

# AccessAbility

DASS Newsletter

Disability Accommodations and Success Strategies

February 2025

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GUEST SPEAKER

## Students for New Learning

For Neurodivergent Students. Led by Neurodivergent Students.

Come listen to our guest speaker, Hilary Stern, as she shares insights into procrastination and task avoidance. Also, she will discuss several different tactics for overcoming this task avoidance and procrastination.

Date: Tuesday, 2/25/25

Time: 5:00 PM - 6:00 PM

Location: Loyd All-Sports Center, A-LEC Room 202N

Faculty, staff, and students are encouraged to attend this free event. [Please register on SMU360.](#)

### SMU

**Unlocking the Power of Your Brain:**  
The Science of Exercise, Focus, and Mental Health

Dr. Wendy Suzuki

**Tuesday, Feb 25 at 5 p.m.**  
**Oren Family Auditorium**

For more information on this speaker please visit [www.simonspeakers.com](http://www.simonspeakers.com)



Dr. Suzuki is the dean of the College of Arts and Science at New York University (NYU) and a professor of neural science and psychology. Her TED Talk on the brain-changing benefits of exercise has received over 65 million views, and her work has been featured in The Wall Street Journal, Forbes, and The Washington Post. She is also the author of Good Anxiety and Healthy Brain, Happy Life.

### Unable to put your phone down? Take the quiz !



Self-reported phone addiction has been on the rise, and people with ADHD may be at even greater risk due to a difference in reward processing, impulsivity, and difficulty with boredom. Technology helps keep us connected and informed but may also take a toll—leading to information overload, a misplaced sense of competence in multitasking, and a narrowing of patience thresholds. Take a look at this article's self-screener quiz ([tinyurl.com/yc6crs3z](https://tinyurl.com/yc6crs3z)) and tips to beat the doomscroll ([tinyurl.com/5z4cynr4](https://tinyurl.com/5z4cynr4)).  
written by Max Ashby

### What is a “Neuromyth”

Neuromyths are incorrect ideas about the brain and learning that can negatively impact education. These misconceptions can be based on a kernel of truth from scientific research. Neuromyths are persistent and sometimes challenging to debunk. They are often rooted in scientific research but result from distortions, oversimplifications, or generalizations of research findings. The three most prevalent Neuromyths and how they might impact education:

Myth #1: Learning Styles

Myth #2: Left Brain vs Right Brain

Myth #3: Letter Reversal = Dyslexia

Learn more about “[neuromyths](#)” and misconceptions about the brain.



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