, posting private or inappropriate content on...unfortunately, you know, images that are shared in the context of an Internet relationship can end vengeful ways be used as pornographic images on social media, which can have devastating effects on an individual's mental health. And sometimes social media just kinda gives people a license to be hurtful because it kind of creates a little bit of a wall. And we're not saying it straight to someone's face, right? So we don't use the same filter that, that we would if we were in person. And of course, there's also some more subtle things. It kind of lacks that emotional content or it can diminish understanding. We don't hear someone's tone of voice. We don't see the expression on someone's face, so we don't know if they're serious, we don't know if they're making a joke. And unfortunately, a lot can be lost without facial expression, without tone of voice. And sometimes we are being genuine in our expression. But It's somewhat inauthentic because it's not in person. So there's actually been research done on laughter. And how many times do we all use the laughing so hard I'm crying emoji or rolling on the floor laughing emoji, right? But research shows that responding with just an emoji doesn't have the same benefits as physically laughing out loud. So there is a little bit of an inauthentic expression there. And then of course, it does decrease those face-to-face communication skills. Reading someone's body language, knowing if you've been talking too long and they have lots to interest, right? [laughter] We, we lose that in the technology world. And unfortunately that's to our disadvantage because face-to-face communication is still very important in the real-world.

KimBoo: Yeah, I was just thinking when you were talking about that, ironically, it was a poll on Twitter that a friend of mine posted and the question was pretty seemingly simple, is like: online, are you more direct or are you nicer? Which one are you more online? And it started a really good conversation It's one of the times where I do like being on Twitter and having conversations on Twitter rather than just posting pictures of my dog! And it made me realize that over the years as I've used these platforms I've shifted to being really super nice on these platforms. Because if I am being direct or if I am being short-tempered, it comes across so much worse. You know, even if I use a laughing emoji after saying something, you know, really sharp, the, the, the intention is lost. So I personally, I've tried to make those changes by just being a lot nicer and it does make me less interesting as a person? Probably! I don't know. I'm not here to be an influencer or an Internet star. But I've seen how people react to some of those situations where an emoji is not clarifying what the person is trying to say or how they're trying to say it. Awkwardness, lack of understanding, those face-to-face cues that we get when we're all sitting at a table and talking about something. Those definitely that's very real. And personally I've become a lot more aware of that the more I've used the platform. So I'm really, really glad that you brought that up as an issue because it's truly something important.

Shannon: Certainly. And there's just a couple more I think are so important for us to talk about at the college level. A lot of students, you know, they're, they're still young and many of them had been in the same town, the same high school, you know, for K through 12. And college sometimes be that first time where we're being exposed to people from other communities, other states, other other countries, even. And unfortunately, one of the disadvantages of social media is that sometimes our self image can be very skewed because people often selectively post or filter the images they, that they post on social media. And we could be guilty of doing it ourselves. So we put this perception out there that we are that nice person, right? And that we do have this super happy life. And other people oftentimes do the same thing, right? They, they want to show themselves in the best light so they filter their photos. They only

show the good things that are happening, the vacations, the graduations, and we kind of lose sight of not everyone's life is perfect every moment of the day, right? All of us experienced heartache. All of us are sad from time to time. All of us are angry, all of us are disappointed. But we don't tend to post those things. And a lot of times when people do, someone might just respond with a little frown, emoji. And yeah, that's kind of nice, but, but that's not as someone saying like, Hey, what's going on? Do you need someone to talk to, right? So we get these very distorted views of other people's lives. And also we can present a very distorted view of our life, which can then lead to a reduced reduction in closeness with our friends and families because we're not really present for those intimate conversations. And then of course finally, if you're spending all your time sitting and chatting and texting and everything else on your phone. You're likely not spending a whole lot of time with physical activity, right? And again, this is so important, not only from feeling really called out right now. Oh no. But it's true, right? Like and we know that physical activity is so important for mental health, it can help reduce depression. Anxiety. Walking, meditation is fantastic for that. But then also for people who have physical diagnoses, oftentimes just the right amount of physical activity that they discussed with their doctor can also help alleviate some of the symptoms of their physical diagnosis. So this is a very important point to consider. Am I losing time with physical activity because I'm being so sedentary spending time on social media. It's a great question to ask.

KimBoo: Well, and I think that leads into the next issue that we're talking about. We've talked about the good, we've talked about the bad, and even the ugly. But how can a student use social media? How can they recognize the warning signs of it starting to become an unhealthy habit. And, you know, and then we're going to lead in, I guess, how to how to how to deal with that. But I think the first thing that's the most important is knowing that it's a problem.

Shannon: Absolutely. Right? And like I said, asking yourself question: am I spending too much time sitting sedentary on social media that I'm not getting physical activity? A broader question that you can ask yourself is, what's driving my social media use? And, and this can be tough to be honest. If you get angry, if you avoid answering that question, probably, probably your body letting you know that "Hey, maybe I don't have the healthiest practices." But at the same time it's not entirely your fault, right? Because these social media platforms are designed to grab your attention. They want to keep you online and they want to have you repeatedly checking your screen for updates. There is a reason that Mark Zuckerberg is one of the wealthiest men in the world, right? Facebook makes a lot of money through advertisements. So they, social media is designed to grab your attention and to keep you coming back.

KimBoo: I'm going, I'm going to jump in there for a second because I think coming from the technology end, I think a lot of people don't really think about that too much. They have these platforms, they use them for free. Think any further than that. But one of the important things in the IT industry that was, and I forget who said this, I'm quoting somebody but it's become just a rule of thumb. Is that if you're not paying for the service than you are the product. And one of the reasons that Facebook and Twitter and Snapchat, Instagram, all these services want to keep you on their platform, is not out of the goodness of their heart. They are making money out of your usage. They're collecting your data and they're saving your data, and they're selling your data. If this is news to you, I suggest you go do some research on it online, but it always been the case. And at this point there's, you know, there's a lot of issues around privacy... we're not going to delve into that here... But I do want you to be aware they were you using these platforms and they can be fun. They are definitely designed to hook you and keep you there because that is how they make money, even though you're not paying for it. The more you

participate in it, the more data you create for them, and the more they can sell that data for a lot of money. So there is a bigger picture here when we talk about Twitter's trying to keep you hooked. It's not just because Twitter like enjoys having a year, millions of people use their service. It's because that's how they make their money. So please keep this in mind when you're, when you're thinking about these issues and you know, am I...why am I on this platform? Am I not getting off this platform ever all day? These types of awarenesses plug into these greater issues. And again, we might have a different podcast about where I can talk a lot, but I did want to break in and let students know about that because if you are using the service for free, you are not the client, you are the product that is being sold.

Shannon: Yeah, I love that quote and I'm so glad you brought it up right there. Because oftentimes with mental health diagnoses, we had a tendency to blame ourselves, right? "Oh, wow, I'm an anxious person" or "I'm a depressed person." But that's not quite the full picture, right? That's just one piece of the puzzle. And a quite larger piece is that it's a business. Social media is a business. People are making money from it. And so there they are using tactics to keep you coming back to it. And of course you know that plays into just human nature where that FOMO, right, we're all—

KimBoo: We're back to FOMO! [laughter]

Shannon: But we're all... that's just part of that social connection that we crave as human beings. And it plays off of that, that very fear of not being part of the group. And then of course, a lot of us, and this is, this is really important, is that some of us use social media either as a security blanket or as an avoidance. So we often turn to social media if we're having any of those uncomfortable feelings, feeling anxious, feeling awkward, lonely, depressed, bored. And sometimes those are really tough feelings to deal with, right? And we, they may overwhelm or helping mechanisms. We might not know how to do it. So we turn to social media in order to alleviate some of those. However, when we do that, and it can lead to this I'm healthy cycle of social media use. So we're feeling depressed, we're feeling anxious, we're feeling stressed out. So we use social media to try to read that. But then of course we see all these selective postings and all this, the filtering that makes the other people's lives. They'd be a task that, and it actually makes us feel worse and can contribute to those feelings of dissatisfaction and isolation in our life. And of course, those make us feel worse. They lead to us usually using social media even more to try to alleviate those. So it almost becomes a cycle of like addiction, right? We have someone uses a drug and to alleviate those bad feelings. And then of course, a crave that feeling again because there's those bad feelings come back if you don't deal with them. And then it becomes this vicious cycle. And we see a very similar cycle with unhealthy social media use. So it's really potent important to acknowledge it if, if social media has become an unhealthy habit for you.

KimBoo: I'm going to talk about myself a little bit here because I did recognize that. This was a couple of years ago and there's a reason why the Facebook app is not on my phone! As engaged as I am in social media, I realized that it was becoming very much a situation where I was in that cycle, where I was upset about things that were going on in the world that were going on around me. I'd get on Facebook to talk to my friends and my family. And, and of course everybody's talking about how terrible things are and what's happening and they're upset about this and this person's having this problem. And it was definitely a cycle that was not getting better. My solution, of course, was to just take that particular app off my phone. I still have a Facebook account, but I don't go there as regularly as as I used to, where it used to be multiple times a day now it's like couple of times a week. So it is possible to do that. But at that point, and when you see that cycle, sometimes the best way to handle it is just to break it off. So

what are some other ways that students can handle this type of unhealthy... I dunno...I... I'm hesitant to use "addiction," but unhealthy leaning on or reliance on social media when it's become a problem.

Shannon: Yeah, and I did want to just point out there, it's good you stopped yourself from using the word addiction. And while there are many campaigns out there to add a variety of items as "addictive." We know that right now in the DSM-5, substances, such as drugs and alcohol, and gambling are the only two that can officially be diagnosed as addictions, right? Even though some behaviors do mimic a very similar cycle, we know that they're not officially diagnosed currently as addictions. But you also noted one of the, one of the biggest things to help make sure that you're using social media in a healthy way is to limit your use. And it goes back to that study that we talked about where students who only used each platform for ten minutes a day reported the greatest benefits from it. And you used a really good tactic yourself. You took the app off your phone, right? So that now if you want to use Facebook, you have to login on your tablet or on your computer. And that can very naturally help a student cut back on, on their use. Of course, you can turn off your phone during certain times of the day, especially those times when you're interacting with other people. When you sit down to the dinner table, when you're at the gym working out those times when you actually have the opportunity for face-to-face, it's a good idea to just go ahead and turn off your phone. Of course you don't want to bring it to bed with you. There's so much research out there, even out the blue light, let alone I'm using all the social media apps. And again, that could be a whole podcast in itself, right? Definitely try not to bring it to bed with you.

KimBoo: and I'm going to jump in there because there's, there's nowadays especially on iPhones and newer versions of smartphones there are settings where you can actually put your phone to sleep with you. And that's one thing I've done. I have a pixel Google Fi phone, and it has a setting that's a bedtime setting. And while it doesn't, like, shut down the phone completely, it basically turns everything gray. Turns the light down low... makes it very difficult for me actually, like I can't play any games or watch movies. And so it's just like, "Oh, it's bedtime now! Okayyyyy." And I put the phone aside and I get ready to go to bed. So there are even technological things that can help you with this kind of practice. And some of them, of course, I think you might mention later or we, which...I'm confused as to where we are at this point... but there are apps that can actually cut off your access on your phone and on your computer for limited periods of time. One is called Freedom app. And you can set to schedule certain times of the day where you just can't access specific sites if you feel like they're becoming an issue. So there's ways to do this that aren't simply getting up and walking away, which might actually be the most difficult things of all. So, yeah, look around for those types of solutions that this is something you think that you need to do.

Shannon: And, KimBoo, I think you'll be so proud of me because that presentation that we're going to post that in the notes along with this podcast has a little link to a bunch of apps

KimBoo: Oh! Shannon: that will help you limit your social media use! And I was like, "KimBoo is going to be so proud of me!"

KimBoo: I am! I am! You even went online, you did the research, you got the links. That's awesome!
[laughter]

Shannon: So I have never used any of them! And I can't speak to whether they're helpful or not, but a lot of people do experience success with them. So....

KimBoo: Perfect.

Shannon: So yes. So in addition to limiting your social media use, it's also good if you can try to change your focus. And this doesn't have to be a lifestyle change. But just going back to being in touch with yourself. And are you using social media as a substitute for real life? So are you feeling anxiety or depression that you're just not sure how to cope with? Are you lonely? Are you feeling bored because you're not doing anything or not making the most of your time. And if we start to address those particular feelings, learn coping mechanisms for them. For example, if you're feeling lonely, reach out to an old friend to see if they want to have lunch. If you're feeling bored, pick up a new book to read or join a club for something that you've been interested in trying. All of these things help you to kind of change your focus and address those underlying feelings that you might have been avoiding dealing with. And of course, those are much healthier ways of responding to those feelings and coping with them. Opposed to always turning to social media. Of course, you want to try to spend as much time with people in person as you can offline as we talked about joining the club. I'm asking a friend to lunch. If you and your friend are both busy, maybe you guys can run errands together or just go to the gym together, kind of fit in some of those chores that you need to take care of. And then finally, another great way is to express gratitude. And this, again is something we could probably do an entire Escalade because there's been so much research in recent years on it. But really just taking time for reflection, not only about those, those feelings that are difficult to deal with, that may come with a mental health diagnosis. But also taking some time to think about the good things in life. And keeping a journal where you track all of those positive experiences. And this doesn't have to be anything big. It doesn't have to be something that is graduated from college, right? This could just be something like, you know, I really enjoyed the field though. The warm feeling on my skin from the bright sunshine this morning, or I saw a beautiful flower bloom with the morning dew on it. And these can just be small things. Maybe, you know, it doesn't, it doesn't have to be something big. It just has to be something that is meaningful to you. Something that puts a smile on your face, something that gives you that warm, fuzzy feeling. And of course, practicing mindfulness is a great way to get in touch with that. And then also volunteering, either with people or with animals is a great way to feel that connection to the world around us and can help alleviate some of those more difficult feelings that might contribute to an unhealthy socially.

KimBoo: Those are all very good suggestions. For me, Shannon and I are both dog owners, so we relate at this level here, but yeah, yeah, getting out and just walking my dog, spending some time with our wakin' her up because she's an old dog, she doesn't always like that part, but it's just interacting with your actual environment. Even if it doesn't currently hold other people in it. Certainly people with disabilities and students with disabilities may find themselves in circumstances where they simply can't go out and be with a lot of people or go to the party, or doing something like that. It doesn't mean that there isn't an environment around you that you can't engage with, whether it's pets, whether it's neighbors, whether it's close family. Even if in a situation, if you're dealing with a lock down or you're in quarantine, have somebody come sit on the porch, you know, we have seen some videos of that of where people just sat on the porch and talk through a screen or talk through the glass, held up signs. There's lots of different ways to engage with your people, with your environment in a way that sort of takes you out of the digital world. And you know, as much as I love the digital world, we've hit on some of the things here in this discussion that really can make it problematic. You know I'm, I'm a fandom girl. I'm involved in a lot of Chinese drama fandom stuff right now, lot of things going on in that fandom. I'm gone for five hours and new stuff is posted all over the place. It's easy for me to think, "Oh no, I missed

the important things!" But you know what, I have a job. I have friends, have my dog, I have a house. I just did the vacuuming and I may not like that, but it is a way to engage with my environment. It's okay. I can catch up with the videos later. So these are the... these are the situations where we need to think about these things. More than just... Shannon, I think you, you nailed it. It's like I want to escape reality sometimes and sometimes that can be healthy coping mechanism and sometimes it might not be so much. So! I appreciate you doing all the research and putting this all together for our discussion and and the links. That's great. Yeah, that's gonna be awesome! It from a technology perspective I think we hit some of the main points about what to be wary of, tools that you might be able to use. You have anything else to add to this before we, before we wrap up?

Shannon: I think we pretty much covered everything! But I am a huge fan of animals and I am definitely an animal lover and I think they are really one of the best ways to combat some of those feelings that are difficult to deal with...that anxiety, that depression, that loneliness, that boredom. And I know Keely is a little older now. Crosby will be five next month! Because he is a Border Collie, he has not lost an ounce of energy! So he is just such a great way, you know, to, to keep me going, make sure that I get my exercise, make sure that I play every day, which is something that we don't always do as adults.

KimBoo: And that's true. So important.

Shannon: Yeah, and I just wanted to remind some of our students that, you know, emotional support animals have increased in popularity in more recent years. And in Florida over the last two years just had some changes in their laws that copper and emotional support animals in college living. So if that is something that is helpful for you, just, you know, definitely reach out to our office and talk about that because it's such a healthy alternative to, to, uh, to social media and to some other things that that can be detrimental to mental health.

KimBoo: Yeah, definitely, That's very true and there's still restrictions about it, and Shannon would be able to is a good person contact for that. But we seen it all — bunnies, rats...

Shannon: Snakes!

KimBoo: Yes, snakes... some I don't quite get, but I respect other people's choices, right? A bit. Dogs and cats and hamsters. Quick short story: One of the actors that I kind of follow, he adopted a sugar glider. They, they they don't have very long lives,

Shannon: But I love them!

KimBoo: Yes! but it was so small... But it was so small he could take it on set with him and he could hide it in his clothes and it would help him with his anxiety because his pet was always there with them. Now I don't recommend doing that in class, for instance, [mutual laughter] But there, it's just a statement of how important that kind of connection could be in all the different ways we could make that connection. Really appreciate it. I think we've hit all the major points. Now, I know that going forward we were planning previously to have a interview with our boss and the director of the OAS, Dr. Jennifer Mitchell. There were some technology difficulties, which is why this is actually the next episode unexpectedly, but we will be coming back with a new interview with her. Hopefully with all of our technical difficulties resolved, given that it's my job to resolve technical difficulties, I feel kinda bad about it, but yeah, we'll get there. We'll get there, I promise it. I know Of course, this might...people might be listening to this at any time, but were we in the middle of summer now? We're in June somewhere?

Shannon: Yeah, yeah, We're in June! And we're starting session C at the end of this month.

KimBoo: [groans]

Shannon: Yes. So called right around the corner. And of course, we are doing first-year Fridays, which are primarily targeted at the incoming freshmen and their families. But it's a lot of good information for any students who are new to fs you, whether their transfer students or whether you haven't used the OAS services before. So we really encourage you to visit our website to see some of the topics that we have this... this upcoming Friday we are going to be talking about in university housing and making the most of living on campus. We highly encourage anyone who is an incoming freshmen or like I said, just a transfer student or new to the OAS. And to join us for those to learn a little bit more about what we offer.

KimBoo: Those are ongoing. So definitely as she said check our website for that, but also on that same page, which is our news and announcements page, we have links to previous presentations. We had one recently on our AIM Student Portal login for students who are registered with us. Very informative. If you're, if you're thinking about getting registered with us or you are and are still figuring out how to use AIM, I really recommend going and clicking on that link. It's not updated just yet, I'm putting it on the website today, but it will be there!

Shannon: You both did amazing!

KimBoo: oh, yeah, especially Ann with the testing, she's just all over that. So those those will be able to be reviewed or listen to or seen, you know, in retrospect as well because we want to try to make this information as widely accessible as possible. I think that's it. I don't have anything more to add.

Shannon, you got anything?

Shannon: I'm good! And I have a meeting to get to!

KimBoo: Okay then! So we're going to wrap up now added and our log off, which is OAS is O-U-T, out!

Thanks for listening to the latest episode of Access FSU. Did you find it interesting, helpful, insightful? Please let us know by emailing our office at OAS@fsu.edu oas@fsu.edu. We are always looking for feedback on issues and suggestions for future episodes. Don't forget to subscribe to our show on your favorite podcast app, including iTunes, Stitcher, and Spotify. For more information about the Office of Accessibility Services at Florida State University, Visit our website at <https://dsst.fsu.edu/oas> We appreciate you taking the time to join us today.