

## TOPICS

- ◆ FINALS INSTRUCTIONS
- ◆ MUSIC AND THE MIND
- ◆ THERAPY DOGS AT LIBRARY
- ◆ ALEC STRESS FREE ZONE
- ◆ SELF CARE DURING FINALS
- ◆ ACCOMMODATION LETTERS

## You have scheduled your finals at DASS— Now what?



### Students should know:

- ◆ Double check your time and room# by checking DASS Link under Test Proctoring
- ◆ Bring your student ID to receive your final from the proctor.
- ◆ Bring any items you are allowed for your final: calculator, note sheet, book, etc.
- ◆ Plan ahead- students are not allowed a bathroom break until 2.5 hours into testing.
- ◆ Drinks must have lids on them to be brought into the testing room.
- ◆ **MOST IMPORATANT:** phone and/or smart watch must be on silent and off your person.



## Paws & Take a Break

Our canine friends from Pet Partner will visit with students to help reduce stress from finals. Research has shown that spending 5-24 minutes with a calm dog reduces blood pressure and the levels of stress hormones in the body. Everyone is welcome to stop by and visit with our four-legged friends as we are getting ready for finals. **Tuesday 12/10 /19 from 1-3 pm Fondren Library; 12/11/19 from 4:30-6:30 pm Prothero Learning Center**  
<https://calendar.smu.edu/site/cul/event/paws-and-take-a-break-9/>



## How to Request Letters for Jan Term, Next Semester, and Study Abroad Semester

For **JanTerm** please request your letters by completing a Semester Request". Due to the fast-pace mini-term, it is important to have your letters and accommodations in place sooner than later. YOU should notify your professor in advance of your first class of your accommodations.

For **Study Abroad** contact the DASS office of your plans and we will assist you in notifying your instructor of your accommodations before leaving Dallas.

For **Spring 2020** classes, please request your letters to be shared with each professor by completing a "Semester Request". Though, we recommend waiting until 1-2 weeks before the semester begins to improve the likelihood your schedule is set and minimize chances that the email notification gets lost in your instructors email inbox. Instructions link:

<https://www.smu.edu/Provost/SASP/DASS/DASS-Link/StudentInstructions/SemesterRequest>

Drop by the ALEC to visit a "Stress Free Zone"



12/11 from 3-6pm  
Chill and Relax!

## Your Most Important Final Exam Resource?

### YOU!

The final exam is a critical part of your grade. Often, finals are cumulative, covering huge amounts of information; plus they count for so much that they can drop or raise your grade by, at the very least, a letter. 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 have to 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.

*David Tylicki, Academic Coach*