



★ TOPICS ★

- ⇒ AVOIDING CONFLICT
- ⇒ SNL MEETING
- ⇒ NOTE TAKING APP
- ⇒ COACHES CORNER

Students for New Learning Update

Students for New Learning, our student group more casually known as **SNL**, had a great meeting in September. We welcomed 3 new officers and discussed outreach opportunities, both on campus and off, all the while enjoying tasty pizza, fruit, and fresh baked cookies!

Please join us here in ALEC Room 217 for our next meeting on Tuesday, October 27, at 5:30pm, where we will surely have more good food and plan events for November and December.

Avoiding conflict with Professors



As we approach the mid point of the semester, it's a good time to address ways to avoid conflict and problems with faculty regarding your accommodations.

- ◆ Avoid waiting until a test to give the professor your accommodations letter. Ideally this should happen within a week of receiving your letters.
- ◆ Avoid just handing the letter to your professor. You need to spend a few minutes going over the accommodations and how they will be met.
- ◆ Don't assume your professor knows all about your disability and accommodations. This could be new to them also.
- ◆ **DO NOT** walk in the day of the test and tell the professor you have accommodations if you have not notified them previously.

REMEMBER, official notification of accommodations occurs when you present a current letter to your professor **AND** you discuss the implementation of the accommodations. Ask now what the plan is for finals.

NOTABILITY APP for iPads

Want to use your iPad to take notes? "Notability" may be the best note-taking application for the iPad. You can type, draw, write formulas and charts, organize your notes easily and download to Dropbox or Google Drive easily. Check it out and let us know what you think!



Pick me! Pick me!: Taking Control of Course-selection

Choosing classes can be challenging, but it gets a little easier if you keep your learning style and learning needs in mind.

First, ask yourself, when is your most alert time of day?

Take into account if you have a sleep disorder or take medication that affects sleep, wakefulness, and alertness, including meds for ADHD. When do your meds kick in or wear off? Place your most challenging courses at the times when you're at your best.

Next, **consider how long you can focus before needing a break**. If your attention span is on the shorter side, think about leaving an hour between classes to recoup. Also, consider how many classes can you handle each semester. I usually recommend students enroll in 5-6 classes, evaluate the instructors' teaching styles and course requirements and then drop back to 4-5 classes before the add/drop date. For example, if the instructor is a straight-up lecturer with little or no class discussion, students with ADHD might find the course more challenging. Likewise, an instructor who regularly assigns a hundred of pages of reading between each class might not be a good fit for a student who struggles with skimming and scanning text. And if you have to take challenging courses like the examples above, try to mix in at least 1 fun course so you don't get overwhelmed. **Students with extended time should avoid back-to-back classes.**

Finally, **remember that academic and departmental advisors are your #1 resources to help with course-selection so schedule an appointment ASAP.**

David Tylicki, Academic Coach