



AccessAbility

DASS Newsletter
Disability Accommodations and Success Strategies

May 2026

Vol 18 Issue 15



Your Most Important Final Exam Resource?

YOU!

Mapping out a study plan during the finals period is critical, but don't forget that while making flashcards, attending study groups, and completing practice tests are great, ***your most valuable resource is you.***

You must be in top mental form to do your best, and that means taking care of your body. Plan your study time, but don't forget to also plan a good night's sleep (at least 4 hours, but preferably 7-8), nutritious meals (at least 2 a day), and aerobic exercise (20-30 minutes) during this time.

Keeping up a healthy routine of sleeping, eating, and exercise will lower your stress, improve your concentration, and maximize your chances for good grades on your finals.

You've got this!

David Tylicki, Academic Coach



Peggy R. and Constance Harrison & James A. Sutton Scholarships

Applications for these scholarships will be accepted from any currently enrolled SMU student with a disability from now to May 15th.

Priority may be given to those with physical challenges, speech, hearing, sight, financial hardship (depending on the scholarship), or those who have not received funds from the scholarships before.

Submit a 1 pg. essay discussing why you would be a good candidate for these scholarships

Send c/o SMU's DASS office
dass@smu.edu by 5/15/26.

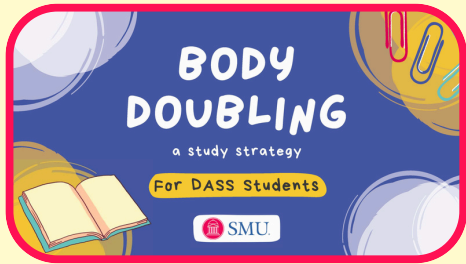
DEADLINE

Looking for Successful Study Strategies for final exams?

You have access to short videos on the DASS website that are proven strategies students have used.

Checkout:

The Pomodora Method, Body Doubling, and The Holding Bin an organizational strategy



Enrolled in May Term?
Submit your Semester Request NOW!
May Term is a separate semester and a letter is necessary to receive accommodations. Instructions are on the DASS website.

The DASS Team ~ 214-768-1470
dass@smu.edu

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