


## TOPICS

- ◆ EXTRA MILE AWARD 
- ◆ SNL MEETING
- ◆ SCHEDULING FINALS
- ◆ MINDFULNESS

### Students for New Learning

AN ORGANIZATION FOR STUDENTS WITH ADHD OR LD, BY STUDENTS WITH ADHD AND LD.

MEETING:  
TUESDAY,  
MARCH 27th  
5:00 PM  
A-LEC RM. 217

What classes should you chose for fall 2018?

Join us for pizza and a roundtable discussion about the SMU instructors who have worked well with students with ADHD, LD, and disability related accommodations.



Class Name	Day	Time	Location	Section	Notes
...	...	...	...	...	...



## We need your VOTE!

### Extra Mile Award Nominations

Every spring during the Hilltop Excellence ceremony, our “Students for New Learning” (SNL) organization presents 2 or 3 instructors with Extra Mile Awards. If you have ADHD or an LD, and an outstanding SMU instructor helped and inspired you, pay them back and nominate them for an Extra Mile Award!



Email David, DASS Learning Specialist, at [dtylicki@smu.edu](mailto:dtylicki@smu.edu) with your nominees’ names and a few sentences about how they “went the extra mile” for you.

Or better yet, attend our next SNL meeting, Tue., Mar. 27 at 5pm in ALEC rm217, to nominate them, talk them up, and vote for them!

### SPRING FINALS @ DASS

Dates to schedule finals: **April 2 to April 30th.**

*Final exams may not be booked before or after these dates.*



- ◆ Before an exam is scheduled at DASS, the student must meet and discuss **the testing arrangement with their professor. Test with your professor if possible.**
- ◆ If your professor needs you to test at DASS, use the **DASS online scheduler** found at: <http://www.smu.edu/Provost/ALEC/DASS/DisabilityAccommodations/TestProctoring>
- ◆ Students’ exams should be **scheduled as close to the time of their class final.** If a student schedules a final that is not the same day and time as the class, **we will need the professor** to approve the time/date change. The communication of the change must be sent to the **DASS e-mail for confirmation.**
- ◆ There is **limited seating in a testing room.** Only 15 students are allowed in the testing room. Due to these limitations it is important for students to **arrange for their exam at DASS as early as possible. Don't Wait !!**
- ◆ **Cox students and grad students** might make arrangements within the department— see your professor ASAP for guidance.

### Mindfulness Yields Academic Success

Recent, long-term scientific studies are coming back with a lot of interesting data about mindfulness leading to academic success, especially for students with ADD/ ADHD. Findings suggest that 20 minutes daily of meditation or meditative prayer can grant a range of benefits, including decreased rumination, emotional volatility, and anxiety, and increased memory, focus, and cognitive flexibility. It’s hard to start new habits, but setting aside just 10 minutes a day to practice meditation or meditative prayer can lead to better grades and a happier you. For more information, check out apps like Headspace, Smiling Mind, iMindfulness, and Mindfulness Daily. Free, guided, 5 to 50-minute meditations can be found at <https://contemplativemind.wordpress.com/how-to-meditate-links-for-guided-meditation-practice/>.

