

November 2020

DISABILITY RESOURCE CENTER

Monthly Newsletter

Vol 1 Issue 10

Inside the Issue

In This Issue



DRC...Pg 2

Registration...Pg2

Pomodoro Technique...Pg3

Study Spaces...Pg4

November events...Pg 5

Self Care Tip...Pg 5

COVID info...Pg 6

Important #'s ...Pg 6

"Autumn shows us how
beautiful it is to
let things go."

-Unknown

Disability Resource Center

(DRC)



The DRC is currently available for intakes for students who need accommodations and can be contacted at (203) 392- 6828 or by email at drc@southernct.edu.

If you have approved accommodations from the DRC and are in need of accommodation letters please click [HERE](#) to request your accommodation letters.

The DRC will be open virtually after Thanksgiving and will be available by email and phone

Registration:

Registration for the spring semester starts this November! Make sure to schedule a time with your advisor ASAP to plan your spring semester!

Click [HERE](#) for information
about Spring 2020
registration



Pomodoro Technique

If you are looking for an easier way to complete tasks then you should give the Pomodoro technique a try. The Pomodoro Technique breaks down an overwhelming schedule in easy to accomplish tasks.

If this is your to do list:

- Study for Bio exam:
 - Chapter 1 vocabulary
 - Chapter 1 graphs
- Email professor
- Schedule Doctor appointment
- Fold clothes
- Read chapter 2 English



Break down your to do list into easy to tackle groups/ Pomodoros

Pomodoro 1: Chapter 1 Biology vocabulary

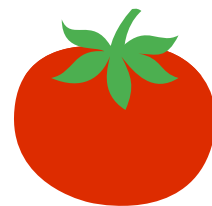
Pomodoro 2: Chapter 1 Biology graphs and big ideas

Pomodoro 3: email professor, schedule DR appointment, fold clothes

Pomodoro 4: Read chapter 2 English

Using the to do list above you

1. Divide activities into 4 pomodoros
2. Next remove all distractions
3. Set a timer for 25 minutes and work on the first Pomodoro
4. When the timer is up you can take a break for 5- 10 minutes
5. Then you move onto your next pomodoro. When you complete 4 pomodoros you can take a 15- 30 minute break.



Read more bout the Pomodoro Technique [HERE](#)



Study Spaces on Campus

There will be a variety of locations around campus for students to study and engage in learning. Most of the study spaces and computer labs that are typically used for these purposes will also be available, albeit at reduced capacities to allow for appropriate physical distancing.

Online Learning Spaces

The following spaces have been designated for online learning. These are locations where multiple seats are available, spread apart by six feet. These spaces are not reservable; they are first-come, first-learn. A laptop and headphones are required in these spaces so multiple students can engage simultaneously. The number of spaces in each room is noted in parentheses.

- Davis 222 (15 seats)
- Davis 224 (8 seats)
- Davis 226 (12 seats)
- Engleman C132 (9 seats)
- Engleman C134 (9 seats)
- Engleman C136 (9 seats)
- Morrill 008 (18 seats) **Note:** This is a computer lab. A laptop is not necessary for online learning but headphones are required.

Buley Library Study Rooms

The following spaces have been identified as reservable for students who want a private space for online synchronous learning or any kind of individual studying. They all have a capacity of one or two. These spaces can be reserved through the library at <https://libguides.SouthernCT.edu/studyrooms>

- | | |
|--------------|-------------|
| • Buley 104D | • Buley 120 |
| • Buley 104E | • Buley 232 |
| • Buley 104F | • Buley 233 |
| • Buley 104G | • Buley 235 |
| • Buley 104H | • Buley 236 |
| • Buley 104J | • Buley 345 |

Quiet Study Spaces

In addition to the typical places students study around campus (library, computer labs, food court, lounge areas), the following rooms have been repurposed as locations where students can find a quiet space to study on campus. All spaces have been modified to allow for a physical distance of six feet. These are first-come, first-learn spaces. Headphones are required for those using laptops.

- Adanti Student Center 201 (12 seats)
- Adanti Student Center 301 (12 seats)
- Temporary Building (TE) 8 Room 102 (10 seats)
- Temporary Building (TE) 8 Room 103 (10 seats)





November Events

11/3 Kahoot @9:00pm, Online

11/4 Wellness Wednesday @1:00pm, Online

11/5 PB&J Thursdays @12:00pm, Ballroom

11/6 Antisocial Ice Cream Social @5:00pm, Farnham Programming Space

11/12 Botany Club Plant Sale @ 9:00am, The Lobby of Engleman Building

11/13 Tarot Card and Psychic Reading, @5:00pm, Online

11/13 Best "Stuck in the House" Skit @9:00pm, Online

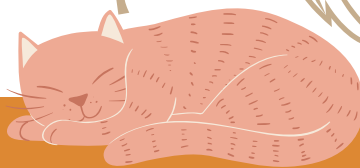
11/18 Biology Club Paint Night @4:00pm, Online

11/20 Movie Snack Bag Event @12:00pm, Student Center

11/20 Procon Sleepover Supply Pick up @6:00pm, Farnham Programming space

[For full club and event list please click HERE](#)

Self Care Tip



Counseling services is offering a free drop in service called "Let's Talk" throughout the semester. The appointments are free, confidential and do not require you to schedule an appointment

For upcoming dates and times click [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