Disability Support Services is proud to announce the implementation of a new scheduling and data management software, accessAbility. This new program is designed to meet the specialized needs of DSS.

AccessAbility has been designed to help simplify for staff and students the process of receiving accommodation letters. With the new system, registered students will be able to meet with one of the counselors to review their accommodations and send out their accommodation letters electronically to faculty.

In late spring 2013, Disability Support Services plans on rolling out this new unique feature from accessAbility which will allow online test booking. The system will allow 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 in order to be guaranteed a test taking space.

It gives us great enjoyment at DSS to roll out these new and exciting programs to make your experience at DSS more efficient.
When logging onto accessAbility you will be greeted by our “Welcome Page” that will guide you through the 7 stage process in order to make a test appointment. First, you will select whether you are registering for a test or a final exam. Once selected, Step 1 allows you to select the course you are registering to take the exam in. Step 2 (see example) allows you to enter the time and date of the exam (see example). Step 3, you confirm your instructors name and email. In Step 4, you need to select your requested accommodation that are needed for that exam. Step 5, is for any additional information that DSS needs to be made aware of prior to your exam. Step 6 (see example) allows you to register for your exam( see example). Step 7 is the confirmation of your exam.
The BUDDIE Experience is an awesome opportunity for students registered with Disability Support Services. It gives you an opportunity to meet with a campus administrator at the University. Over the years students have met with their BUDDIE’s in the Administrators office, in the SAC for a cup of coffee, or for lunch. It gives you the chance to get to know a campus administrator and share:

- The reason you choose SBU (It might have been for a special major, research, etc.)
- The reason you selected to meet with a particular administrator. Perhaps they are in a career that matches your career goals.
- What is most important to you as a student here at SBU.
- What you like about SBU, and suggestions you have for improvements to a student’s experience here, particularly a student with disabilities.

Please find the flyer and the choice form that needs to be completed. I look forward to meeting with you.

All the best,
Kathy Paterno
The DSS Staff would like to
Thank you for participating!

Welcome to the BUDDIE Experience
Please provide the following information:
Your name:___________________________
Email address:_________________________
Phone number:_________________________

Please list the names of the Administrators you would like to speak with.
Provide the names below:
Choices:

1._________________________________________________________________ __________

2._________________________________________________________________ __________

3._________________________________________________________________ __________

Please know that Kathy Paterno will need to meet with you briefly before the Administrators you have selected can be contacted
Let me know the dates and times you would be available to meet.
____________________________________________________

The DSS Staff would like to
Thank you for participating!
In October 2012, Stony Brook University opened its new Campus Recreation Center that is certainly a top perk at Stony Brook. The bold red three floor facility is approximately 85,000 square feet and designed to encourage health and wellness within the Stony Brook University community.

As part of the initiative to increase accessibility on campus, the Campus Recreation Center has many accessible features. Including, wheelchair access, automated doors, and accessible bathrooms.

Throughout the facility there is several pieces of high tech equipment including Life Fitness Dual Adjustable Pulley. Dual Adjustable Pulley has two adjustable pulleys that can accommodate a never-ending number of exercises. The space between pulleys easily accommodates most benches and wheelchairs. Also, the facility will soon be receiving a SCI FIT Pro Elite. This machine provides bi-directional resistance, to provide a total body strength and cardio workout. The machine has an oversized swivel chair allowing users to easily access chair and a wheel chair platform for access.

There are multiple fitness studios that have classes scheduled throughout the day and into the evening to accommodate student’s schedules. If you’re not interested in classes, the new facility has a multi-activity court that provides students the opportunity to play, badminton, basketball, volleyball, etc. Also, above the three court gymnasium is the 1/10th-mile track.

If you are looking to be able to relax on campus, the Recreation Center offers wireless internet access, two lounge areas for relaxing and meeting with friends, various height lockers and vending machines.

So come take advantage of this state of the art facility and enjoy the best that Stony Brook continues to offer it’s students!
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 with a disability 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 on www.stonybrook.edu/dss, click on online forms and then Student Awards. The submission deadline has been extended to May 6th.
Hello Everyone,

My name is Wendi Mathews and I became the newest member of the Disability Support Services team in July 2012 as a Senior Educational Counselor. I graduated from Adelphi University with my MSW in 2008 and received my licensing shortly after.

Throughout my years of experience, I have worked within the mental health system providing a variety of modalities of therapies, case management, community outreach, and crisis intervention, to clients with moderate to severe psychiatric disabilities in both a clinic setting and in a school setting.

It gives me great pleasure to join DSS to work with students with disabilities in accessing the many resources of the university. Also, I’m excited to be the faculty advisor for the STAC club, which meets on Wednesdays at 1:00 pm in the DSS lounge (Please come on down and check them out!).

I will be available to assist you in scheduling your testing accommodations, assessments and coordinate accessibility issues within your classroom, or just for supportive counseling. I look forward to meeting you so when you are at DSS for a meeting with your counselor or relaxing in the student lounge, please stop by to say “hi”.

Wendi Mathews
TIPS FOR REDUCING TEST ANXIETY

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 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 professor(s) regarding your test(s) and any anxiety you might be experiencing surrounding your exams. Conversations with your professor(s) also allow him/her to know your desire and intent to do well in the course. Also, your professor(s) might be able to offer you suggestions.
Thadd Nelson is DSS’s Graduate Assistant. When he isn’t answering test request emails, he is a PHD student in the Interdepartmental Doctoral Program in Anthropological Sciences.

This is his sixth year at Stony Brook University, following his time at Rutgers and Columbia Universities. His research focuses on how people made and used textiles two to three thousand years ago in Southwest Asia. He has worked on excavations in Turkey, Israel, and Alaska. Besides research, his spare time goes to fishing and knitting.

Thadd can usually be found at DSS working the night shift, and ensuring that testing doesn’t have to stop when the office closes. You can also expect to see him behind the front desk during finals when he shows up before seven and doesn’t leave until the last test is handed in!
MEMBERS WANTED "JOIN STAC"

★ Open to all students with and without disabilities.

★ Meetings held every Wednesday 1:00-2:00pm in DSS Lounge.
New York State Voter Registration—Would you like to register to vote today? DSS is an approved National Voter Registration Act location and can provide you with NYS voter registration forms and assistance in completing and submitting them. To register right now go to the following link and click need a voter registration form?: http://www.elections.state.ny.us/.

“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 ~