

OFFICE OF ACCESSIBILITY SERVICES STUDENT NEWSLETTER

FALL 2023 VOLUME 2



THANK YOU TO EVERYONE WHO CAME TO OAS MEET AND GREET!



**SURVIVING MID-SEMESTER BURNOUT
BY: KIERSTEN GUETLEIN**



Mid-semester burnout is normal and you're not alone. Here are some ways you can combat mid-semester burnout:

- 1. Relax and Recharge:** Catch up on sleep, exercise, meditate, and do something you enjoy.
- 2. Make a plan:** Write everything you need to do on paper and make an action plan to get it all done.
- 3. Say no to tasks or plans you can't handle:** Sometimes things become too much and you need to put certain tasks and plans on the back burner.
- 4. Just keep going!:** Take it step by step and day by day. You're almost there!



DID YOU KNOW...

The library has an accessibility room (room 128). The accessibility resource room is available any time the library is open and may be used without limitation by students who reserve the room. To reserve the room, go to <https://smcm.libcal.com/reserve/ada>.

The resource room contains the following equipment:

- ADA computer workstation with 24" monitor
- Combination headphones/microphone
- Optelec ClearView+ 24" Full HD Speech
- hp scanjet 8200 scanner
- Landline telephone



In this room, students also have access to Kurzweil 3000, a text to speech software, that is not available by default to St. Mary's students.



ACCESSIBILITY RESOURCE ROOM

Available any time the LAMC is open.

May be used without limitation by students who reserve the room.

Reserve the room at smcm.libcal.com/reserve/ada

Or by using the QR code:



SMCM LIBRARY, ARCHIVES & MEDIA CENTER



STUDENTS STILL NEEDING NOTE-TAKING ASSISTANCE SHOULD FILL OUT THE NOTE-TAKING REQUEST FORM LOCATED IN THEIR WELCOME LETTER.

>>> CHECK OUT OUR NEW ADA CONCERNS FORM





IMPORTANT DATES

**MONDAY, OCTOBER 9TH-TUESDAY
OCTOBER 10TH: NO CLASSES DUE TO
FALL READING DAYS**

**MONDAY, OCTOBER 30TH-
FRIDAY, NOVEMBER 3RD: ACADEMIC
ADVISING FOR ALL ENROLLED STUDENTS**

**TUESDAY, OCTOBER 31ST: NO CLASSES
FOR ALL-DAY ADVISING**

**FRIDAY, OCTOBER 20TH: OCTOBER ACT
MEETING AT 3 PM IN GLENDENING
ANNEX**

CONTACT US



(240) 895-2250



ADASUPPORT@SMCM.EDU



GLENDENING HALL,
STE. 253 & 254



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FOR ADA CONCERNS, PLEASE CONTACT CHRISTINE COLLINS, ADA COORDINATOR AT CMCOLLINS@SMCM.EDU.

FOR TITLE IX CONCERNS, PLEASE CONTACT MICHELLE CARTER, TITLE IX COORDINATOR AT MMCARTER@SMCM.EDU.