

December 2020

DISABILITY RESOURCE CENTER

Monthly Newsletter

Vol 1 Issue 11

In This Issue



DRC update... Pg2

Important Dates... Pg2

End of Semester ... Pg3

Events... Pg4

Self Care... Pg 4

Covid Info ... Pg5

Campus Contacts... Pg5

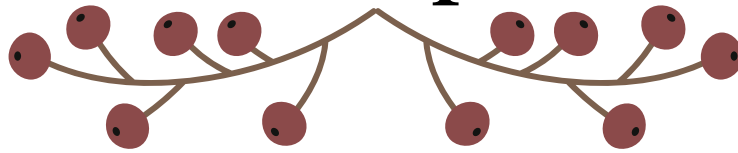
“

You alone are enough, you
have nothing to prove to
anybody.

”

- Maya Angelou

DRC Update



- If you are in need of accommodation letters for your **winter** courses click [here](#)
- Accommodation letters will be requested through our new service Accommodate for the spring semester
- On Jan 11th, 13, 19th, and 21st we will have trainings on how to use Accommodate, a new service which will help students receive accommodation letters easier. You can expect an email about these trainings in December and January.
- If you are in need of services and or would like to get in contact with our office please contact us by email at drc@southernct.edu or by phone at (203) 392-6828



Important Dates



Final exams: December 9th– December 15th

Fall 2020 semester ends: December 23rd

End of Semester Survival

1. Get started early

Organizing study material a head of time and scheduling times with professors will help you feel more prepared for the end of semester.

2. Write a list

Write out when final exams are for each class as well any extra projects/important due dates.

3. Ask for help

Reach out to professors or the academic success center to schedule a time for tutoring.

4. Organize

Create a study guide of all topics you need to know for your exam. Ask your professor if you are unsure.

5. Get some sleep

It's much easier to remember topics and information when you are well rested!

6. Take breaks!

Taking short breaks is important for your brain to relax and avoid burnout

We hope you have a safe and happy winter break!



December Events

12/1 Let's Talk @ ipm online (see full list of times and dates below)

12/1 Finals Playlist @11 am online

12/2 Wellness Wednesday @ipm online

12/2 Game Night @7pm online

12/4 Jams & Hot Cocoa @8pm online

12/5 Netflix Watch Party @5pm online



[See full event list HERE](#)

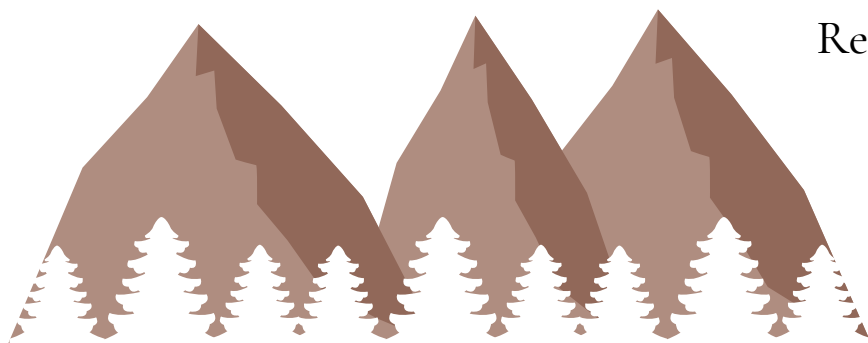


Self Care Tip:



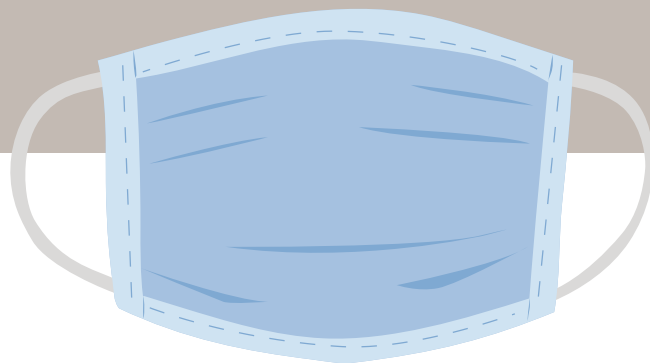
Spend some time outdoors! Going for a walk or even sitting outside is said to lower stress levels and improve memory. If you don't feel comfortable going outside bring the outdoors inside with nature sounds on youtube or images of different outdoor elements.

[Read more HERE](#)



COVID Info @ SCSU

Click [HERE](#) to learn more about how SCSU is handling Covid- 19 on campus as well as campus policies and campus wide steps to limit exposure.



IMPORTANT CAMPUS CONTACTS

Counseling Services (Telehealth)
(203) 392-5475

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

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

Dean of Student's Office
deanofstudents@southernct.edu
(203) 392-5556

Financial Aid
financialaid@southernct.edu
(203) 392-5301

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

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

Multicultural Center
mccenter234@gmail.com
(203) 392-5888

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