Welcome Back from the Interm Director!

Hello Everyone and welcome back to another Fall semester. I hope all of you had a relaxing and enjoyable summer. It’s hard to believe the Fall 2015 semester is already upon us. Please remember to schedule an appointment within the first two weeks of school with your DSS counselor in order to send out your accommodation letters and access your services. If you are a new student and have questions about how a specific accommodation can be implemented, please give us a call to schedule an appointment.

It is the goal of the staff at Disability Support Services to provide a friendly, welcoming environment for our students. We are constantly looking at ways to enhance your experience at Stony Brook University. If you have an idea of how we can enhance your educational experience, please let us know.

On behalf of the DSS counselors, the staff and I, we wish you success for the 2015/2016 school year. Remember, we are here for you.

Best,

Kathleen Paterno
During the Spring 2015, Disability Support Services partnered with Brookhaven National Lab, one of the premier government funded science labs and the only one in the Northeast. This new and exciting endeavor was made available for registered Disability Support Services Students who expressed interest in the areas of Mechanical Engineering, Electrical Engineering, Physics, Chemistry, and Computer Science. Students were given the opportunity to tour the facilities, meet the scientists and hear about their fascinating research, and observe their research.

Students were also able to speak to a representative from Human Resources regarding possible summer Internship opportunities within their selected fields of study.
In May, Disability Support Services and Students Taking Aim at Challenges (STAC) co-hosted a lecture given by a current undergraduate student, Elizabeth Anne Brechter; who documented her life’s journey with mental illness. In her 2013 book, “An Amazing Journey” she discusses the challenges that she has faced and how she never let them limit her possibilities. After years of schooling, Elizabeth was able to achieve her dream of attending Stony Brook University where she has been embraced by several different departments on campus. As she prepares to graduate in 2016, Elizabeth has been able to reflect on her life’s journey and all that she has accomplished. Elizabeth has said, “I realized that whenever someone has told me I couldn’t do something I made sure I did it. Maybe more people should do this.”

Here at DSS, we are so proud to have been a part of Elizabeth’s journey and wish her all the best in her future endeavors.
The BUDDIE Experience has provided DSS Students with an opportunity to share with and educate SBU administrators, faculty and staff about how students with disabilities experience life on campus.

In past years students have met with BUDDIEs in the Administrator’s Office, in the SAC over a cup of coffee or even for lunch. Topics for discussion could include:

- Why you chose SBU (major, research, etc.)
- The reason you selected to meet with a particular administrator, career goals, similarities
- What is most important to you as a student here at SBU
- What you like about SBU
- Suggestions you have for improvements to a student’s experience here, particularly a student with disabilities

Please complete the attached interest form.

To participate contact:
Glenn Dausch
Glenn.Dausch@stonybrook.edu
Stony Brook University
Disability Support Services
631-632-6748
Welcome to the BUDDIE Experience!

Please provide the following information:
Name: ________________________________________________
Email Address: _________________________________________
Phone Number: ________________________________________

Please list the names of the Administrators you are interested in meeting:
1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________

DSS will contact you to briefly discuss the process before the Administrators you have selected can be contacted. Please provide a date and time you are available to meet.

____________________________________

Stony Brook University
Disability Support Services
128 Educational Communications Center
Stony Brook, NY 11794

glenn.dausch@stonybrook.edu
Get off to a good start this semester with some useful study tips!

- Proper note taking is directly related to successful studying.
- If utilizing a laptop in class make an effort to limit distractions—surfing, instant messaging, checking email etc.
- Highlight your notes or flashcards in different colors to differentiate facts.
- Time management is key—set realistic goals for study time to avoid last minute cramming.
- Set aside dedicated study time every day, review your notes every day—30/50 minutes with a 10 min. break.
- Limit listening to music while studying, studies show retention rates are lower.
- Break up note cards into small groups to increase retention.
- When you are having difficulty remembering mundane notes get creative and make up a rhyme or song to facilitate easier recall.
- Get ample sleep, studies show success rates higher with students who did schoolwork in the morning as opposed to late at night.
- Every student has potential for success! Maintaining effective study habits will help you throughout your semester.
Most students experience test anxiety in their college years. Test anxiety is distress before, during, or after an examination because of worry or fear of how you might do or how you did on an exam. However, when you find that test anxiety is interfering with your grades or ability to function in the classroom it is important to be able to utilize tools to decrease your anxiety.

- **If you are physically and emotionally exhausted, your body and mind are less able to tolerate stress and anxiety.** You can improve your resistance to anxiety by getting adequate rest, eating appropriately, and taking care of your physical health. If you find you don't have time to be healthy, consider seeking assistance with time management.

- **Get to the test room early to familiarize yourself with the room.** However, do not talk to others students about the exam as it can raise your anxiety level.

- **When faced with unexpected questions, don’t stay on the question too long - simply skip it for now and return to it later.** Some later questions might help that question.

- **Put things in perspective by reminding yourself that your entire future doesn’t depend on this one exam.** One test doesn’t determine your talents and abilities as a successful student.
Practice relaxation techniques:

Example

- Breathing (10-12 breaths per minute)
- Get comfortable in your chair with both feet on the floor. Close your eyes.
- Breathe in through your nose normally then exhale slow count of 1-2-3-4.
- At the same time, you might want to imagine slowly saying a word like “calm” or “relax” as you breathe out.
- After 10-15 breaths, open your eyes.

Although you might have felt awkward this time, the more you practice the easier it will become to relax and focus.

Practice 2 times a day.

At this point, you can’t change your test performance, so you need to move forward, not punish yourself, and do activities that will help you decrease anxiety.

Keep open communication with your professors regarding your tests and any anxiety you might be experiencing surrounding your exams. Conversations with your professors also allow him/her to know your desire and intent to do well in the course. Also, your professors might be able to offer you suggestions.
REMINDERS

• Please make accommodation appointments at DSS within the first two weeks of the semester.

• Drop/Withdraw (Without a “W”) by September 4th
• Applications for graduation due by September 4th

• Grade/Pass/No Credit or Course Withdrawal due by October 23rd

• November 24th: Last day to submit Final Exam requests to DSS in order to be guaranteed a seat.
It is with great pleasure that we announce the Sylvia Fund has sponsored two $500.00 awards in memory of our own Sylvia Geoghegan. Sylvia was a Stony Brook Alumni, an employee and a talented artist. She was someone who utilized all her abilities to enrich her life and the lives of others.

To qualify for the Sylvia Awards a student registered with DSS must be in good academic standing (2.0). Students who have completed at least two semesters at Stony Brook, sophomores through graduates may apply. One award, the Sylvia Artistic Award will be given for students with specific artistic interest or promise and a second award is offered for students with other interests. Please note Sylvia Award money is paid after 7/15. The third award, the Michael Flynn Award, was established by the Flynn family in memory of their son. The $500.00 award is presented to a Senior Stony Brook Student with a disability, who has completed at least two semesters at Stony Brook and has a GPA of 3.0 or higher.

DSS wants to congratulate this year’s recipients and encourages students to apply in the Spring of 2016. The application for these awards is found at www.stonybrook.edu/dss, click Current Students/Student Awards.
DSS would like to take this opportunity to thank all of our volunteers who assisted us during Spring Finals 2015. We could not have had a successful event without your help. Thank you for your aid to the university and support of the community!

This year to thank all our volunteers, DSS provided volunteers with a copy of “An Amazing Journey” by Elizabeth Anne Brechter. This biography chronicles the story of a Stony Brook University student’s perseverance and how the support at Stony Brook University has helped this student achieve her goals.

We appreciate all that our volunteers do, your assistance is invaluable to our students!
Congratulations Grads

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“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD. INDEED, IT IS THE ONLY THING THAT EVER HAS.”
~ Margaret Mead ~
STAC
Students Taking Aim at Challenges

Members Wanted
Join Today!

STAC is a student run disability advocacy club. It’s goals are to increase accessibility, promote awareness of issues faced by individuals with disabilities and to provide socialization opportunities for club members. Information about the club and meeting dates/times are available through the DSS office.

stacsunysb.weebly.com

★ Open to all students with and without disabilities.

★ Meetings held every Wednesday
1:00-2:00 pm in DSS Lounge.
Disability Support Services would like to take a moment to thank Thaddeus Nelson, our Graduate Assistant, for over the last 3 years. Thaddeus has been such a critical part of our department and the glue that has held our department together. We want to thank him for his dedication and professionalism over the years. He certainly has left an impression on the students and staff at the University. As he finishes his dissertation, we want to wish him the best of luck. Thank you again Thaddeus, we will miss you.