

# AccessAbility

DASS Newsletter  
Disability Accommodations and Success Strategies

September 2023  
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## Six Week Check-in

**So it's six weeks into the semester.** Now is an excellent time to check in with yourself to see where you are on the path for success. Check out these questions below to see if you are where you want to be.

- ▲ How did the first round of tests go? Did you make adjustments in your studying based on those results?
- ▲ Have you put your DASS accommodations in place with each instructor?
- ▲ Have you seen a tutor at the A-LEC? The tutoring schedule can be found [here](#).
- ▲ Do you have a completed Semester at a Glance in order to keep an eye on upcoming dates and deadlines? Semester at a Glance can be found [here](#)
- ▲ Check in on your mood...do you need to tend to your mental health?

## Multi-tasking and ADHD

To compare stress levels of individuals multi-tasking with ADHD and those without, a recent study of two groups reported different stress levels while attempting to multi-task.

Those without ADHD reported elevated stress levels due to being interrupted while attempting to finish a task. Those with ADHD reported lower levels of stress in the same situation. Researchers concluded that despite experiencing lower levels of stress, **those with ADHD are equally inhibited in their efforts when attempting to multi-task.**

Although multi-tasking sounds productive, there are so many transitions as one moves back and forth between tasks. Usually the person loses track of where they are on a task and will have to start over or needs more time to finish a task, and in the process can become overwhelmed.

## You can complete more WITHOUT multi-tasking

Some strategies to become more efficient with tasks and deadlines

- Mark target dates on your calendar.
- Prioritize what task is most important for the moment.
- Use a timer to remind yourself when you need to transition between tasks and make a note where you are in a particular task before moving on.
- Plan enough time so you do not feel hurried between tasks.
- Silence your phone!

## EPRS

**Early Progress reports will be sent out soon. Instructors usually submit an early grade report so students can see their progress in their classes. If your grade is a C- or lower, make an appointment ASAP with your instructor to discuss strategies to help improve your grade. Be proactive in working towards a successful semester by reacting NOW when there is time to work towards getting your grade up.**

Check out the newest DASS study skills video!

SCAN ME



## BODY DOUBLING

a study strategy

For DASS Students



## Disability Awareness Month

Disability Awareness month takes place during October to increase awareness, respect, and acceptance for people with disabilities, and to bring a greater sense of pride to people with disabilities. It is about making sure everybody has the same opportunities in every aspect of life to the best of their abilities.

The DASS Team ~ 214-768-1470

[dass@smu.edu](mailto:dass@smu.edu)

DASS Link Student Log-In:

<https://shibboleth-smu-accommodate.symplicity.com/sso/>