

OFFICE OF ACCESSIBILITY SERVICES

STUDENT NEWSLETTER

Spring 2025 | Volume 4



About Our Office:

The Office of Accessibility Services (OAS) provides accommodations to those with disabilities and/or disabling health conditions in order to provide equitable academic, residential, and/or dining experiences, removing barriers, and promoting autonomy at SMCM. OAS works one-on-one with students, as well as faculty/staff, to ensure student access. OAS is made up of our Director of Accessibility Services/ADA Coordinator, Kelly O'Grady, our Coordinator of Accessibility Services, Amy Baker, our Office Administrator, Joyce Knott, and our Student Intern.

Clubs and Opportunities

- **ACT:** Advocate, Communicate, and Transition. A support group facilitated by OAS and Counseling Services, which gives space for students with disabilities to learn from one another and share resources and tips. Be on the lookout for more information about meeting times.
- **MASH:** A mutual accountability study hall is a group study space that allows for students to work both independently and collaboratively matter the class. You can focus on your work without being alone!
- **Best Buddies:** A club focused on building community and creating friendships. You can expect monthly meetings, snacks, events, new friends, partnering with offices on campus, and more!
 - Email: bestbuddies.smcm@gmail.com



Be on the lookout for information regarding accommodations for the Fall 2025 semester and new student groups!

Tips for Finals Week...

Find a Productive Study Space

- Your study space is so important! Try your best to eliminate distractions, whether that be isolating yourself or putting your phone across the room.
- Campus Study Rooms
 - Learning Commons
 - Library (including the Accessible Room)
 - For more information and to book a study room go to:
<https://smcm.libcal.com/spaces>

Go to Your Professors' Office Hours

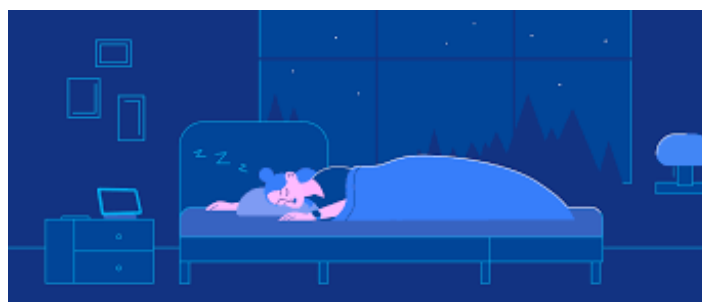
- Professors have office hours for a reason!
- Ask your professor or check your syllabus to find out your Professor's office hours.
- They are happy to help and this allows you to ask for any clarification on exam topics.
- You can also reach out to your TAs and LAs.

Test Yourself

- Look at past exam questions, study guides, textbooks and notes from class to create mock final exam questions.
- You can use index cards to test yourself or ask your friends to quiz you.
- You can even stop by the RA Office one night and ask the RA on duty to quiz you. They would be happy to help.

Take Intentional Breaks

- A break between studying is much more productive than working for hours straight. Breaks refresh your brain and increase your energy/focus.
 - Go for a Walk
 - Take a moment at the WaterFront
 - Watch your favorite episode of a show
 - Make and eat a snack



Accessibility Trivia: True or False?

Have you found
a hidden
Meatball? (Hint:
There are 3)

Decide which statements below are **true** or **false**.

- 1) The Office of Accessibility Services is in Calvert Hall.
- 2) An emotional support animal is the same as a service animal.
- 3) OAS provides dietary (dining) accommodations.
- 4) Joanne Goldwater is the Director of Accessibility Services.
- 5) SMCM follows the Americans with Disabilities Act (ADA), which was signed into law in 1990.

Answers:

1 (False), 2 (False), 3 (True), 4 (False), 5 (True)

Resources for After Graduation:

It may be hard to say goodbye to SMCM, but we know you're venturing off to do great things!

• Graduate School

- Some graduate schools require certain testing and examinations. Reach out to your new school about accommodations, and look at the following exams below!
 - **PRAXIS:** <https://praxis.ets.org/>
 - **MCAT:** <https://students-residents.aamc.org/mcat-exam-accommodations/mcat-exam-accommodations>
 - **LSAT:** <https://www.lsac.org/lsat/register-lsat/accommodations>

• In the Workplace

- JAN, the **Job Accommodation Network**, is a great resource with insights, ideas, practices, and solutions for accommodations and disabilities.
 - **Visit here:** <https://askjan.org/>
- ODEP, the **Office of Disability Employment Policy**, provides up to date state/federal policies regarding disabilities in the workforce. Their website also provides news/events updates, resources, toolkits, etc.
 - **Visit here:** <https://www.dol.gov/agencies/odep>
- The **Workforce Recruitment Program** (WRP) "recruits college students and recent graduates with disabilities for a database that managers use to hire for internships or permanent jobs." **Visit here:** https://www.wrp.gov/wrp?id=student_landing_page



Contact Us



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Follow us on Instagram:
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For an alternative text format, please contact
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For ADA concerns, please contact Kelly O'Grady,
Director of Accessibility Services at
keograde@smcm.edu

For Title IX concerns, please contact Michelle
Carter, Title IX Coordinator at
mmcarter@smcm.edu

For more information, visit our website: <https://www.smcm.edu/office-accessibility-services/>