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 must fill out a health insurance waiver form and submit it to the Student Accounts Office by the first day of class. 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 are located on the PNCA website, www.pnca.edu, and insurance brochures are available in the Student Life Office page. If you have questions about student health insurance, contact Student Life, 503-821-8925.

PNCA Support Staff You Should Know

- Jackson Seemayer, Associate Director of Student Life
- Kat McAnalley, Coordinator of Student Life and events
- V Maldonado, Assistant Dean of Diversity and Inclusion/Chief Diversity Officer
- Your Program Advisor (which would be your department chair) or First Year Mentor (your Foundation Seminar instructor)

YOUR PNCA CAMPUS RESOURCES

Academic Support Center

The Academic Support Center/ASC helps students build confidence in a broad range of academic areas through academic coaching, and supports the College’s mission to prepare students for a life of creative practice. Tutoring services are also available through the ASC. The ASC is located in the Library, and is open for student use during drop in hours or by appointment, which are posted on the ASC Homeroom page.

Student Counseling Services

For students struggling emotionally or psychologically with issues around disabilities, a variety of resources are available. PNCA’s Counseling Center offers 10 free sessions to students per academic year. To make an appointment with the Counseling Center, please contact the Student Life Office, by phone at 503-821-8925, email at studentlife@pnca.edu or in person by stopping in the Student Life Office in room 136. 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. The staff in the Student Life Office is also trained in mental health first aid, and are always open to speak with you and recommend resources to best suit your needs.
Services for Students with Disabilities:
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 Registrar’s Office.

What do You do if You Have a Disability and Need Accommodations?
You should start by filling out the online accommodations request form, emailed out to students at the start of the term, and also located on the Student Life Homeroom page. You will then need to meet with the Associate Director of Student Life to discuss and determine what your accommodations should be.

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: extensions for projects and/or tests, different testing environments, recording equipment for lectures, special chairs/equipment.

Is it Important to Advocate for Yourself?
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 are the Responsibilities of Students with Disabilities?
• To identify themselves to the Associate Director of Student Life
• To provide documentation of disability.
• To initiate requests for accommodations.
• To provide adequate notice (typically two weeks or longer) for all accommodation request.
• To assume personal responsibility for meeting with faculty as necessary and for meeting college academic standards.

What are the Rights of Students with Disabilities?
• To not be denied access to due to a disability.
• To receive reasonable accommodations that provide equal opportunity.
• To have access to auxiliary aids.
• To receive assistance from the Student Services office in removing any physical, academic and attitude barriers.
• Not be discriminated against or receive any retaliatory discrimination due to a disability.