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DISABILITY RESOURCE CENTER

Monthly Newsletter

In This Issue

DRC update *Page 2*

Selfcare *Page 2*

Spring Semester Tips *Page 3*

SMART Goals *Page 4*

Covid information *Page 5*

Important Contacts *Page 5*



Welcome back!



We hope you had a relaxing
and enjoyable Winter break.
We are excited to welcome
you back and have a great
semester!

- DRC Staff



If you need accommodation letters for the spring semester please click [HERE](#). Starting this semester we will be using Accommodate to process accommodation letters.

If you need assistance with using Accommodate please click [HERE](#) to view the PDF guide and PowerPoint on how to use the program

The DRC offers weekly appointments to help students stay connected with remote learning. If you are interested please call us at (203) 392-6828 or email us at drc@southernct.edu

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

Self Care

Taking ten minutes out of your schedule to organize your email, work space, living area, and or notes can help decrease stress. Cleaning up your space can help you feel more in control and give you more space to think clearly.



Spring Semester Tips

Review your schedule

Look over your spring semester schedule and make sure the classes, times, and location (online vs hybrid) are correct. Some classes might be hybrid and others might only be online. It is important to check before your first day in order to be prepared.

Review your syllabus

Look over your syllabus in the first week and see what you can expect out of your course and any big assignments throughout the semester. Making your syllabus easily accessible and visible throughout the semester can help keep you on track.

Get your textbooks ahead of time

If you need textbook and school supplies check out the SCSU bookstore [HERE](#). If you are unsure what materials you will need for class contact your professors through email.

Introduce yourself to your professors

While many classes are online, you can still build a positive relationship with your professors. Send an email saying hello and ask them any questions you may have about the course.

Reflect on your fall semester

Look back on your fall semester and review what worked well for you and what didn't. Try to implement more of the tactics that were successful for you. If you need help adjusting any remote learning issues, we can help provide a solution.



"SMART" Goals

How to set SMART goals for your spring semester.

S

Specific

What do I want to accomplish?

M

Measurable

How will I know I accomplished this goal?

A

Achievable

How can I accomplish this goal?

R

Relevant

Is it the right time for this goal?

T

Time bound

When should I complete this goal? What can I work on daily/ weekly/monthly

Example:

.....

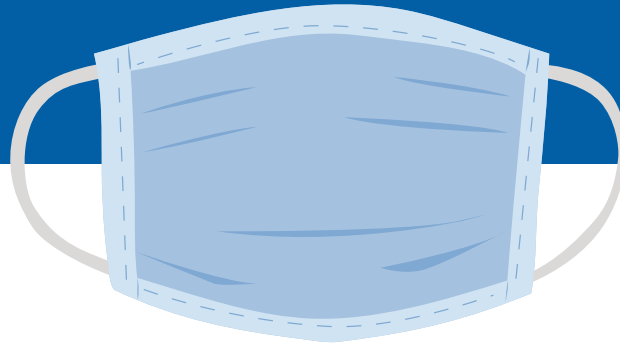
"I will speak with my professors in the first week of the semester. I will ask them any questions I have and review important projects. This will help me build a positive relationship with my professor and go over expectations. I will go to my professor when I need help throughout the semester.."

[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