



AccessAbility

DASS Newsletter
Disability Accommodations and Success Strategies

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How to Manage Your Time During Finals Week

Finals week can feel chaotic, but having strong time-management strategies can make a huge difference. Here are practical steps to help you stay organized, focused, and less stressed.

1. Start Early

- Use a planner or calendar to list all exam dates and times. [Fall Final Exam schedule](#)
- Double-check conflicts and contact instructors early if needed.

2. Make a Daily Plan

- Plan each day before it begins.
- Use resources like the A-LEC and choose study methods that work for you (study aids, self-quizzes, groups).
- Find your best study spot.

3. Prioritize Wisely

- Focus on the most urgent or hardest subjects first.
- Space out studying reviewing material over time improves memory.

4. Set Manageable Goals

- Be realistic about what you can finish.
- If overwhelmed, focus on your top 1–2 tasks.

5. Schedule Breaks

- Build in downtime to recharge.
- Use alarms or reminders to avoid procrastination and stay on track.


Looking for the perfect place to study?


Did you know SMU has several libraries and buildings with great study spots for finals? Explore reservable and public spaces here: <https://www.smu.edu/libraries/visit/spaces/study>.


Check out [MeSpace](#)—an adaptable study room designed to support focus, sensory needs, and overall well-being. Open to all students, it helps reduce distractions, manage sensory input, and create an ideal study or collaboration environment.



Ozzie's Tips for Crushing Finals

 **Catch Those Zzz's in Style:** Aim for 7–8 hours of quality sleep each night—you'll feel the difference.

 **Fuel Up with Good Food:** Make sure to enjoy at least two balanced, satisfying meals a day to keep your energy steady.

 **Move and Groove:** Fit in 20–30 minutes of light, enjoyable aerobic exercise to recharge your mind and body.

A few simple habits can ease stress, boost focus, and help you feel ready to take on finals with confidence.

Jan Term Letters

Dec. 18-Jan. 16

Before you head out for holiday break, make sure to submit your semester request for Jan Term if you're enrolled in any classes for that session. You can find the "How To" guide for submitting your semester request on the [DASS website](#).

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