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

- 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.

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 no 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
10/14  *Start a New Club Workshop* 1 pm - 2 pm Online

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

deanofstudents@southernct.edu
(203) 392-5556

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

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

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

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

Disability Resource Center
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