

AccessAbility

DASS Newsletter

Disability Accommodations and Success Strategies

November 2024

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MEET OZZIE



THE SEA OTTER

"SEA OTTERS ARE THE ULTIMATE CHAMPIONS OF RESILIENCE AND RESOURCEFULNESS, PERFECTLY CAPTURING THE SPIRIT OF OVERCOMING CHALLENGES

JUST LIKE THESE CLEVER OTTERS USE TOOLS TO THRIVE, DISABILITY SERVICES HELP STUDENTS UNLEASH THEIR INNER SUPERHEROES AND CELEBRATE THEIR UNIQUE STRENGTHS. "

DASS students participated in our "Name Our Otter" survey, and Ozzie emerged as the most popular choice from the list! Be looking for Ozzie to bring his adventures to our AccessAbility newsletter and posts!

*Happy
Thanksgiving*



After a restful Thanksgiving break, there are only two weeks left to prepare for final exams!

Tips for Effectively Managing Your Time

1. ****Start Early****. Organize using a calendar or planner to track important events, including final exam dates from your course syllabus or SMU website.
2. ****Handle Conflicts****. If you have two exams in one day or overlapping times, calmly communicate with your instructors well ahead of the exam.
3. ****Create a Plan**** for your day before it starts. Consider using the A-LEC for tutoring, and identify effective study methods for each final, such as study aids, self quizzes, or study groups. Find your study place on campus.
4. ****Prioritize****. Begin with the tasks that require immediate attention. Determine which finals demand the most study time and concentrate on essential information first. Spread out your study sessions over time to enhance retention. Review the material to reinforce your memory. Practice leads to mastery!
5. ****Manageable Goals****. Establish achievable and manageable objectives. Reset priorities as necessary and consult your list during stressful moments. When overwhelmed, focus on the top one or two tasks. Directing your focus on essential tasks fosters a sense of achievement which overrides worry!

Giving Thanks and Giving Back

The Shop at SMU is available to current students in need.

Visit the Welcome Desk in the Hughes Trigg Welcome Center during regular building hours to access. Help us spread the word!

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



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

For more information, email theshop@smu.edu

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

