



# AccessAbility

*DASS Newsletter*  
*Disability Accommodations and Success Strategies*

*December 2024*  
*Vol 17 Issue 7*

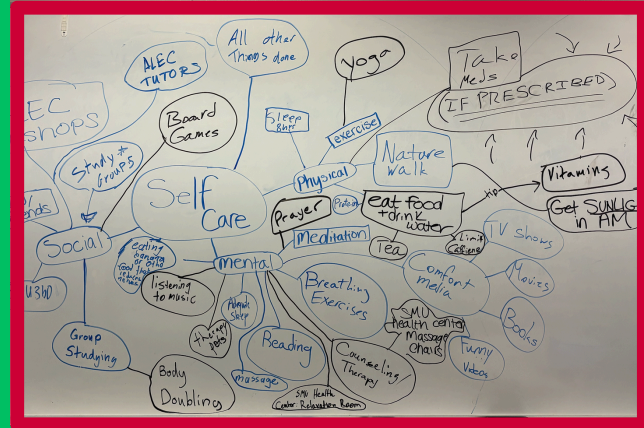
**Students for New Learning  
Meeting: Self-care for Finals**

## Disability Accommodations and Success Strategies

**Vol 17 Issue 7**

## Meeting: Self-care for Finals

by *Duncan M.*



- ✿ 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.

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

DASS Link Student Log-In: <https://shibboleth-smu-accommodate.symplicity.com/sso/>