



OCTOBER IS

## DISABILITY AWARENESS MONTH

### Course Lectures are Incomplete Without Practice Tips for mastering course material

Course lectures are the foundation of college learning, but studies suggest that **the average college student only retains about 5% of what they hear in a lecture.**

Attending class, listening, and taking notes is just the beginning. At the college level, it's not the instructor's job to make the lecture exciting, or even organized – you have that responsibility now.

Re-reading your notes is a good start, but according to the research it only increases recall to about 10-15% of the total. Watching videos, demonstrations of the topic, and participating in study groups help, **but to get up to 90% recall, you must practice the material regularly, use it, and teach it.** If you can teach the course material to another person, chances are, you've got it. Even if you don't have a study buddy, you can still test yourself. Make your own test in the instructor's style, and then take it.

Create these learning opportunities for yourself, beyond the lecture.

*"Teachers open the door, but you must enter by yourself."*

Chinese proverb

SMU Presented by the Hegi Family Career Development Center, Office of Diversity and Inclusion, Dedman College of Humanities and Sciences, and Disability Accommodations & Success Strategies

## DISABILITY: FROM UNDERGRAD TO THE WORKPLACE

DATE  
October 26, 2022

TIME  
3:30 - 4:30 PM

REGISTER HERE FOR  
THIS VIRTUAL PANEL

With a foreword about  
Employee Disability Rights from



**DYLAN RAFATY**  
Founder and President  
of the North Texas  
Disability Chamber



**DONALD EGAN, MD, MPH**  
Psychiatry Resident at UT  
Southwestern Medical Center and  
American Psychiatric Association  
Foundation Diversity Leadership Fellow



**MELANIE PETERMAN**  
Master of Education, SMU 2024  
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**DENISE GAUTHIER**  
Director for Access and Equity,  
Deputy Title IX Coordinator, and  
ADA/504 Coordinator at Southern  
Methodist University

Panel presentation **"Disability: From Undergrad to the Workplace"**  
coming up on Wednesday, Oct. 26<sup>th</sup> 3:30-4:30pm on Zoom

How are students impacted by their disability in a college environment?

How does that change as people move through graduate and professional school and into the workplace?

The SMU community is invited to attend this digital panel discussion exploring the experiences of three different individuals, as well as hear from SMU's own Denise Gauthier, who will discuss disability support at the employee level.

For more information, contact [DASS@smu.edu](mailto:DASS@smu.edu).

### Diabetes and University Life

If you need accommodations based on diabetes and don't have them in place already, DASS can help. Visit your doctor and obtain the necessary supporting documents: <https://www.smu.edu/-/media/Site/ALEC/DASS-docs/DASS-Further-Info-Sheets/CHRONIC-MEDICAL-HEALTH-DISABILITY-GUIDELINES.pdf>. Once you have these documents, apply for a supplementary accommodation on DASS Link: <https://www.smu.edu/Provost/ProvostOffice/SAES/AcademicSupport/SASP/Services/DASS/DASSLink/Students/Accommodations>.

Some other tips:

- Build a support network. Check out the College Diabetes Network (CDN) website, to connect with other students with diabetes.
- Stock up with the necessary supplies needed to keep blood levels consistent- this may include a refrigerator for your insulin, candy, juice.
- If possible, obtain a medical alert ID, in case of any emergency that happens on campus or in a public area.
- Let your roommate know (Katella, 2019).
- Create multiple emergency kits and place them in your bags, car, and dorm room (Quintos, 2017).

Alcohol and its availability on US college campuses (Katella, 2019) can be a challenge for students with diabetes. Students with diabetes should be aware and wary of alcohol's ability to drive blood sugar levels up. Take precautions.

\*references for this article available at DASS upon request

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