Disability Support Services is proud to announce that we have successfully implemented a new scheduling and data management software, **Access Ability**. This program is designed to meet the specialized needs of Disability Support Services, our registered students and professors. **Access Ability** helps to simplify for staff and students the process of sending accommodation letters. Registered students will still meet with a counselor at DSS each semester to review their accommodations and then their accommodation letters will be generated and sent electronically to their professors.

Also, our test booking website is up and running and we encourage all of our students to utilize this simple and streamlined system. The system allows registered students to schedule exams online at least **seven days** before each exam date and at least **two weeks** prior to the first university final. Access Ability also makes it easier for students to schedule a testing room. To book an exam please go to:  
www.stonybrook.edu/dss

go to **Current Students/ Testing Accommodation & Requests/ Online Test Booking Link**

We are delighted here at Disability Support Services to be able to make these new and exciting programs available to our DSS students. Please keep checking our updated website for future revisions on these features.
Glenn Dausch is an employee at Stony Brook University's Disability Support Services focused on Instructional Support and Assistive Technology. Glenn is a graduate of Dowling College with a BA in Psychology and Minor in Political Science. After a brief position training teachers for the visually impaired, he came to Stony Brook University and has been an employee here for the past 7 years.

Glenn is totally blind. His expertise encompasses Assistive Technology, alternative media and web accessibility. Glenn assists students with access to class materials and alternative formats. The most interesting part of his job is looking at the accessibility of emerging technology and devising ways of making all instructional technology accessible. Glen admits no two days are the same.

In his spare time Glenn enjoys playing and collecting guitars. He also volunteers as a crisis counselor. Glenn appreciates interacting with students and staff and constantly strives to create an accessible environment for all at Stony Brook University.
DSS would like to share with our students that Donna Molloy, Interim Director of Disability Support Services has retired effective December 2013. Donna worked in Disability Support Services for 16 years. She had many roles at DSS such as acting as department director, advising students as a learning disability specialist and she also served on several committees including the SBU President’s ADA Advisory committee.

Donna has been an integral part of Stony Brook and her contributions will be sorely missed. Donna’s hard work and commitment are worthy of admiration. She has been a mentor, educator, activist, and friend to us all. We are thankful for her leadership and all that she has done to help shape the department and the Stony Brook University community. Donna would always quote Margaret Mead, "Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has." We thank you Donna for changing our world and making Stony Brook a better and brighter place.

Donna will certainly be missed by all. Please join us in wishing her all the best during this exciting new phase of her life!
DSS would like to take this opportunity to thank all of our volunteers who assisted us during Fall Finals 2013. 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 on behalf of our volunteers, DSS made a donation in their name to a local organization called Angela’s House. Angela’s House assists families caring for medically frail children. Their most recent home was unveiled this Fall and is adjacent to Stony Brook University campus on Stony Brook Road.

We appreciate all that our volunteers do, your assistance is invaluable to our students!
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  
Stony Brook University  
Disability Support Services  
128 Educational Communications Center
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
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. Sylvia’s art work can be seen hanging up at DSS and also on our website.

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.

The application for these awards is found at www.stonybrook.edu/dss, click Current Students/ Student Awards.
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.
TIPS FOR REDUCING TEST ANXIETY, continued

😊 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.
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.
REMINDERS

FINALS
TUESDAY MAY 13, 2014
to
WEDNESDAY MAY 21, 2014

**YOU MUST SIGN UP AT DSS NO LATER THAN APRIL 25, 2014**
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.
Congratulations Grads

DSS
128 ECC Building
Stony Brook, NY 11794-2662
(631) 632-6748

“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 ~