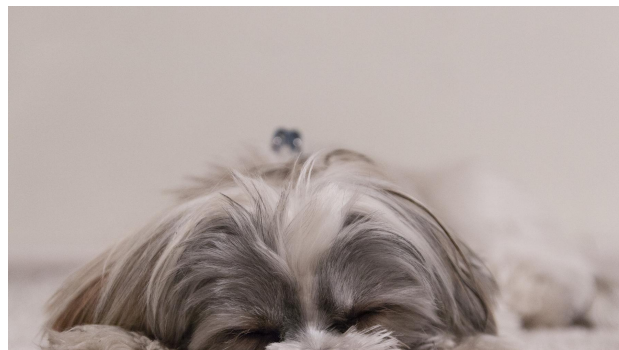


# DISABILITY RESOURCE CENTER

*Weekly Newsletter*

## ORGANIZE & PLAN

Filling out a calendar of when all final assignments and exams are due will help you prioritize and plan. Organize all material you may need by class. You can write a review guide or list of topics that will be on the exam in order to know what you need to study. Set up a study schedule that works for you and study in chunks.



## GET SOME SLEEP

Getting a restful night sleep improves focus the following day. It can also help improve memory and productivity.

Make sure to stick to your sleep schedule and get a good night sleep so you are ready to go the following day for your final.

## ASK FOR HELP

Ask professors when you have any questions about the the exam. See if your professor has a review session planned where you can have the chance to ask questions and review material.



## UPCOMING ONLINE EVENTS

### 4/30 Thursday

Thur-Yay academic resilience @11:30

Your Top 10: Tips in Finding Jobs & Internships @1:00pm

Ask Daphney & Char @ 2:00pm

Good Afternoon Commuters @ 2:00pm

Multicultural Center Open Mic Night @7:00pm

Throwback Thursday all day on Instagram @scsu\_recfit

### 5/1 Friday

Virtual Hebrew Lessons @2:00pm

Virtual Shabbat Candle Lighting @ 7:00 pm

Fun Fit Friday all day on Instagram @scsu\_recfit

Foodie Friday all day on Instagram @SCSU\_OSI

### 5/2 Saturday

Step Outside Saturday all day on Instagram @scsu\_recfit

### 5/3 Sunday

Self Care Sunday all day on Instagram @scsu\_recfit

### 5/5 Tuesday

Chat N' chew @ 3:30pm

### 5/6 Wednesday

SCUFF 2020 Throwback Edition all day.

CLICK EVENTS ABOVE FOR MORE DETAILS!

## CAMPUS CONTACT

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(203) 392-5475

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Registrar  
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