

AccessAbility

DASS Newsletter
APRIL 2023
Vol 15 Issue 11

DASS Disability Accommodations & Success Strategies

Located in the A - LEC

Your DASS Link login: <https://smu-accommodate.symplicity.com/sso/students/login>



James A. Sutton scholarship & Peggy R. and Constance Harrison scholarship



The **Peggy R. and Constance Harrison** scholarship for students with disabilities who demonstrate financial need, with preference given to those with speech, language, or hearing problems; and, the **James A. Sutton** scholarship for students with disabilities, with priority given to those with a physical limitation.



Applications for these scholarships will be accepted from any DASS student from **April 15- May 15th**. Priority may be given to those who have not received funds from the scholarships before. These funds will be applied to the next year, starting Fall 2023.



Submit a 1 pg. essay discussing why “you would be a good candidate for these scholarships”. (only one page essay is needed to be considered for Harrison and Sutton).
Send c/o SMU’s DASS office dass@smu.edu.

April is Autism Acceptance month,

formally known as Autism Awareness month.

The **Autism Society of America** is proud to continue its fifth annual #CelebrateDifferences campaign in honor of Autism Acceptance Month.

The 2023 focus is to provide information and resources for communities to be more aware of autism and promote acceptance.

Their goal is to help everyone in the Autistic community be connected to the support they need, when they need it.



May TERM

If you are enrolled for **May Term 2023**, due to the fast-paced mini-term, it is important to have your letters and accommodations in place sooner than later. Classes will begin on **May 11th- May 27th** and having your letters requested and delivered ahead of time will help you stay on track.

Summer & Mini summer sessions

Be sure and submit your semester request for your summer classes a couple of weeks before classes begin so you have time to contact your instructor to discuss testing arrangements well before a test is scheduled!

Final Exams

IMPORTANT for anyone with testing accommodations

Final Exams will be held beginning **May 4th through May 10th**. The University’s [final exam schedule](#) can always be found on the SMU website.

NOW is the time to check to see if you have any scheduling conflicts with your times and dates. Finals are 3 hours as a standard length, so if you have extended time, it is possible to have overlapping exams.

NOW is the time to work with your instructor to ensure you receive your accommodations and resolve any scheduling conflicts. It is your responsibility, not the instructor, to notify them if you are going to be using your accommodations.

NOW is the time to contact your instructor to decide if you will be taking your exam in class with your accommodations or at the UTC. If your instructor can’t proctor your final exam, you, the student, must schedule your final exam at the University Testing Center in [DASS Link](#). Be sure to select “Final exam” so it calculates the extended time correctly. Schedule at least 7 days out from the test date. The UTC website has more details.

<https://www.smu.edu/Provost/ProvostOffice/SAES/AcademicSupport/UTC>

The Reality of Procrastination -

Why “I work better under pressure” is a Myth

Many people, especially those with ADHD, have trouble getting started on tasks that aren’t very exciting. For students, these are usually studying, writing a paper, or beginning a project. So, we put them off.

A sense of urgency and fear of failure does motivate you, but as for doing your best work under pressure? That’s a myth.

Increased stress leads to increased inefficiency, mistakes and cutting corners. You limit or deny yourself help from resources like the A-LEC Tutoring Center and the Writing Center, because they aren’t open, or you only have time for 1 quick appointment. So, quality suffers. Plus, what if you don’t finish it? There’s no guarantee you will. Instead, try finding ways to motivate yourself to start earlier. Here are 3 great videos to help you break out of the procrastination cycle:

The Pomodoro Method:

<https://www.youtube.com/watch?v=YLkOZhR0vA4>.

Body Doubling: https://www.youtube.com/watch?v=7tTfg-vay_M

Considering the short and long-term effects of procrastination:

<https://www.youtube.com/watch?v=arj7oStGLkU>

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