

AccessAbility

DASS Newsletter

Disability Accommodations and Success Strategies

October 2023

Vol 16 Issue 3

Disability Awareness Month

Disability Awareness month takes place during October to increase awareness, respect, and acceptance for people with disabilities, and to bring a greater sense of pride to people with disabilities.

World Mental Health day was October 10th.

“Mental health is a universal human right” is this year’s theme for 2023 with the goal of improving knowledge, raising awareness, and driving actions that protect mental health as a human right.

What is therapy and how does it work?

Therapy is a process of exploring your thoughts and feelings with a licensed mental health professional. A good therapist can help you gain valuable insights, provide support and guidance when you are facing challenges, help you confront and heal trauma, and give you the tools to create a life you love.

Therapists are bound by confidentiality laws, which means that what you discuss in therapy will remain private.

Therapy can be used as preventative care, or as crisis care, and it’s important to evaluate your needs when seeking a therapist.

How to know if you need therapy ?

If you're not sure whether therapy is the right next step for you, here are a few questions to get you started:

- Do you find yourself struggling to cope with day-to-day life?
- Are you regularly overwhelmed by stress or anxiety?
- Do you find it hard to concentrate or focus on tasks?
- Are you drinking or using drugs more than usual?
- Do you feel like you're constantly on edge, or that you're just not yourself?
- Do you have a personal goal you want to achieve, but find yourself getting in the way of making progress?

If any of these questions or concerns ring true for you, therapy may be a good option. Therapy can provide vital support during difficult times (like a global pandemic) and can help you to develop healthier coping skills. It can also be a space to explore your thoughts and feelings and gain a better understanding of yourself.

Ultimately, therapy is about taking care of yourself and finding ways to live a happier, healthier life.



Spring



Enrolling for Spring

Enrollment for the spring semester begins October 30th.

Check my.SMU for your Enrollment Appointment time-this is the time and day that you can add your classes into my.SMU.

Be sure you’ve seen your advisor before that day, and have your schedule planned out. Keep in mind the impacts of your disability as well as approved accommodations when selecting your courses.

Jan Term

If you are enrolled for Jan Term 2023, due to the fast-paced mini-term, it is important to have your letters and accommodations in place sooner than later.

Classes will begin on January 2nd and having your letters requested and delivered ahead of time will help you stay on track. A few courses (language courses and Organic Chemistry 1) take place over an extended schedule beginning December 14th.

A semester request should be submitted very early to ensure it can be processed before the holiday break when offices are closed from December 23rd until January 2nd.

Self-care IS EMPOWERMENT

Counseling Services are available to students on campus. There are many resources to review to select what is right for you!

Off campus services: Center for Integrative Counseling and Psychology <https://thecentercounseling.org/>

Their vision is to make mental health care accessible for everyone - we provide counseling where you live, work, play, and pray.

SMU's Exercise is Medicine-On Campus and "If You're Reading This" are hosting a [5K Run For Mental Health](#) for the SMU community to celebrate Mental Health Awareness. Join us Sunday, Oct. 22 at 8 AM. The 5K will begin and end at Doak Walker Plaza.

All active members of the SMU community including students, staff and faculty are welcome to participate.



Registration will close Friday October 20th at noon.



The DASS Team ~ 214-768-1470

dass@smu.edu

DASS Link Student Log-In:

<https://shibboleth-smu-accommodate.symplicity.com/sso/>