

DISABILITY RESOURCE CENTER

Weekly Newsletter

When our daily routine gets altered it is easy to lose track of our schedules. Here are some tips to help you stay organized and on track.



PLAN

Plan out what needs to be done for the day.

Write out any classes you have and assignments due. It is also very helpful to fill out a calendar of important assignments and exam dates, especially as the semester is wrapping up.

FREE TIME

When you are writing out what needs to be done for the day, set aside time everyday to do something you enjoy. Setting aside time to take a break allows you to relax and be more productive when doing your next task.

MINIMIZE DISTRACTIONS

Leave your phone in another room, or silence it while working. It's easy to get distracted when your phone is nearby.

SET A BED TIME

Having a set bedtime and wake up time is important to allow your body to fully rest and energize for the following day. If you're having a hard time falling asleep set up a bedtime routine that signals to your body it's time for rest. Washing your face, journaling, yoga, reading, and unplugging from electronics are some relaxing activities to do before bed..

UPCOMING ONLINE EVENTS

Thursday 4/23

Ruthless Pandemonium @12:00pm
@scsu_nss

Creating your digital footprint
@ 1:30pm

Ask Daphney & Char @2:00pm

Good Afternoon Commuters
@2:00pm

Virtual Trivia Night @ 7:00 pm

Thursdate Thursday all day on
Intagram @scsu_recfit

PBJ Thursday all day on Instagram
@programscouncil_scsu



CLICK THE EVENTS ABOVE TO LEARN
MORE!

Friday 4/24

Lavender Graduation @8:00am

LGBTQ+ History Roundtable @1:00pm

Virtual Shabbat Candle Lighting @7:00pm

Foodie Friday all day on Instagram
@scsu_osi

Free Yoga Friday all day on Instagram
@scsu_recfit

Saturday 4/25

Step Outside Saturday all day on Instagram
@scsu_recfit

Sunday 4/26

Cheerleading Tryouts @12:00pm

Selfcare Sunday all day on Instagram
@scsu_recfit

CAMPUS CONTACT

Counseling Services
(telehealth)
(203) 392- 5475

Dean of Student Offices
deanofstudents@southernct.edu
(203) 392-5556

Disability Resource Center
DRC@southernct.edu
(203) 392-6828

Financial Aid
financialaid@southernct.
edu
(203) 392-5222

Registrar
registrar@southernct.edu
(203) 392- 5301

Residence Life
reslife@southernct.edu
(203) 392-5870

SAGE Center
sagecenter@southernct.
edu
(203) 392-8989

Student Accounts
studentaccounts@southernct
.edu
(203) 392-6140