



## TOPICS

- Scheduling Finals at DASS
- Test Anxiety Strategies
- Spring Registration HINTS
- SNL meeting
- Drop Date Deadline
- Art for All Abilities

## SNL MEETING

### Students for New Learning

ADD, Dyslexia,  
or other Learning Disability ??  
Get supported, Educated, Involved

11/7 @ 5 PM

Rm 217 LEC

**FOOD PROVIDED**

## NOVEMBER 8TH

**LAST** DAY TO DROP A COURSE WITH  
A **"W"** FOR FALL OF 2013

Transaction must be completed by 11:59  
**November 8**

## Art for All Abilities

SMU's Meadows Museum wants to ensure all art lovers, especially those with visual impairments, can participate in their programs. Please join them for some upcoming events, including events on Nov. 9th and 16th with artist John Bramblitt, who is blind. See [http://www.meadowsmuseumdallas.org/public\\_programs.htm](http://www.meadowsmuseumdallas.org/public_programs.htm)



After you schedule a test with the Online Scheduler, a confirmation email should be sent right away.

If you don't receive one the same day, assume we did not receive your request!



## FINALS AT SMU

The SMU finals schedule is available at

[http://smu.edu/registrar/Final\\_Exam\\_Schedule/finalexam.asp](http://smu.edu/registrar/Final_Exam_Schedule/finalexam.asp)

If you anticipate needing to take a final exam at DASS, please follow these steps:

- Lay out your complete schedule of finals first, identifying any conflicts
- Speak to your professors about your accommodations for finals
- Call DASS to schedule your final (s) from Nov 1-25.
- DASS has limited seating for finals, first come, first served

We test in 3 time blocks-**9:00a, 11:30a, 2:30p**

(except for Saturday-only 9:00a)

Please review the complete details (link is last one on the page)

<http://smu.edu/alec/testproctoring.asp>

Remember, **you CANNOT schedule a final using the Online Scheduler system**

## Test Anxiety

Have you lost points on a test because you were too anxious to remember the material, even though you totally prepared?

Test anxiety can be powerful, yet manageable. Consider meeting with an LEC learning specialist to get a handle on your nerves.

Utilize relaxation techniques such as slow, deep breathing and progressive muscle relaxation, or try an awareness technique that seems to reduce a student's anxiety.

<http://www.usnews.com/science/articles/2011/01/14/the-write-way-to-reduce-test-anxiety>

## Registration Techniques

With spring registration in full swing, please consider the ways your disability impacts your class selection.

*What is your energy level like at different times of day?*

*Should you put your most challenging class on a MWF or TTH schedule?*

*How can you balance the reading/writing load?*

If you have extended time, you should try to leave breaks in between classes. Talk with your advisor about these and other issues, or discuss them with your DASS Coordinator.

