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SMU Scholarship \$

for students with disabilities

SMU makes some monies available to students with disabilities each year.

One scholarship is need-based, the other is not.

If you'd like to be considered for a small one-time scholarship, please submit a 1-page essay as to why you are deserving. Priority given to those who have not received these funds before.

All DASS students are encouraged to apply.

Submit to alexat@smu.edu by 2/20/16.

GFLASHPRO

Are you looking for the ultimate study aid? – Download flash cards and store images and audio for reference or incorporation into a lecture, share flashcards with others. <https://itunes.apple.com/us/app/gflashpro-flashcards-tests/id297332787?mt=8>

Flash Card Wizard

Cost \$3.99

Can't stop yourself from checking FB/IG/Twitter/ESPN? Use this app to restrict your computer from accessing other sites while you're supposed to be working on that big research paper.

<http://selfcontrolapp.com/>



Students for New Learning



The Students for New Learning (SNL) Group has set the days and times for our Spring semester meetings.

Please join us in ALEC room 217 at 5pm on February 16, March 16, and April 19, for interesting guest speakers, discussion topics about learning and learning differences, and of course, pizza!

Also this semester, we will announce special SNL study nights at the ALEC Tutoring Center,

when a quiet room will be reserved just for SNL members to share resources and get work done. See you there!

Nominate a Professor Now!

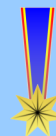
Every year, the **Extra Mile Award** is given to 2-3 faculty members, acknowledging their sensitivity and care for their students with learning differences. If you've had a good experience with an instructor and would like to nominate them, please send their name and a sentence or two about why they are deserving of this award to dylicki@smu.edu by **3/1/16**. Past winners include :

Victoria Lockwood (ANTH)

Joci Caldwell-Ryan (Dedman)

Tony Pederson (JOUR)

Steve Robertson (STAT)



Coaches Corner



Blessing or Curse?: The Tricky Business of **Hyperfocus**

Keeping track of time is one of the more common challenges for students, especially those with ADHD. Maybe you get focused on binge watching a show on Netflix or spending time online, and suddenly you realize hours have passed. What happened? Where did that time go? It's actually a phenomenon called "**hyperfocus**," where the brain zeros in on one task or problem, everything else falls away, and our sense of time becomes distorted. Most people with ADHD are really good at it, for better or worse.

It's a useful talent, but when it causes problems—being chronically late, missing appointments, eating up study time—what can you do? The solution is fairly easy: set a timer. That's it. Buy a timer (scientific or "bench" timers work really well), or use your phone, and set a series of alerts that go off every 15-20 minutes or so.

At those moments, you interrupt **hyperfocus** and can make a conscious choice about what to do next. Ask yourself, "do I keep working on this task or shift to something else?" *Being more aware of time passing will allow you to make better choices with the time you have. You'll be more productive and less stressed in the long run.*

Plus, if you keep doing this for a few weeks, your internal sense of time will get better, and you can extend the interval between alerts to 30 minutes, an hour, or longer. You don't have to let time get the best of you—instead, set a timer and make the most of it!

David Tylicki, Academic Coach

