

TOPICS

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Students for New Learning Guest Speaker

At the next Students for New Learning meeting, *Val Erwin, Program Advisor of SMU's Women and GLBT Center*, will present and lead a discussion on women and disabilities. Join us **Tuesday, November 15, at 5PM in A-LEC room 217**. Pizza and beverages will be served, as always.

GOING ABROAD ?



If you will need an **accommodation letter from DASS**, be sure to request it before you leave; it's easier to do so while you're on this side of the pond! Indicate on your request you will be abroad for the semester. Share your letter with the study abroad office to confirm your next step.

Fill out the request form at <https://www.smu.edu/Provost/ALEC/DASS/DisabilityAccommodations/Forms>

Please notify the DASS office when you return to the main campus.

BON VOYAGE !



FINALS AT DASS



NOVEMBER 27TH LAST DAY TO SCHEDULE

If your professor wants you to test at DASS for finals, **LISTEN UP!** You need to schedule the final using our Online Scheduler as soon as possible. The deadline to schedule is **11/27/16**, but spots fill up before then, so don't wait. If you need to take the final at a different time than the class (only for valid reasons), you **MUST** get written permission from your professor and forward the email to **DASS**. We cross-check them all and could cancel your reservation if you haven't gotten permission. Please don't wait to tie up these details until the week of finals, that causes lots of stress for you and others.

ACT NOW!

For more details:

<http://www.smu.edu/Provost/ALEC/DASS/DisabilityAccommodations/TestProctoring>



Your Most Important Final Exam Resource?

YOU!

Reminder:
Take
Care of
Myself

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 at 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



JAN TERM



If you are planning on enrolling for Jan Term 2016, contact your DASS coordinator now! Due to the fast-paced mini-term, it is important to have your letters and accommodations in place sooner than later. Classes will start on January 9th and having your letters requested and delivered ahead of time will help you stay on track.

Adults with dyslexia? Two upcoming free events to check out. Dallas Dyslexia Information Group will host Sean Teague, founder of the technology consulting company ManageWatch, who will share his inspiring story of growing up with dyslexia and how he turned adversity into an advantage.

11/14/16 7p-8:30p at LIFT

And... "Dealing with Adult Dyslexia" on 1/9/17 at Shelton School

<http://dal.dyslexiaida.org/dallas-dyslexia-information-group-ddig/>



The DASS Team – 214-768-1470

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