



The Tricky Business of Hyperfocus

Keeping track of time is one of the more common challenges for students, especially those with ADHD. Maybe you get focused on binge watching a show on Netflix or spending time online, and suddenly you realize hours have passed. What happened? Where did that time go? It's actually a phenomenon called "hyperfocus," where the brain zeros in on one task or problem, everything else falls away, and our sense of time becomes distorted.

It's a useful talent, but when it causes problems—being chronically late, missing appointments, eating up study time—what can you do? The solution is fairly easy: set a timer. That's it. Buy a timer (scientific or "bench" timers work really well), or use your phone, and set a series of alerts that go off every 15-20 minutes or so.

Those alerts will interrupt your hyperfocus and then you can make a conscious choice about what to do next. Ask yourself, "Do I keep working on this task or shift to something else?" Being more aware of time passing will allow you to make better choices with the time you have.

If you keep doing this for a few weeks, your internal sense of time will get better, and you can extend the interval between alerts to 30 minutes, an hour, or longer. **Being more aware of time passing will allow you to make better choices with the time you have.** You'll be more productive and less stressed in the long run.

Spring 2023 Study Abroad semester in your future?

Include in your list of things to do before getting on the plane;

Check with DASS on getting an accommodation letter for study abroad classes.



Once your letter is pushed to your DASS Link portal, a PDF copy can be created and you are able to send to your study abroad contact!!

The POMODORO METHOD

Check out the DASS Success Strategies video, "The Pomodoro Method... for DASS Students," written and produced by our DASS Study Strategist, Melanie Peterman!

This is the first of a series of Success Strategies videos that we'll grow in years to come. Look for the next one, "ADHD Body Doubling" within the next few months!

<https://www.smu.edu/Provost/ProvostOffice/SAES/AcademicSupport/SASP/Services/DASS/SuccessStrategies>

Accommodated Proctored Testing is at the University Testing Center

Listen up! DASS students who are taking a proctored test away from their professor will test at the UTC located in the **basement of Clements Hall**. This information has been listed in the student's DASS Link portal news feed since this summer. The information has been communicated through the DASS newsletter and directly to student's emails.

Students will submit their test request through DASS Link as they have in the past. BUT proctored testing will be administered at the University Testing Center.

www.smu.edu/testing

Students should contact the UTC with any testing questions.

Dyslexia Panel Discussion from the International Dyslexia Association-Dallas Branch Monday, November 14th, 7pm-8:30pm CST

<https://www.eventbrite.com/e/perspectives-from-an-adult-with-dyslexia-a-panel-discussion-tickets-444137927497>