

# THE HUB NEWS



April, 2023 - Number 21

## This month's newsletter includes:

1. Announcements
2. Book recommendations
3. Neurodiversity - Let's celebrate neurological differences
4. Exploring Destiny Discover

## 1. Announcements

### Hub News Quiz

Read this edition of the Hub News and [answer these questions](#) to win a prize:

1. What is the difference between neurodiversity and neurodivergence?
2. According to the CDC, how many children are on the autism spectrum?
3. How can you make your area more supportive to every individual?

Congratulations and thank you to **Kelsey Kelzer, Milagro Obando, Amaya Aborom, Stephanie Solis, Meghan Loyd, Dairyn Ulate, and Chris Brodi** for answering the March quiz. Enjoy your prize!

### Let's celebrate the powerful women our quiz winners named:

My mom!  
Mi mamá aunque ella ya murió me dejó muchas enseñanzas y aunque ya no esté conmigo celebró toda su vida y lo que me enseñó.

My mother <3

Mi abuela paterna, Rosalía.  
My mother is a powerful woman because of how strong she is. She lost her mother at a young age and became the caretaker of her household. She raised me as a single mother for a while before she got remarried. She recently just when back to school and got her master's degree, proving that it is never too late to follow your passion.

Emily Lobsenz

Mi hermana

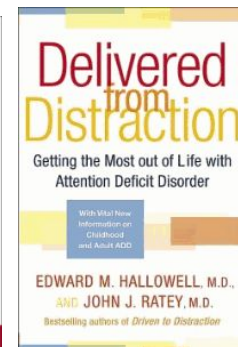
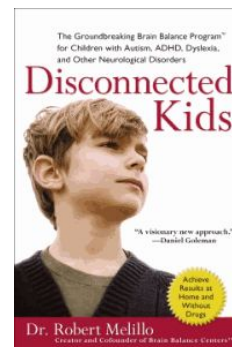
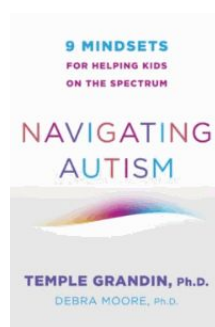
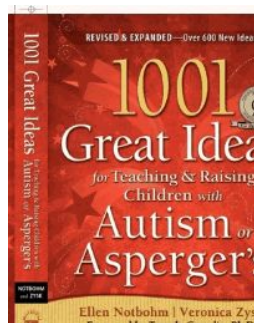
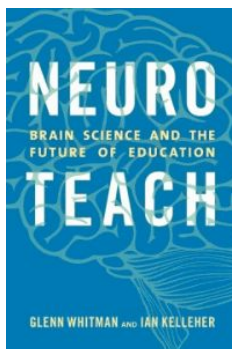
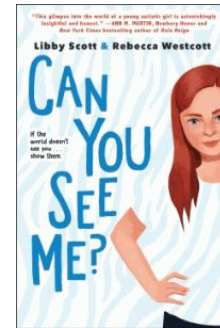
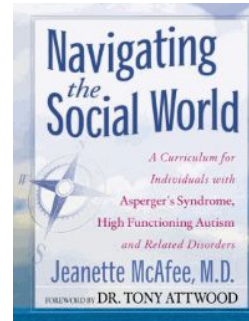
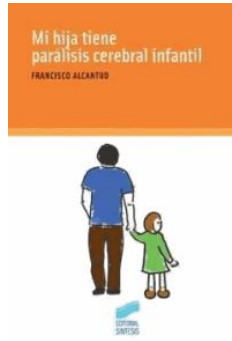
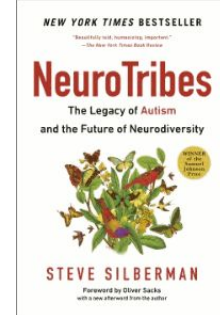
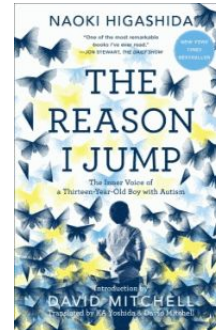
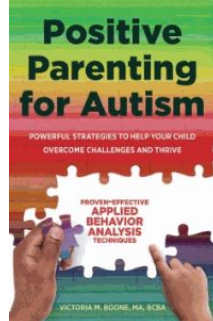
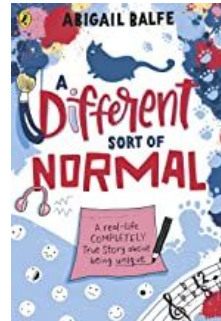
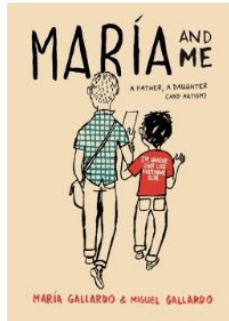
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## 2. Recommended books



## 3. Let's celebrate neurological differences

April has arrived, and we celebrate our differences, including our brains.



It is important to recognize that **neurodiversity and neurodivergence are not the same**. **Neurodiversity** recognizes all types of brains, including neurotypical and neurodivergent. Neurodiversity is based on the premise that all human brains are naturally diverse. This means that not all brains think, feel, and process the same, and THAT'S OKAY. This diversity is what we should always CELEBRATE and RECOGNIZE.

When we talk about **neurodivergence**, we are talking about a brain that differs from a typical (neurotypical) brain, whose development and function vary. Neurodivergent brains include; ADD (Attention Deficit Disorder), dyslexia, anxiety, depression, learning difficulties, Tourette Syndrome, and many others. Recognizing neurodiversity allows us to support, accompany, and above all, understand the needs of each other within our community.

In April, we also talked about Autism (neurodivergence) awareness. At the end of last month (March), the CDC (Centers for Disease Control and Prevention in the USA) published the latest report indicating that 1 in 36 children is on the autism spectrum. The report before this one stated that 1 in 85 children was autistic in that country, and in 2023 the percentage increased. However, this does not mean that Autism is



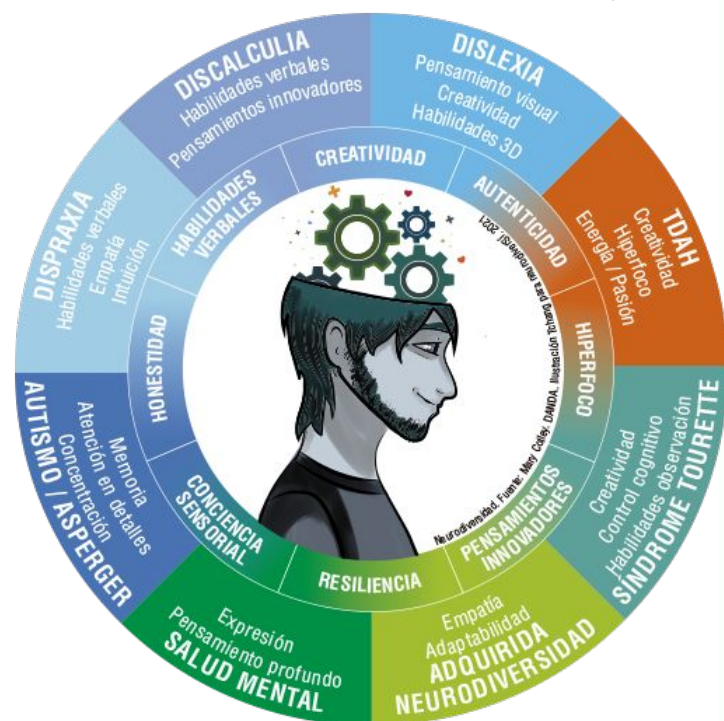


something that is happening now. Autistic children, youth, and adults have always existed, and we have made a lot of progress (and we must continue to make progress) in promoting awareness and accepting this condition. This progress will translate into a better quality of life for autistic people and their families. This is where a great responsibility lies with our community and society to understand how to support each other.

## The positive side of neurodivergence

People on the autism spectrum show a unique ability to pay attention to detail and interest in systems (topics like the universe, animals, history, all systems), physical objects, and their great visual and spatial ability (thinking about images).

People with attention deficit have enviable creativity, can pay attention to several aspects simultaneously, and have an excellent ability for music, art, and hyperfocusing on activities.



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Dyslexic people can transfer their learning to 3D. It is like having software installed in their brain. In the same way, people who learn to live with anxiety and/or depression can develop a vital resilience capacity and are creative, empathetic, and sensitive to the needs of others.

With all these and more conditions we live with, we can contribute, help, and support the understanding that each brain is diverse, that each person has solid areas and beautiful skills, as well as other areas to improve, and we will need support in some aspects. No brain is better than another.

I invite you to find ways to support your environment (your office, your classroom, your home, your meetings or parties, your activities outside of school, etc.) to be able to welcome each diverse and divergent brain with its impressive capacities as well as those aspects that can be a challenge so that we support positive and respectful coexistence with one another. We can adapt our surroundings to the variety of brain diversity we live with daily.



Paola Meza Soto  
Primary Psychologist  
Autism Specialist



## 4. Exploring Destiny Discover

**Destiny Discover is a great resource for finding books in the library. It's easy to use, too!**

All you have to do is follow these steps:

1. Follow this link to get to [Destiny Discover](#).
2. Click on Login in the top right corner. Every student at PAS has a username and password. The username is the start of your email address and your password is the number on your ID.
3. You can now use Destiny Discover!

The following [presentation](#), shows how to enter the platform.

Please note that books labeled Classroom Library are for class use only.

### What can you do with Destiny Discover?

- ★ See new and popular books
- ★ Search for books by topic
- ★ Put books on hold
- ★ See what books you have checked out
- ★ If you need help write to us at:
  - [pascopias@panam.ed.cr](mailto:pascopias@panam.ed.cr)
  - [cristina.chaves@panam.ed.cr](mailto:cristina.chaves@panam.ed.cr) or
  - [leanne.edwards@panam.ed.cr](mailto:leanne.edwards@panam.ed.cr)

[Click here for a video \(in English\) showing all the things you can do with Destiny Discover.](#)

