INSTRUCTURE

Designing Accessible Learning Adventures: Dive In!

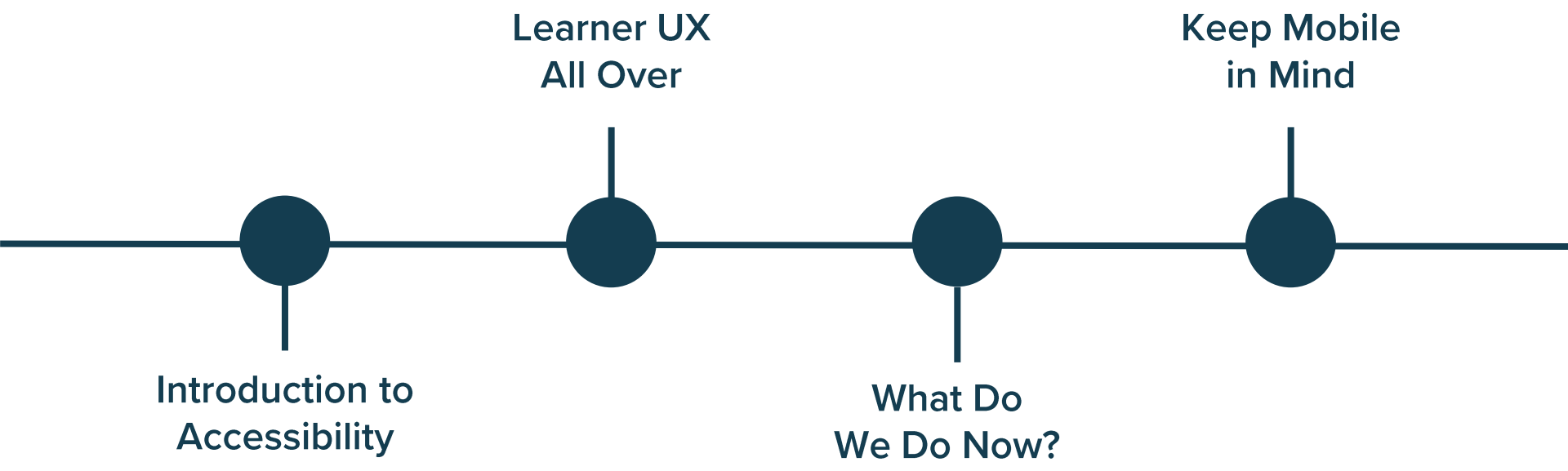
Ryan Lufkin & Christopher Philips

Today’s Speakers

Ryan Lufkin
VP, Global Academic Strategy,
Instructure

Christopher Philips
Digital Accessibility Officer,
Utah State University

Today's Agenda



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Introduction to Accessibility

Web Content Accessibility Guidelines (WCAG) 2.2

U.S. Department of Education

IDEA

Individuals with Disabilities Education Act

W3C®

WCAG 2.0

Accessibility

- Legal Requirement
- Compliance
- Fear
- Burden
- Limitations

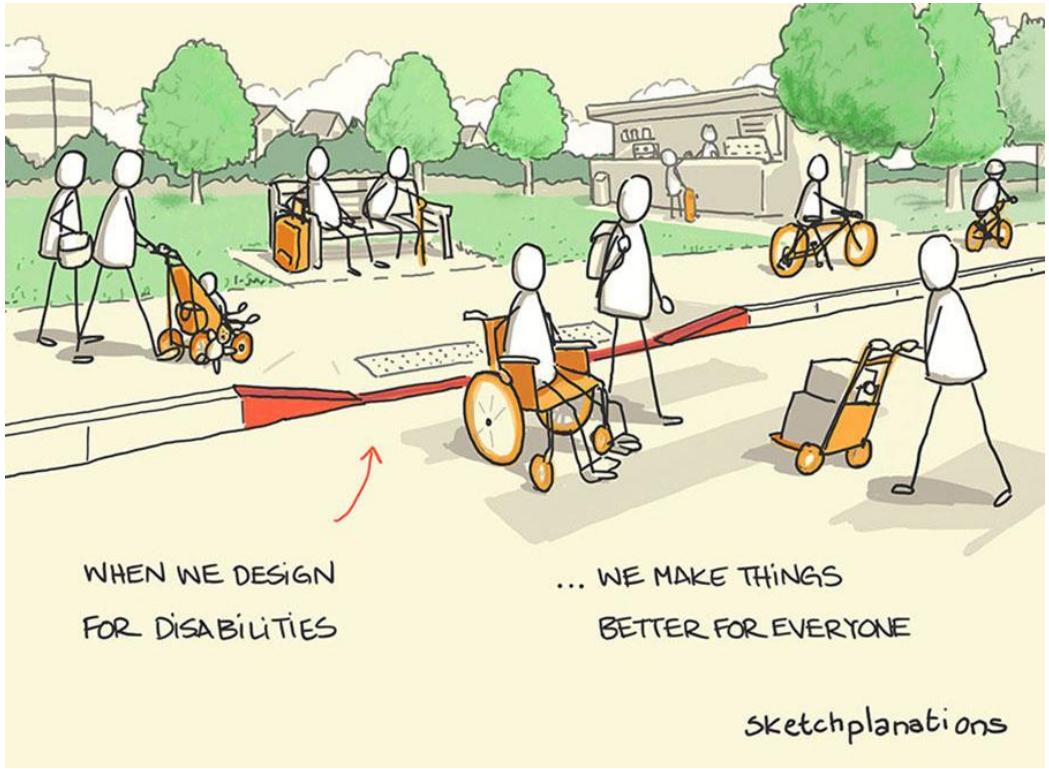
Accessibility

- Helpful
- Welcoming
- Inclusive
- Universal
- Good User Experience

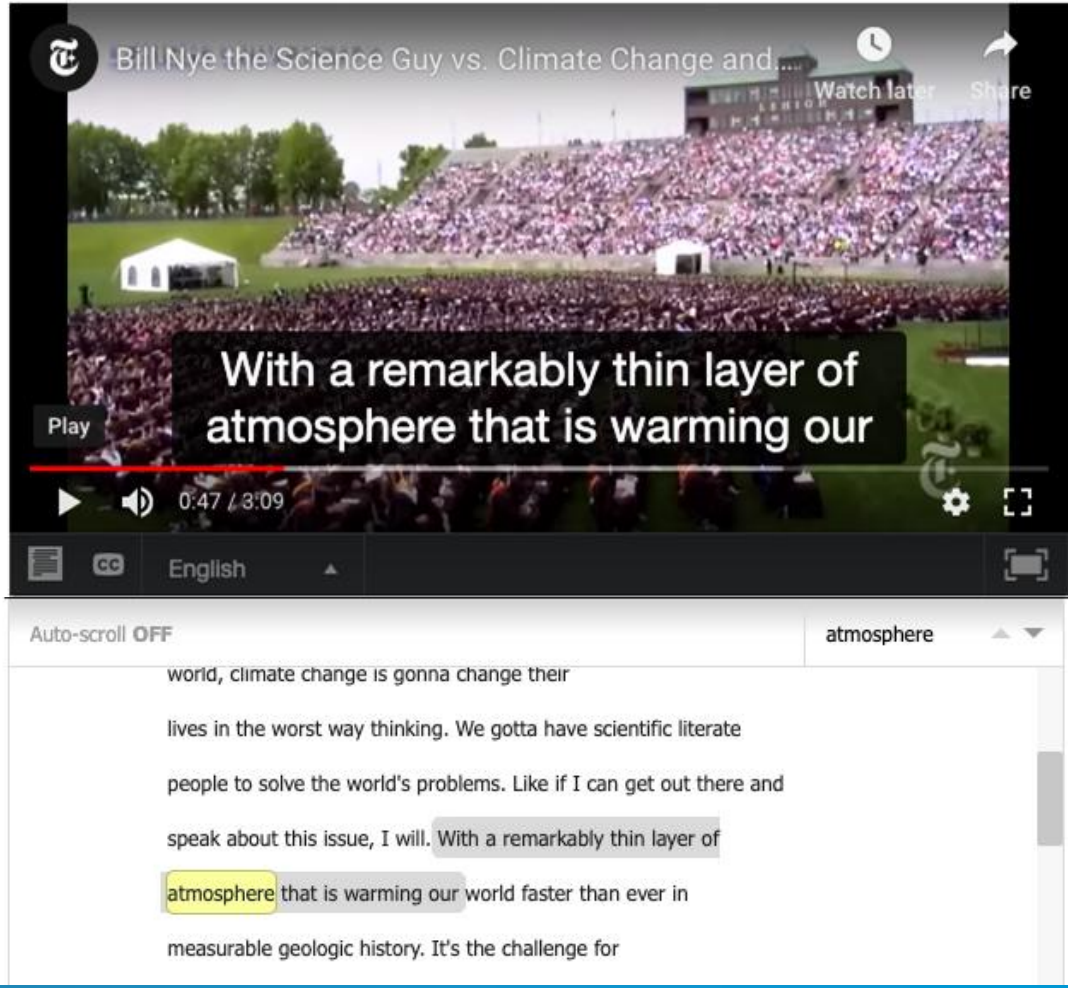
Curb Cuts

Curb Cut Effect

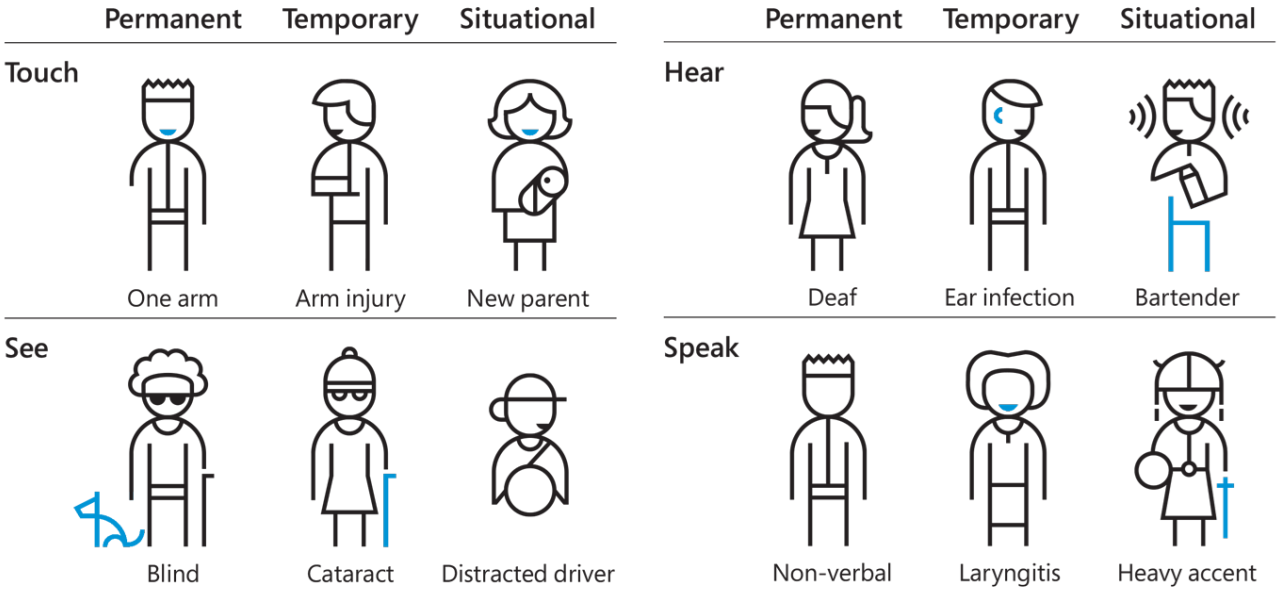
Curb Cut Effect



Video Captions



Inclusive Design



This graph is from Microsoft's inclusive design toolkit.

Web Content Accessibility Guidelines (WCAG) 2.2

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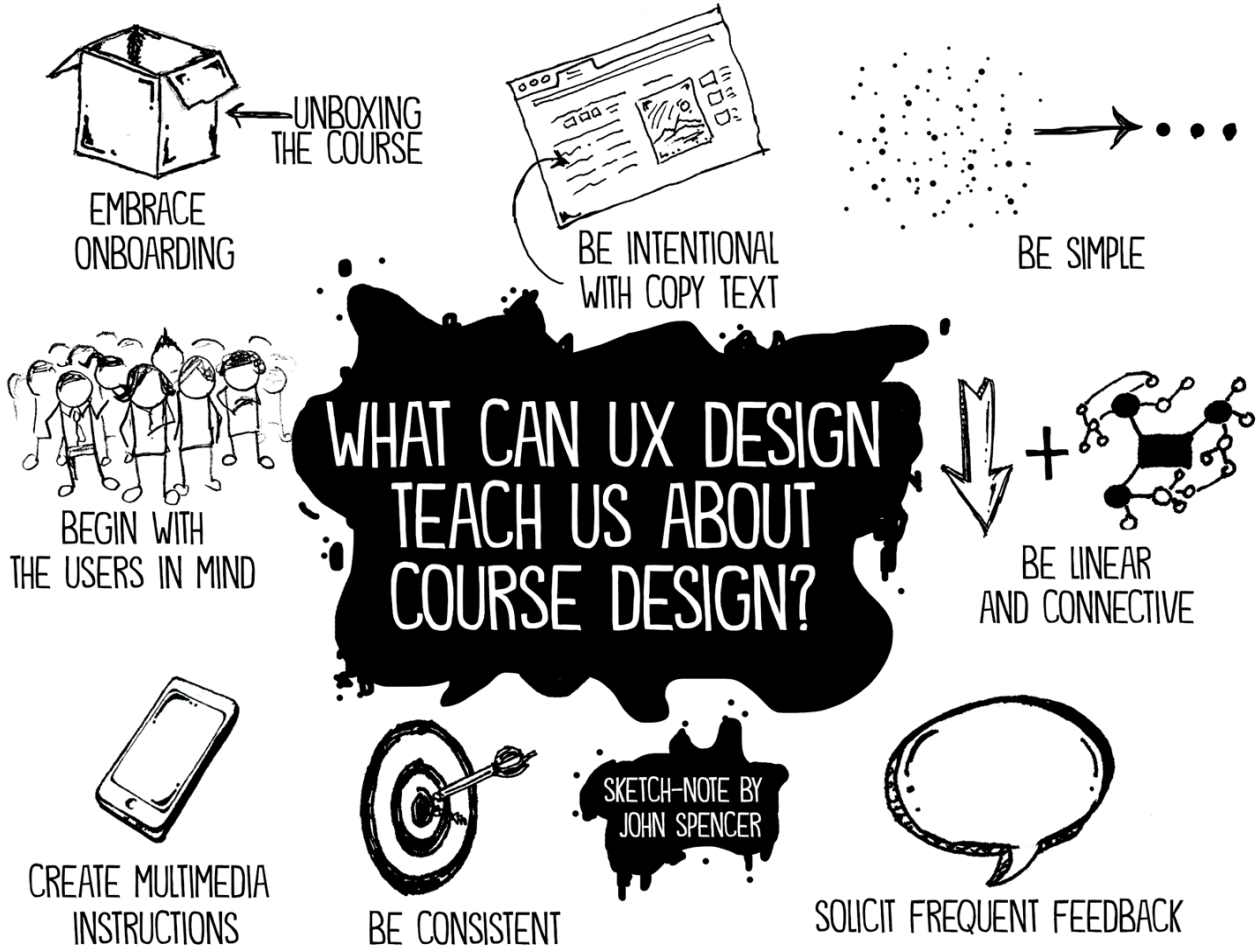
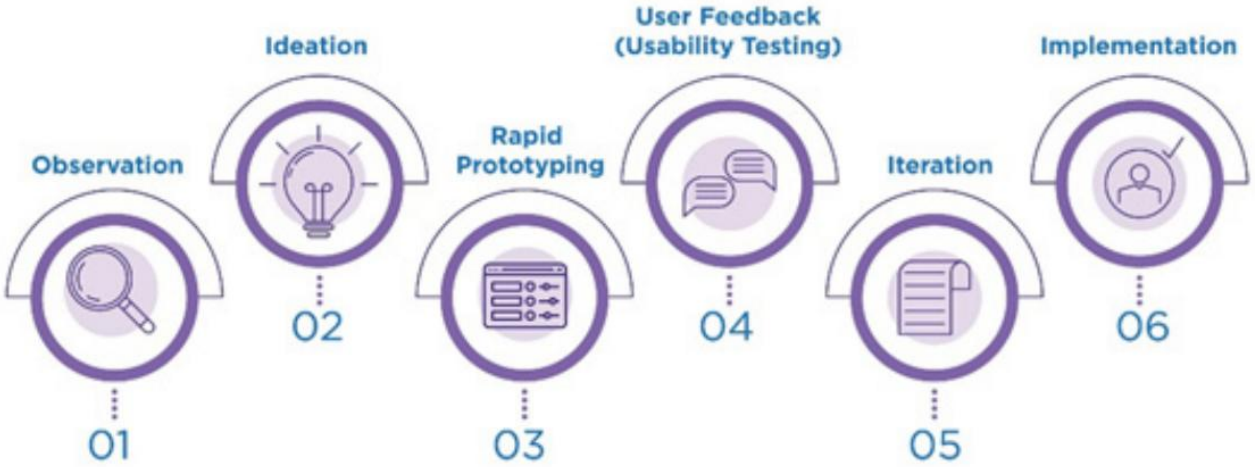
Learner UX

What is “UX” Design?



SpencerAuthor.com

Human-centered Design

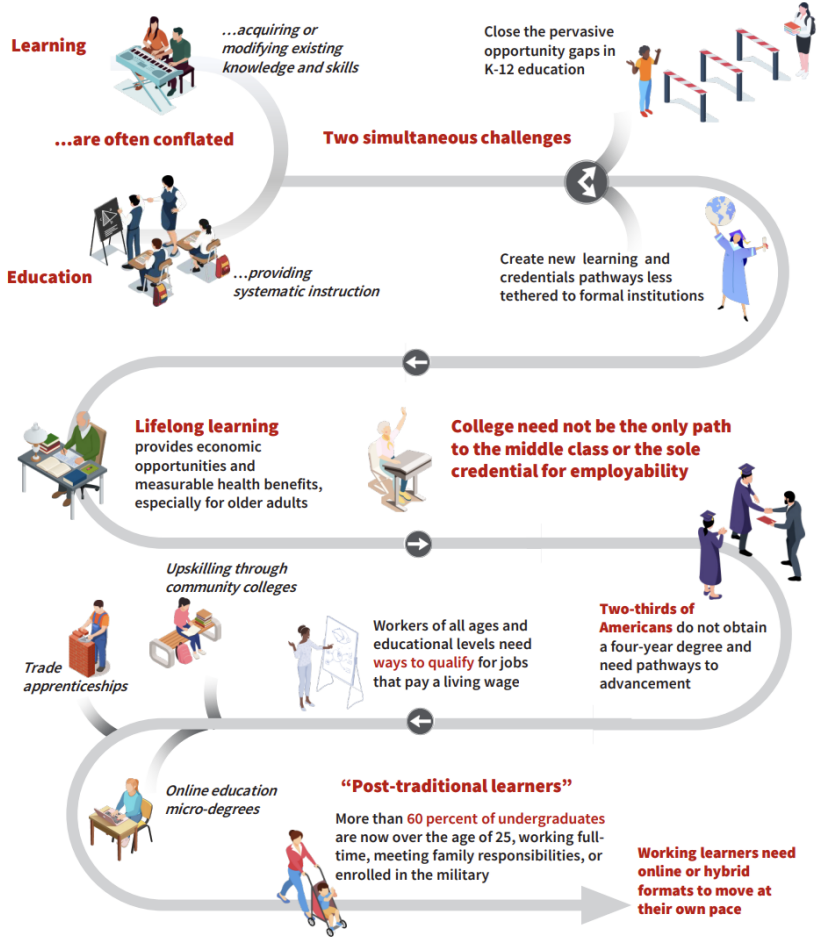


Lifelong Learning

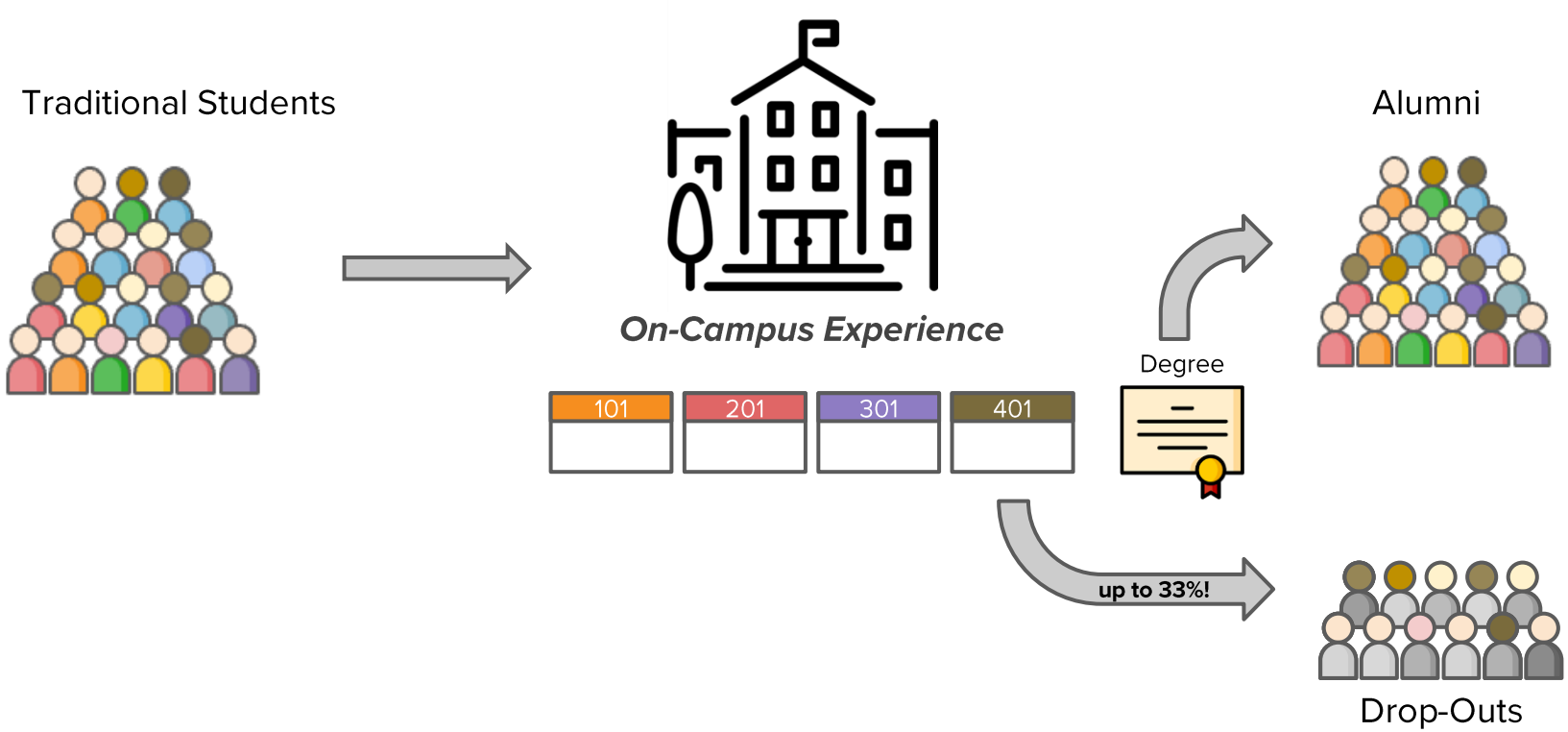
The 100-year life is here. We're not ready.

THE NEW MAP of LIFE

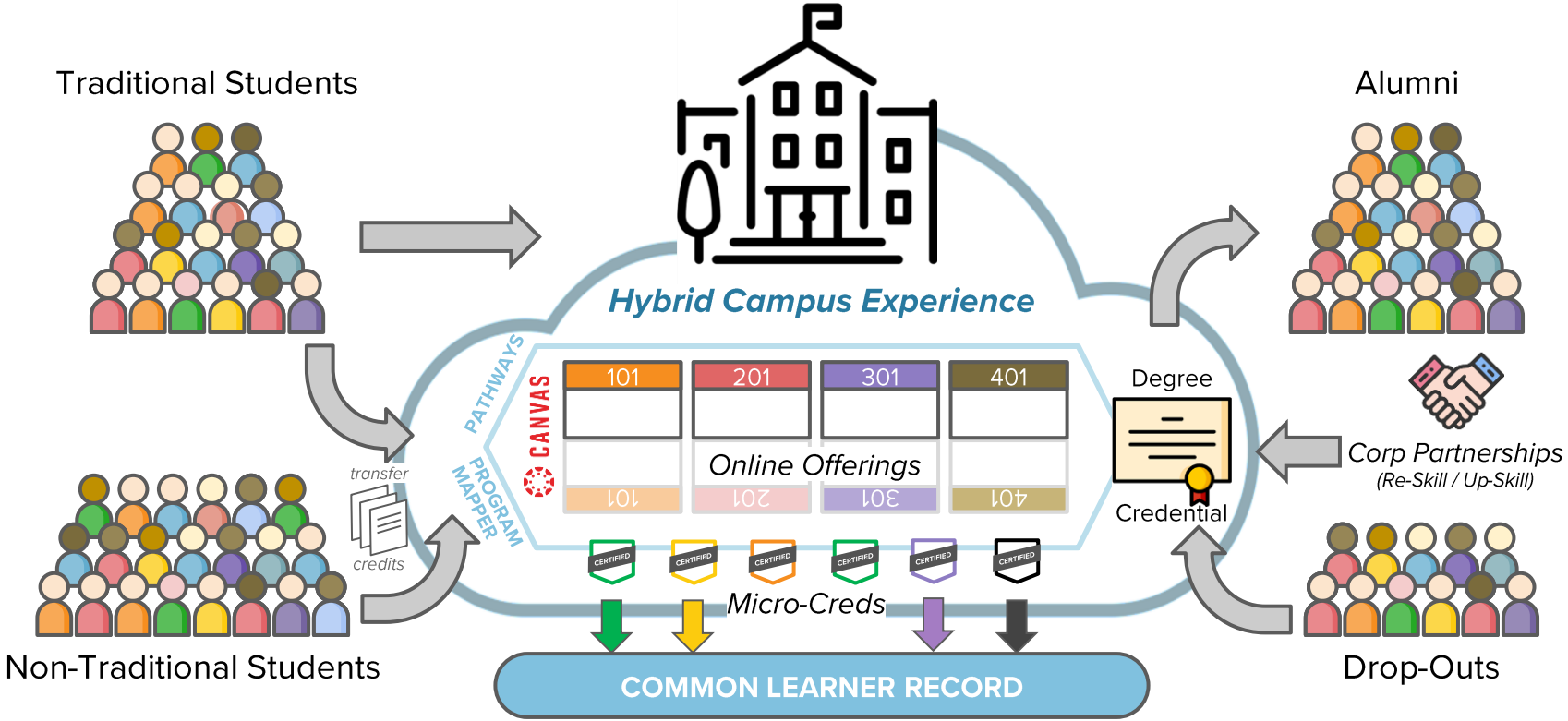
STANFORD CENTER ON LONGEVITY



The Traditional Student Experience



The Lifelong Learning Experience



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So what to do now?

Accessibility Basics

Content Headings

Food
Vegetable
Greens
Cabbage
Spinach
Roots
Carrots
Turnips
Fruit
Apple
Golden Delicious
Pink Lady
Berry
Blackberry
Raspberry

Food

Vegetable

Greens
Cabbage
Spinach

Roots
Carrots
Turnips

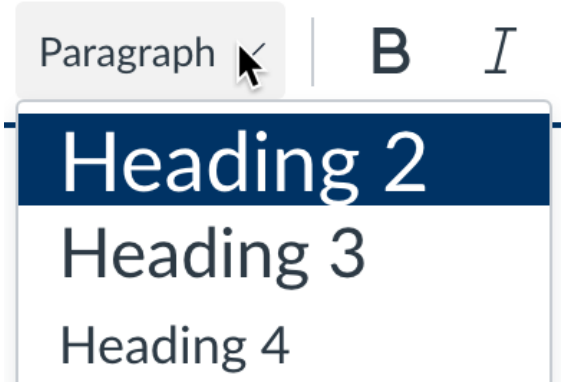
Fruit

Apple
Golden Delicious
Pink Lady

Berry
Blackberry
Raspberry

Headings

Canvas



Styles in Microsoft Word

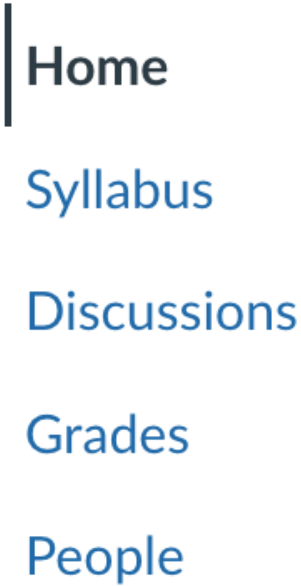
Color Contrast

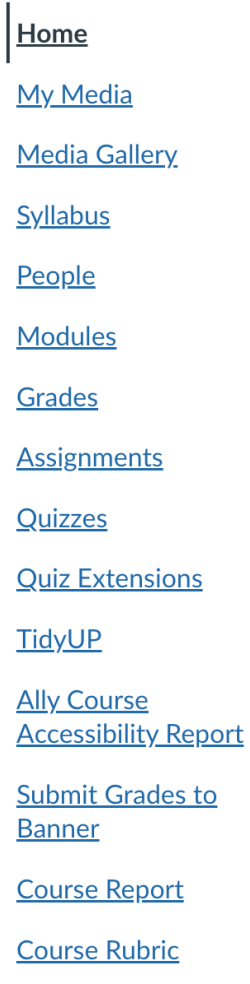
Accessible, Usable Links

- Click Here
- Read More
- More Information

- Submit Assignment
- Review Instructions
- Discuss here

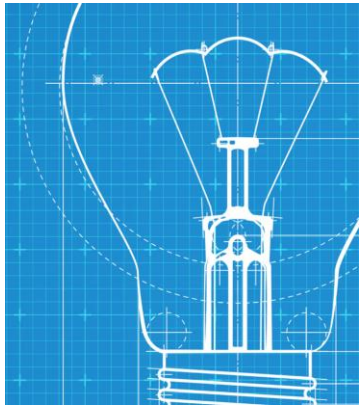
Simplify Course Navigation



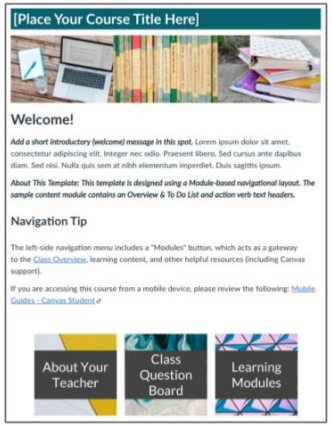


Alternative Text for Images

Tools for Consistency



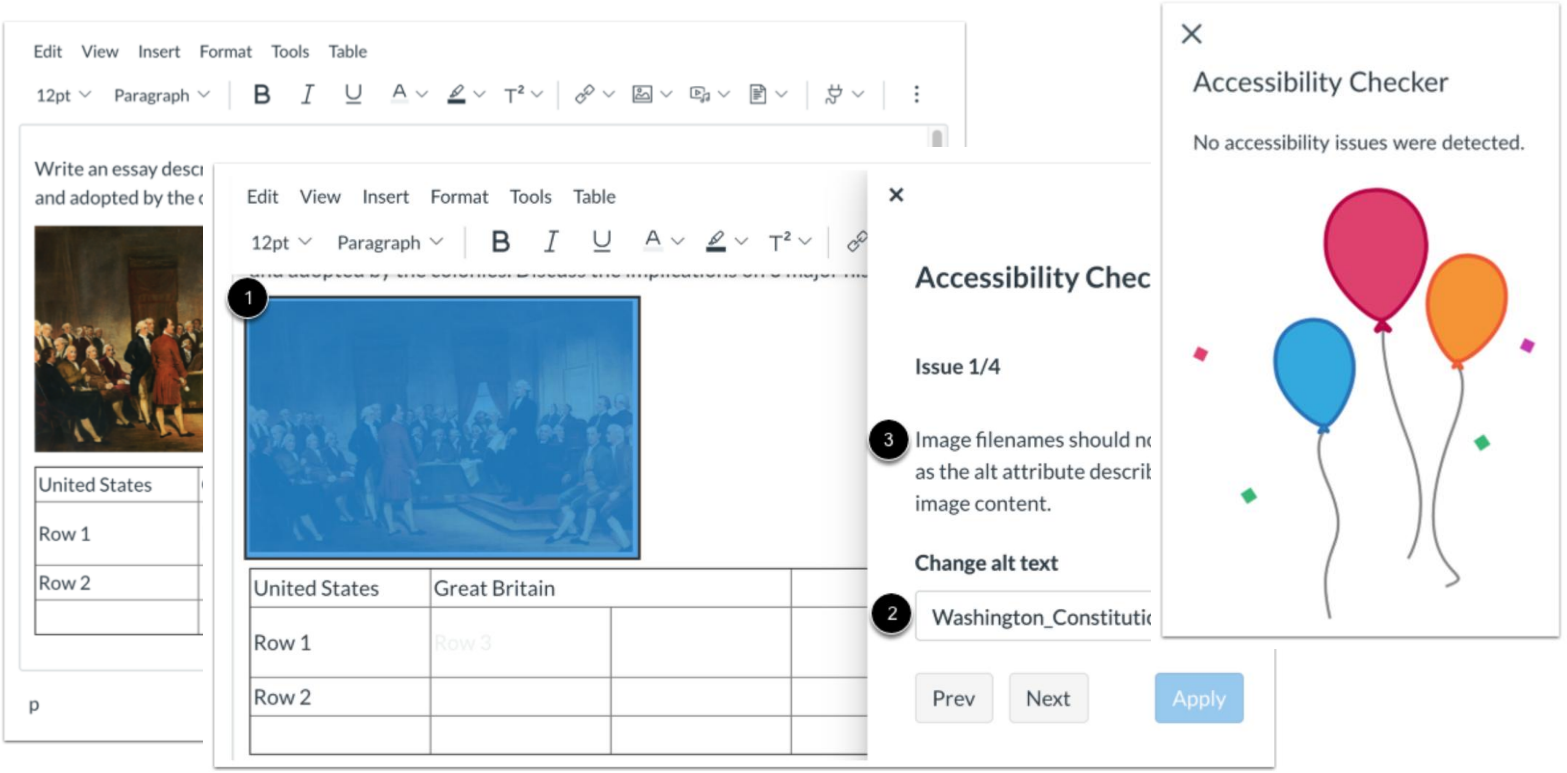
Blueprint Courses



Course Templates

Canvas Commons

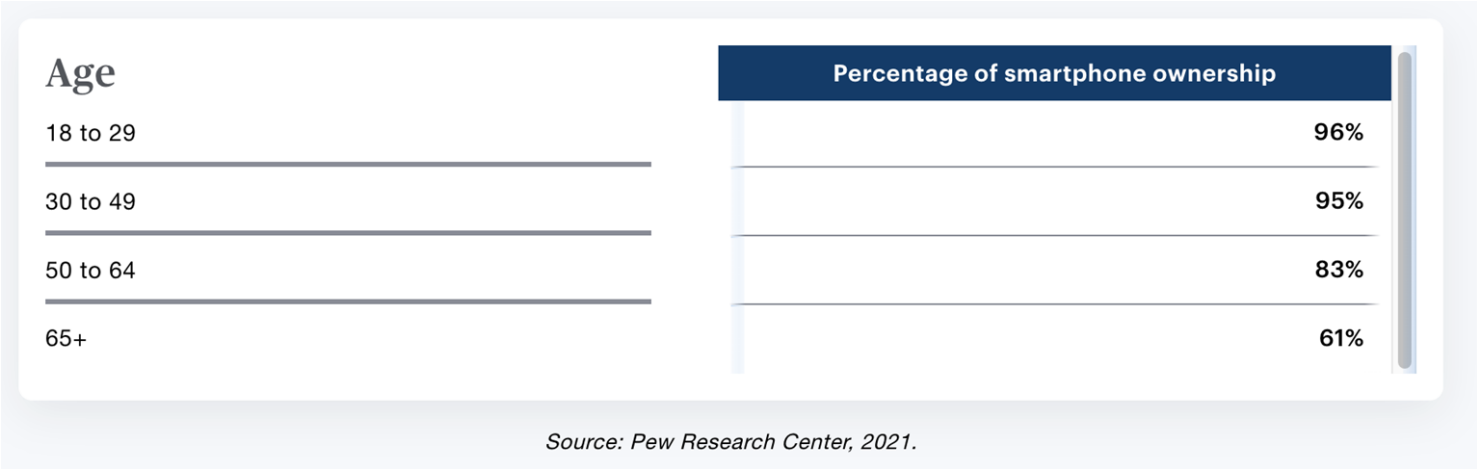
RCE Accessibility Checker



INSTRUCTURE

The Impact of Mobile in Learning Delivery

Smartphone Ownership in the US by Age



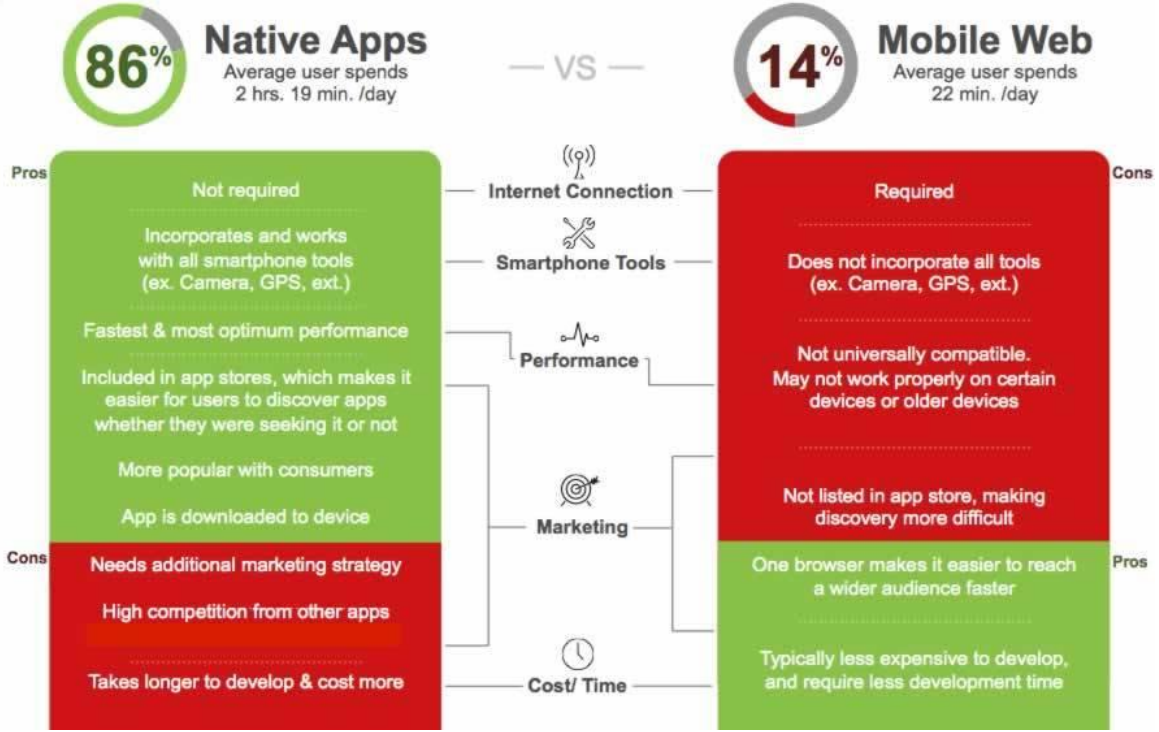
Age	Percentage of smartphone ownership
18 to 29	96%
30 to 49	95%
50 to 64	83%
65+	61%

Source: Pew Research Center, 2021.

- On average, most children receive their first smartphone at age 11.
- American adults spend an average of 4.5 hours on their mobile devices each day.
- About 45% of all web traffic in the U.S. originates from smartphones.

Pew Research

Accessibility and Mobile



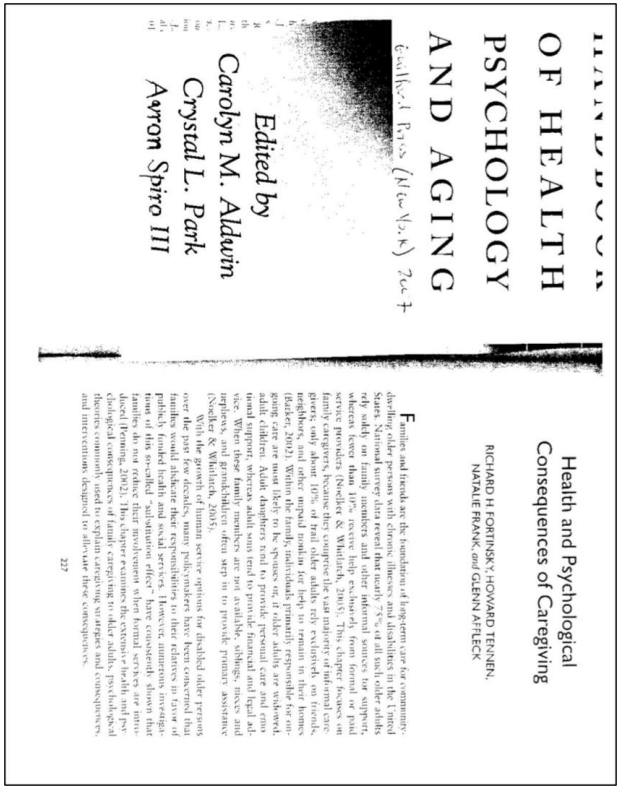
Source

Recommendations for Mobile Learning

1. Create an engaging native mobile app experience but mirror that in responsive design.
2. Design for a small screen
3. iPhone and Android
4. Consider offline support needs for students with access issues.
5. AI for captioning and translation?
6. Pdfs....

PDF
PDF
Document
PDF

PDF Challenges



HANDBOOK
OF HEALTH
PSYCHOLOGY
AND AGING

Edited by
Carolyn M. Aldwin
Crystal L. Park
Aaron Spiro III

Health and Psychological Consequences of Caregiving

RICHARD H. FORTINSKY, HOWARD TENNEN, NATALIE FRANK, and GLENN A. FLECK

Families and friends are the foundation of long-term care for community-dwelling older persons with chronic illnesses and disabilities in the United States. Most family caregivers are middle-aged women who provide help with instrumental activities of daily living (IADLs) and personal activities of daily living (PADLs) to older adults, and other informal sources, for support, whereas [illegible] receive help exclusively from formal or paid service providers (Stoller & Whitlatch, 2015). This chapter focuses on family caregivers, because they comprise the vast majority of informal caregivers, only about 10% of frail older adults rely exclusively on friends, neighbors, and other unpaid nonkin for help to remain in their homes (Barker, 2002). Within the family, individuals primarily responsible for ongoing care are most likely to be spouses or, if older adults are widowed, adult children. Adult daughters tend to provide personal care and emotional support, whereas adult sons tend to provide financial and legal advice. When these family members are not available, siblings, nieces and nephews, and other kin often step in to provide primary assistance (Stoller & Whitlatch, 2015).

With the growth of human service options for disabled older persons over the past few decades, many policymakers have been convinced that families would abdicate their responsibilities to their relatives in favor of publicly funded health and social services. However, numerous investigations of this so-called "substitution effect" have consistently shown that families do not reduce their involvement when formal services are introduced (Penning, 2002). This chapter examines the extensive health and psychological consequences of family caregiving to older adults, psychological theories commonly used to explain caregiving consequences, and intervention designed to alleviate those consequences.

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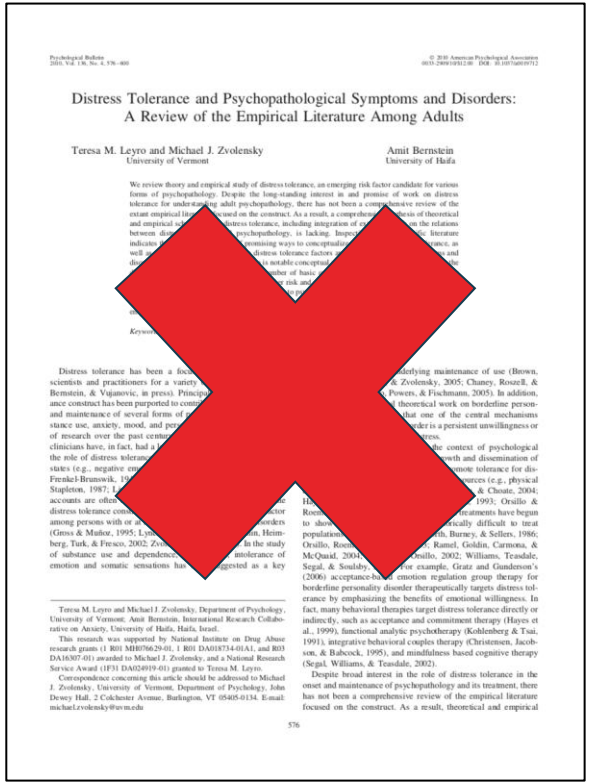

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Distress Tolerance and Psychopathological Symptoms and Disorders: A Review of the Empirical Literature Among Adults

Teresa M. Leyro and Michael J. Zvolensky
University of Vermont

Amit Bernstein
University of Haifa

We review theory and empirical study of distress tolerance, an emerging risk factor candidate for various forms of psychopathology. Despite the long-standing interest in and promise of work on distress tolerance for understanding adult psychopathology, there has not been a comprehensive review of the extant empirical literature focused on the construct. As a result, a comprehensive synthesis of theoretical and empirical [illegible] distress tolerance, including integration of existing findings on the relations between distress tolerance and psychopathology, is lacking. Inspection of the specific literature indicates [illegible] promising ways to conceptualize and assess distress tolerance, as well as notable conceptual [illegible] distress tolerance factors and [illegible] and discriminant validity. Keywords: [illegible]

Distress tolerance has been a focus [illegible] underlying maintenance of use (Brown, scientists and practitioners for a variety [illegible] & Zvolensky, 2005; Chaney, Roszell, & Bernstein, & Vujanovic, in press). Principal [illegible] Powers, & Fischmann, 2005). In addition, ance constructs has been purported to contribute [illegible] theoretical work on borderline personality and maintenance of several forms of psychopathology, [illegible] that one of the central mechanisms stance use, anxiety, mood, and personality disorders [illegible] order is a persistent unwillingness or of research over the past century [illegible] ress. clinicians have, in fact, had a long history [illegible] the context of psychological the role of distress tolerance [illegible] owth and dissemination of states (e.g., negative emotionality) [illegible] mote tolerance for distress (e.g., physical Frenkel-Brunswik, 1948; Stapleton, 1987; [illegible] & Choate, 2004; accounts are often [illegible] 1993; Orsillo & distress tolerance constructs [illegible] treatments have begun among persons with or at [illegible] ically difficult to treat (Gross & Muñoz, 1995; Lynch, [illegible] th, Burney, & Sellers, 1986; berg, Turk, & Fresco, 2002; Zvolensky, [illegible] Ramel, Goldin, Carmona, & In the study of substance use and dependence, [illegible] McQuaid, 2004; [illegible] Orsillo, 2002; Williams, Teasdale, emotion and somatic sensations have [illegible] Segal, & Soulsby, [illegible] for example, Gratz and Gunderson's (2006) acceptance-based emotion regulation group therapy for borderline personality disorder therapeutically targets distress tolerance by emphasizing the benefits of emotional willingness. In fact, many behavioral therapies target distress tolerance directly or indirectly, such as acceptance and commitment therapy (Hayes et al., 1999), functional analytic psychotherapy (Kohlenberg & Tsai, 1991), integrative behavioral couples therapy (Christensen, Jacobson, & Babcock, 1995), and mindfulness based cognitive therapy (Segal, Williams, & Teasdale, 2002).

Despite broad interest in the role of distress tolerance in the onset and maintenance of psychopathology and its treatment, there has not been a comprehensive review of the empirical literature focused on the construct. As a result, theoretical and empirical

Teresa M. Leyro and Michael J. Zvolensky, Department of Psychology, University of Vermont; Amit Bernstein, International Research Collaborative on Anxiety, University of Haifa, Haifa, Israel.

This research was supported by National Institute on Drug Abuse research grants (1 R01 MH076629-01, 1 R01 DA018734-01A1, and R03 DA16307-01) awarded to Michael J. Zvolensky, and a National Research Service Award (1F31 DA024919-01) granted to Teresa M. Leyro.

Correspondence concerning this article should be addressed to Michael J. Zvolensky, University of Vermont, Department of Psychology, John Dewey Hall, 2 Colchester Avenue, Burlington, VT 05405-0134. E-mail: michael.zvolensky@uvm.edu

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PDF Files and Mobile Learning

Distress Tolerance and Psychopathological Symptoms and Disorders:
A Review of the Empirical Literature Among Adults

Teresa M. Leyro and Michael J. Zvolensky
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Amit Bernstein
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We review theory and empirical study of distress tolerance, an emerging risk factor candidate for various forms of psychopathology. Despite the long-standing interest in and promise of work on distress tolerance for understanding adult psychopathology, there has not been a comprehensive review of the extant empirical literature focused on the construct. As a result, a comprehensive synthesis of theoretical and empirical scholarship on distress tolerance, including integration of extant research on the relations between distress tolerance and psychopathology, is lacking. Inspection of the scientific literature indicates that there are a number of promising ways to conceptualize and measure distress tolerance, as well as documented relations between distress tolerance factors and psychopathological symptoms and disorders. Although promising, there also is notable conceptual and operational heterogeneity across the distress tolerance literature. Moreover, a number of basic questions remain unanswered regarding the associations between distress tolerance and other risk and protective factors and processes, as well as its putative role(s) in vulnerability for and resilience to psychopathology. Thus, the current article provides a comprehensive review of past and contemporary theory and research and proposes key areas for future empirical study of this construct.

Keywords: distress tolerance, psychopathology, negative mood, mechanism, regulation

Distress tolerance has been a focus of interest for clinical scientists and practitioners for a variety of reasons (Zvolensky, Bernstein, & Vujanovic, in press). Principally, the distress tolerance construct has been purported to contribute to the development and maintenance of several forms of psychopathology (e.g., substance use, anxiety, mood, and personality disorders). Inspection of research over the past century indicates that researchers and clinicians have, in fact, had a long-standing interest in elucidating the role of distress tolerance in a wide range of aversive internal states (e.g., negative emotions, uncomfortable bodily sensations; Frenkel-Brunswik, 1948, 1951; Hajek, 1991; Hajek, Belcher, & Stapleton, 1987; Linehan, 1993; Simons & Gaher, 2005). These accounts are often focused on distinct conceptualizations of the distress tolerance construct as a putative risk or maintenance factor among persons with or at risk for various psychological disorders (Gross & Muñoz, 1995; Lynch & Bronner, 2006; Mennin, Heimberg, Turk, & Fresco, 2002; Zvolensky & Otto, 2007). In the study of substance use and dependence, for example, intolerance of emotion and somatic sensations has been suggested as a key explanatory mechanism underlying maintenance of use (Brown, Lejuez, Kahler, Strong, & Zvolensky, 2005; Chaney, Roszell, & Cummings, 1982; Otto, Powers, & Fischmann, 2005). In addition, Linehan's (1993) seminal theoretical work on borderline personality disorder has posited that one of the central mechanisms underlying this personality disorder is a persistent unwillingness or inability to tolerate emotional distress.

Interest in distress tolerance in the context of psychological disorders has been paralleled by the growth and dissemination of psychosocial interventions designed to promote tolerance for distress originating from internal and external sources (e.g., physical discomfort, stressful life events; Barlow, Allen, & Choate, 2004; Hayes, Strosahl, & Wilson, 1999; Linehan, 1993; Orsillo & Roemer, 2005). Many of these psychosocial treatments have begun to show promising outcomes for historically difficult to treat populations (e.g., Kabat-Zinn, Lipworth, Burney, & Sellers, 1986; Orsillo, Roemer, & Barlow, 2003; Rumel, Goldin, Carmona, & McQuaid, 2004; Roemer & Orsillo, 2002; Williams, Teasdale, Segal, & Soulsby, 2000). For example, Gratz and Gunderson's (2006) acceptance-based emotion regulation group therapy for borderline personality disorder therapeutically targets distress tolerance by emphasizing the benefits of emotional willingness. In fact, many behavioral therapies target distress tolerance directly or indirectly, such as acceptance and commitment therapy (Hayes et al., 1999), functional analytic psychotherapy (Kohlenberg & Tsai, 1991), integrative behavioral couples therapy (Christensen, Jacobson, & Babcock, 1995), and mindfulness based cognitive therapy (Segal, Williams, & Teasdale, 2002).

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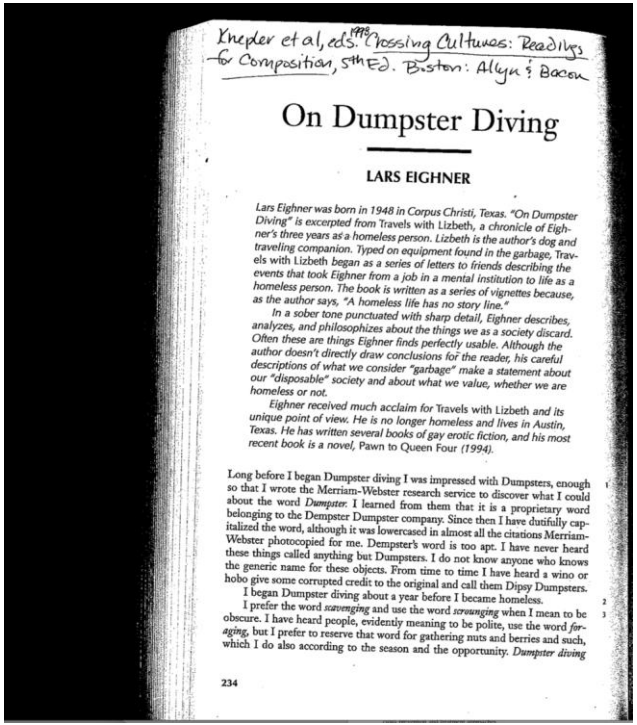
Use Files in their Original Format

Convert PDF Files to HTML



Knepler et al, eds. Crossing Cultures: Readings for Composition, 5th Ed. Boston: Allyn & Bacon

On Dumpster Diving

LARS EIGHNER

Lars Eighner was born in 1948 in Corpus Christi, Texas. "On Dumpster Diving" is excerpted from Travels with Lizbeth, *a chronicle of Eighner's three years as a homeless person. Lizbeth is the author's dog and traveling companion. Typed on equipment found in the garbage,* Travels with Lizbeth *began as a series of letters to friends describing the events that took Eighner from a job in a mental institution to life as a homeless person. The book is written as a series of vignettes because, as the author says, "A homeless life has no story line."*

In a sober tone punctuated with sharp detail, Eighner describes, analyzes, and philosophizes about the things we as a society discard. Often these are things Eighner finds perfectly usable. Although the author doesn't directly draw conclusions for the reader, his careful descriptions of what we consider "garbage" make a statement about our "disposable" society and about what we value, whether we are homeless or not.

Eighner received much acclaim for Travels with Lizbeth *and its unique point of view. He is no longer homeless and lives in Austin, Texas. He has written several books of gay erotic fiction, and his most recent book is a novel,* Pawn to Queen Four *(1994).*

Long before I began Dumpster diving I was impressed with Dumpsters, enough so that I wrote the Merriam-Webster research service to discover what I could about the word *Dumpster.* I learned from them that it is a proprietary word belonging to the Dempster Dumpster company. Since then I have dutifully capitalized the word, although it was lowercased in almost all the citations Merriam-Webster photocopied for me. Dempster's word is too apt. I have never heard these things called anything but Dumpsters. I do not know anyone who knows the generic name for these objects. From time to time I have heard a wino or hobo give some corrupted credit to the original and call them Dipsy Dumpsters.

I began Dumpster diving about a year before I became homeless.

I prefer the word *scavenging* and use the word *scrounging* when I mean to be obscure. I have heard people, evidently meaning to be polite, use the word *foraging,* but I prefer to reserve that word for gathering nuts and berries and such, which I do also according to the season and the opportunity. *Dumpster diving*

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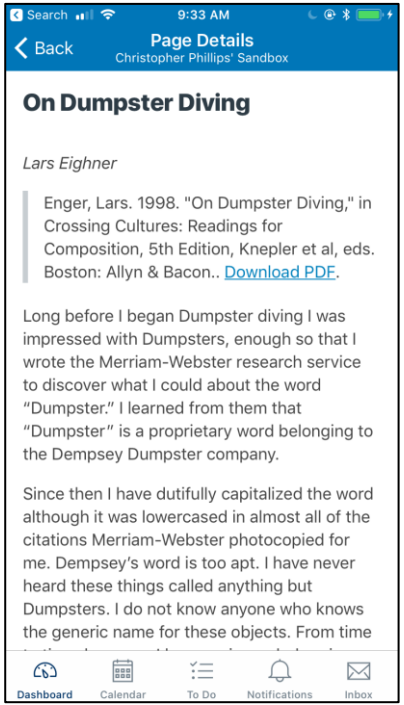

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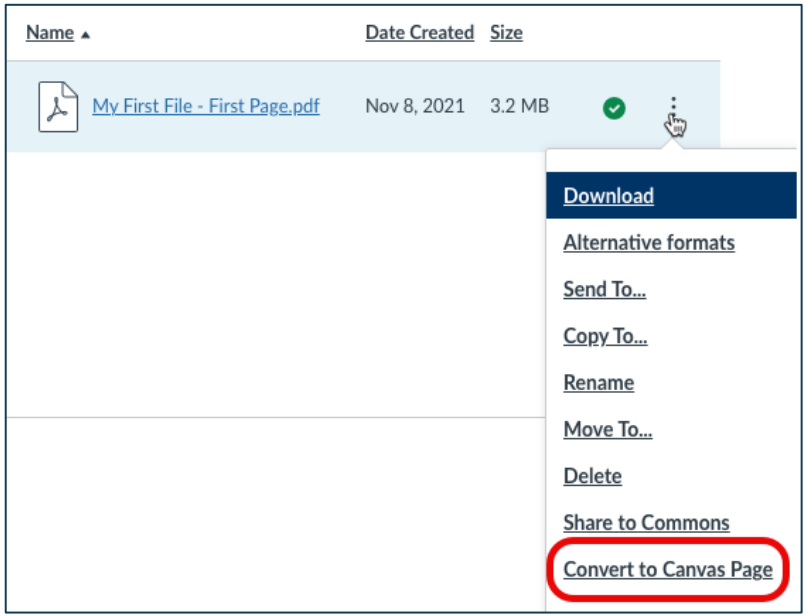

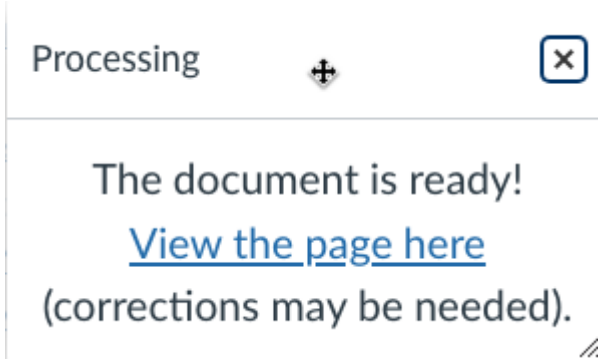

Accessibility is a Journey!

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Questions?

https://bit.ly/atd-accessibility