

# AccessAbility

DASS Newsletter  
Disability Accommodations and Success Strategies

November 2023  
Vol 16 Issue 4

## Students for New Learning (SNL)

For Students with ADHD and LD,  
By Students with ADHD and LD

Join us for our Last Meeting of the Fall Semester!

**All About ADHD Body Doubling!**  
Engage others to help you take control, increase focus, and be more present and productive!

**Tuesday, November 14**  
**5:00 PM- 6:00 PM**  
**Loyd All-Sports Center**  
**A-LEC Room 2020**

Food and Snacks will be provided!

### The Reality of Procrastination

*Why "I work better under pressure" is a Myth*

Many people, especially those with ADHD, have trouble getting started on tasks that aren't very exciting. For students, these are usually studying, writing a paper, or beginning a project. So, we put them off.

After all, you might think, "I work better under pressure." A sense of urgency and fear of failure does motivate you, but as for doing your best work under pressure? That's a myth.

Increased stress leads to increased inefficiency, mistakes and cutting corners. You limit or deny yourself help from resources like the A-LEC Tutoring Center and the Writing Center, because they aren't open, or you only have time for 1 quick appointment. So, quality suffers.

*Plus, what if you don't finish it? There's no guarantee you will. Instead, try finding ways to motivate yourself to start earlier.*

Here are 3 great videos to help you break out of the procrastination cycle:

**The Pomodoro Method:**

<https://www.youtube.com/watch?v=YLkOZhROvA4>

**Body Doubling:**

[https://www.youtube.com/watch?v=7tTfg-vay\\_M](https://www.youtube.com/watch?v=7tTfg-vay_M)

**Considering the short and long-term effects of procrastination:**

<https://www.youtube.com/watch?v=arj7oStGLkU>



### The Season of Giving Thanks and Giving Back

The Shop at SMU is available to current students in need. Visit the Fondren Library main desk during library hours of operation to access.

#### How to Contribute:

The Shop started from a generous donation and is being sustained by the SMU community.

Donations of non-perishable food and basic essentials are accepted.

Donations may be dropped off at the Fondren Library Main Desk or in the Office of the Dean of Students, located in the Hughes-Trigg Student Center, Suite 205.

For a list of what is currently needed click on [The Shop at SMU](#).

For questions and more information email [deanofstudents@smu.edu](mailto:deanofstudents@smu.edu)

*Help spread the word!*



### Spring 2024 Study Abroad semester in your future?

Apply from Nov 1st through Feb 1st.

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!!



### Need to schedule a proctored test?

The DASS office has been receiving calls about scheduling tests

**Friendly Reminder!**

DASS students can schedule tests through the **University Testing Center!**

<https://www.smu.edu/Provost/SAES/academic-support/university-testing-center>

Check out their website to know how to get your test scheduled!

Final exams are closer than you think so get in the know now!

**EXAM**

The DASS Team ~ 214-768-1470

[dass@smu.edu](mailto:dass@smu.edu)

DASS Link Student Log-In:

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

