

# DISABILITY RESOURCE CENTER

*Monthly Newsletter*

Vol 1 Issue 9

October 2020

## *In This Issue*

.....

Info on DRC ... Pg 2

SCSU & Covid 19 ... Pg 2

Organization tips... Pg 3

Tips for classes online... Pg 4

Self Care... Pg 4

Upcoming Events... Pgs 5-6

Campus Contacts.. Pg 6



"The key to success is to focus  
on goals, not obstacles"

- UNKNOWN

October 2020

# 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](mailto: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.

## 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.



# Stay Organized



## 1. Use a calendar or a planner

Using a calendar or planner is a great visual tool to organize schedules, assignments, and events. You can use an outlook calendar or google calendar to plan out your schedule.



## 2. Create a to do list

Creating a daily to do list allows you to see what needs to be done for the day. If you have multiple tasks, organize by priority. Set a timer to work on an assignment. When the timer is up, move to the next assignment or take a short break.



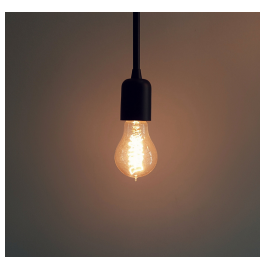
## 3. Schedule break times

Make sure to schedule a time to rest, create, or move in your schedule. Having break times will help lower stress and re-energize you for other tasks.



## 4. Ask for help

If you are unsure about assignments or projects reach out to your professors sooner rather than later. If you need help with understanding class material ask your professors and reach out to the academic success center.



# Tips for Online Classes

## Eliminate distractions

Find a quiet place to take your online class to minimize distractions. Putting your phone on do not disturb or turning your phone off during class can be helpful in keeping you focused on the lesson.

## Form a virtual study group

A virtual study group allows you to connect with peers in class and go over any material you may need some extra help with.

## Actively participate

Make a goal to actively participate in class. Participating in class, taking notes, and asking questions helps you focus on the class.

## Self Care Tip

Engage in physical activities you enjoy. Dancing, running, walking, or lifting weights can all help the mind body connection.



# Events this September

9/ 28 *Snack Time* 12 pm - 1 pm at Engleman Rotunda

9/28 *Baked Goods Decoration Contest* 9 pm- 11 pm Online

9/29 *Steppin Up Paint Night* 5 pm - 7 pm Online

9/29 *Trivia Night* 8 pm- 9 pm Online

9/30 *A Walk Outside Your Shoes* 12 pm- 2 pm at Buley Patio

**[See full list HERE](#)**

# Events this October

10/2 *Grab and Go Plant Event* 5 pm- 7pm Farnham Programming Space

10/2 *Hybrid Shabbat* 7 pm- 8 pm Online & Remembrance Garden

10/4 *CT Clean Up* 10 am - 1 pm Long Wharf Drive New Haven, CT

10/5 *Crosswords and Coffee* 10 am - 11:30 am Ballroom

10/6 *#Proudtobe* 11 am - 2 pm Buley Patio

10/13 *Pronoun Day* 11 am - 2 pm Buley Patio





Continued...

10/14 Start a New Club Workshop 1 pm - 2 pm Online

10/17 Virtual Murder Mystery Party 12 pm- 9:15pm Online

10/26- 10/30 Jack O'Lantern Carving Contest 12 pm- 1 pm ProCon Office

10/27 Drive- In Movie 8pm- 11 pm Wilkinson Parking Lot

10/28 Start a New Club Workshop 1pm- 2pm Online

10/31 Halloween Costume Contest 12:00 pm - 11:45 pm Online

## 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