AccessAbility

DASS Newsletter
Disability Accommodations and Success Strategies

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Students for New Learning

Meeting: Self-care for Finals

Students for New Learning, SMU's student org for neurodivergent students, gathered on Nov. 12th to discuss activities that will help with Self-Care before the start of finals week. Introduced by SNL Vice-President Katie Frymire and Graduate Advisor Kelsey Bauer, we created a bubble model for different ways to practice self-care, connecting them to social, mental, and physical well-being. It was super fun to have everyone's participation in this activity! Many people came up with some great ideas, including breathing exercises, therapy pets, and more. At the end of our session, Katie reminded everyone to look at their finals dates BEFORE making travel plans for the Winter Break. Hope everyone had a Happy Thanksgiving, and we will see you all next year for our first meeting of the semester in February!

by Duncan M.

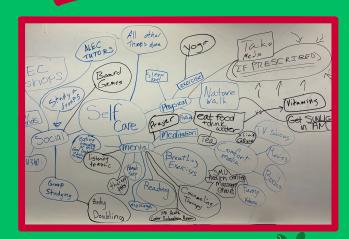
Your Most Important Final Exam Resource? YOU!

The final exam significantly impacts your grade, often being cumulative and capable of altering your grade by a letter.

Creating a study plan is essential, but prioritize your mental and physical well-being.

Ensure to get adequate sleep (preferably 7-8 hours), eat nutritious meals (at least two daily), and engage in aerobic exercise (20-30 minutes).

Maintaining a healthy routine will reduce stress, enhance concentration, and improve your chances of success on finals.



Places to Study on Campus

Looking for the perfect place to study? Did you know SMU has multiple libraries and other buildings that offer study areas ideal for finals prep?

Visit to learn more about reservable and public spaces.

https://www.smu.edu/libraries/spaces/ places-study

Apply filters like "natural light" and "quiet" to narrow your search.

Try a few out, and before long, you'll find the perfect spot!



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