

TOPICS

DISABILITY RIGHTS SYMPOSIUM

GROUP COUNSELING AT SMU

PICK UP LETTERS

FLASH CARD PHONE APP

GRAD ACCOMMODATIONS

**Letters of Accommodation (LOA) -
What are you waiting for?**

Even though many of you have requested your LOA's, many have still not been picked up from the DASS office.

Your job is not complete until you have met with your professor to discuss what you need to put your accommodations in place for the semester.

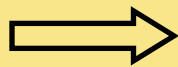
Missing any of these steps may mean you do not receive your accommodations for the upcoming exam and there are no retroactive accommodations!

Do your part so everyone else can do theirs.

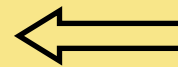
GFLASHPRO

This app is an interesting take on the classic flashcard study method. While its conveniences of being on a phone instead of pen and paper are obvious, it also uses different methods to further grasp your concentration.

You can download or create flashcards on any subject and it offers games to mix it up. It connects to Quizlet but allows you to load the flashcards on your phone. Cost: \$3.99



Disability Rights Symposium



Connect with disability rights activists from across North Texas! A panel and resource fair will discuss issues facing the disability community, current advocacy pushing for change, and opportunities to get engaged. As an SMU student, if you'd like to attend or get involved, contact Tannah Oppliger at toppliger@smu.edu of SMU's Human Rights Council.

2/18/19 6-8pm, Hughes-Trigg Ballroom

For tickets: <https://www.eventbrite.com/e/disability-rights-symposium-tickets-54952813344>

Group Counseling at SMU

SMU's Counseling Center is offering therapy and support groups for the Spring 2019 semester. Group counseling provides a safe and confidential space for students to voice personal concerns amongst others who share similar experiences. Participants gain understanding, encouragement, and new perspectives. Currently, the following groups are forming:

*"Unwind Your Mind" Anxiety Management Workshop
(Wednesdays from 10:00-11:30am)*

Meditation Group for Undergraduate Students

Meditation Group for Graduate Students

Graduate Student Support Group

SOSA (Survivors of Sexual Assault) Group

*Understanding Self and Others (USO) Interpersonal Process Group
(Thursdays from 2:00-3:20pm)*

LGBTQ+ Support Group

For more information and to sign up, visit the Counseling Services website: <https://www.smu.edu/StudentAffairs/HealthCenter/Counseling/GroupCounseling>



Accommodations may look different in graduate school

For those with particular accommodations, be aware that the process may be different to put those in place as a graduate student.

For example, proctoring a student's test with extended time likely will always happen within the department and not the DASS office. For a student with priority enrollment because of a disability-based need, it is not as automatic through the Registrar's office as it is for the same student as an undergraduate. Please discuss your needs with your DASS Coordinator, as well as your graduate program well in advance.