



OCTOBER IS

DISABILITY AWARENESS MONTH

Panel Discussion: [Disability: From College to the Workplace](#)

Join 4 panelists who will discuss disability experiences from across the spectrum of environments, as well as from different disability types

Save the date: 10/26/22 3:30-4:45pm

Zoom link TBD

[What is Disability Awareness Month?](#)

By Dylan Pflum and David Tylicki

Throughout October, we observe Disability Awareness Month by recognizing the important role individuals with disabilities play within the classroom, workforce, and society as a whole. Its purpose is to educate the public about disability issues and celebrate the accomplishments and wide array of contributions made by people with disabilities. This initiative was initially framed as a week of disability awareness when Congress enacted Public Law 176 in 1945, but they expanded it to a full month in 1987, acknowledging the growing importance of disability awareness.

There are countless ways to learn about what it's like to live and work with a disability and to support those with disabilities. It could be as easy as putting up a poster highlighting the month or attending one of the events listed here in this issue of AccessAbility.

Everyone plays a vital role in fostering an inclusive and equitable environment where all individuals are recognized for their abilities, every day of every month!

ADD/ADHD Hacks!

The Students for New Learning Fall Kickoff Meeting

By Melanie Peterman and David Tylicki

On October 4th, the Students for New Learning group met to share and discuss ADD/ADHD life hacks. SNL President Jen Blossom presented over a dozen concrete tips and tricks students could use to increase focus, decrease stress, and be more productive. Attendees, which included both undergraduate and graduate students then created lists of suggestions/ideas they would like to try. Discussion points included:

- o *Body Doubling (online study streams and websites, libraries, friends & study buddies)*
- o *The Pomodoro Method*
- o *The Bin or Holding Pin method of organization*
- o *Scheduling tools such as the Semester at a Glance Calendar and Time Awareness Worksheet, which are available online for SMU students, or paper copies at A-LEC*
- o *Computer tabs organization method to help with focus,*
- o *"Self-control" apps to limit access to distracting websites*

And more! – keeping shoes on during a busy day, smaller laundry basket for clothes that can be worn again, fridge organization for efficiency, etc.

In addition, students segued into a brief discussion about extended time testing. Preferences for testing in-classroom or with the instructor vs. testing at the new University Testing Center were mixed.

If you're interested in learning more about any of these ADD/ADHD Hacks or about the Students for New Learning student organization, contact Jen Blossom at jblossom@smu.edu or staff advisor David Tylicki at dtylicki@smu.edu.

Pick 3!

A Quick Way to Set Realistic Goals

Settle on what you think are the 3 most important tasks or objectives of the day and commit to doing those by the time you go to bed. 3 is a small number. It's not daunting, or overwhelming. An interesting thing happens when you Pick 3— you actually tend to get more done. Do you know Newton's law of Inertia? Basically, it says that bodies in motion stay in motion and bodies at rest stay at rest. If you get up and do 1 task, chances are you'll keep moving and do the second and the third, and while you're at it, even a bit more. So be more productive, less stressed, and just Pick 3!