AccessAbility

STUDENTS FOR NEW LEARNING
SNL

RECHARGING THROUGH EXAMS: A GUIDE TO SELF-CARE IN FINALS

For Neurodivergent Students. Led by Neurodivergent Students.

Stressed about finals? Join us for a fun, interactive session on self-care during exam season! Learn ways to stay focused, and tips to recharge and keep your motivation up. Together, we'll explore personalized self-care strategies to make sure you're feeling your best all the way to the end of finals. Stick around to practice a stress-relief strategy and enjoy Chick-fil-A nuggets, chips, and other snacks!

Date: Tuesday, November 12th
Time: 5:00 PM - 6:00 PM
Location: Loyd All-Sports Center, A-LEC Room 202R

DiD You KNOW?

Use a text-to-speech reader built WITHIN Canvas! Check out this short video on how it works.
https://youtu.be/i0617SFMcHk

Spring 2025 Study Abroad semester in your future?

If you are planning to study abroad, before you get 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!!

Using **AI Technologies** to Help Not Hurt You
By Kelsey Bauer

Researchers are identifying how ChatGPT and AI tools can assist students with disabilities. These technologies can enhance knowledge and make learning environments more inclusive.

AI

Uses that will help you:

Generate ideas for conducting research (e.g., "What are some topics related to time management in college?").

Use for social scripting when struggling to navigate conversations (e.g., "Give me 3 ways to start a conversation with classmates about a group project").

Use as a study tool to help you understand more difficult concepts (e.g., "Provide me with an example of typical ADHD behavior in the classroom").

Using AI tech might also lead to accusations of cheating and/or plagiarism. It may seem appealing to outsource an essay to AI, but you rob yourself of learning opportunities crucial to academic success.

AI

Uses that will hurt you:

Plagiarism: Do not use ChatGPT to write your paper for you. This is plagiarism.

Lost knowledge: Over-reliance on ChatGPT prevents true comprehension. Participate in class, complete readings, and actively engage with material.

Inaccurate information: ChatGPT is still developing. It has been "trained" on large amounts of data, which may not be factual, and the sources of information may not exist.