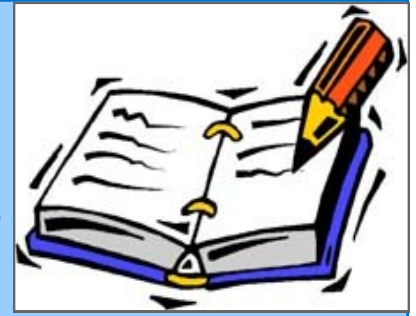


## THIS ISSUE:

- **TEST ANXIETY**
- **ADDA**
- **SNL**
- **STUDY TIP**

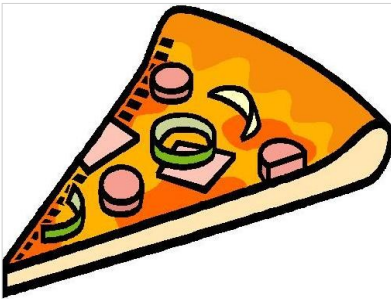
## GOT TEST ANXIETY?

A University of Chicago study showed that writing about your worries for 10 minutes right before an upcoming exam can help lessen test anxiety. Those students who usually got most anxious during exams were better able to overcome their fears and perform up to their potential. <http://news.uchicago.edu/article/2011/01/13/writing-about-worries-eases-anxiety-and-improves-test-performance>



## ADDA

The Attention Deficit Disorder Association holds monthly meetings in the Dallas metroplex for adults with ADHD. For more information about ADDA, visit [www.adda-sr.org](http://www.adda-sr.org).



## MARK YOUR CALENDAR!

Students for New Learning (SNL), SMU's organization for students with learning differences, will meet next on September 29th at 5:00 at the LEC, room 217. As usual, pizza and soft drinks will be provided. Hope to see you there!

## STUDY TIPS

Each month we will offer a tip on one of three topics--Accommodations, Technology, or Life with LD/ADHD). Here's today's helpful tip:

**Accommodations:** If you haven't already delivered your accommodation letters to faculty, you will want to take care of this responsibility as soon as possible. Accommodations are not active until you complete this final step. You should deliver your letters during your instructor's office hours or by scheduling an appointment, not after class. This meeting in a private setting lets your professor know that you take your accommodations seriously, and gives you an opportunity to adequately plan the implementation of your accommodations together.