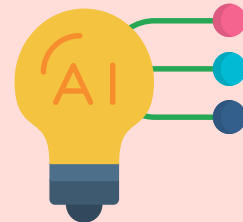


AccessAbility

DASS Newsletter
Disability Accommodations and Success Strategies

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EXTRA MILE AWARD

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, an LD, or ASD, and an outstanding SMU instructor helped and inspired you, pay them back and nominate them for an Extra Mile Award!

Last year’s winners were:

Andrea Arterbury, in the Department of Journalism in the Meadows School of the Arts

Patricia Rawlins, in the World Languages Department (Latin) of Dedman College

Helen Reynolds, in the Department of Economics of Dedman College

If you want to nominate an instructor who inspired you and went the extra mile for you, just email David (dtylicki@smu.edu) the name and a few sentences about why you want them to be recognized by **Friday, March 8th**.

GREAT Resource

Academic Coaching

DASS offers free, one-on-one academic coaching for undergraduate students with ADHD, LD, and ASD.

During coaching meetings with a DASS staff you will build valuable skills in time management, organization, and study methods.

If you are interested in scheduling a coaching appointment, email DASS’s Senior Learning Specialist, David Tylicki, dtylicki@smu.edu

Using AI Technologies to Help Not Hurt You

by Kelsey Bauer

Researchers are identifying how ChatGPT and AI tools can assist students with disabilities. These technologies can enhance knowledge and make learning environments more inclusive. They are valuable resources for exploring research topics, brainstorming conversation starters, and providing activity ideas for self-care.

Uses that will help you:

- o **Generate ideas for conducting research** (e.g., “What are some topics related to time management in college?”).
- o **Ask for self-care and stress management suggestions** (e.g., “List 5 activities that will help lower my anxiety before taking a test”).
- o **Use for social scripting when struggling to navigate conversations** (e.g., “Give me 3 ways to start a conversation with classmates about a group project”).
- o **Use as a study tool to help you understand more difficult concepts** (e.g., “Provide me with an example of typical ADHD behavior in the classroom”).
- o **Fact-check everything ChatGPT says.**

However, using AI tech might also lead to accusations of cheating and/or plagiarism. It may seem appealing to outsource an essay to AI, but you rob yourself of learning opportunities crucial to academic success.

Uses that will hurt you:

- o **Plagiarism:** Do not use ChatGPT to write your paper for you. This is plagiarism.
- o **Lost knowledge:** Over-reliance on ChatGPT prevents true comprehension. Participate in class, complete readings, and actively engage with material.
- o **Inaccurate information:** ChatGPT is still developing. It has been “trained” on large amounts of data, which may not be factual, and the sources of information may not exist.

Keep in mind, using ChatGPT should be a starting point, not a shortcut.