

The DASS Insider

A newsletter for SMU Faculty

Information on disability services and access issues affecting your students and classes



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As DASS continues to see increasing numbers of mental health conditions on our campus, faculty play an important role in guiding students to resources to help with depression, anxiety and other conditions easily exacerbated by stress. When semester obligations such as papers, projects and exams begin to accumulate in the semester, some students may show increased symptoms of diagnosed mental health conditions such as the ones listed below.

Fatigue: Fatigue is often a side effect of anxiety and depression.

Lethargy: The neurotransmitters that affect fatigue can result in decreased energy and interest in activities.

Weakened Immune System: Weakened immune system health as well. Increased colds, stomach ailments and aches and pains are not uncommon.

Headaches: Increased tension can lead to clenching jaws which brings on headaches.

What can faculty do to support students who may be managing these disability impacts, especially during the high stakes period of time around final exams? Here are a few suggestions from DASS:

*Ask your student if they are doing ok if you suspect difficulties. Often, just knowing that someone has noticed and is interested can lead a student to seek help.

*Be familiar with the CCC referral process as well as the CCC website.

*Refer your student to DASS if it seems like this will be an ongoing issue.

Woof, Woof: Animals in the Classroom



Visit us online at
www.smu.edu/alec/dass.asp

Visit us at DASS

Please include this statement in your syllabus:

Disability Accommodations

5800 Ownby Drive | Suite 202 Loyd Center
2nd Floor - Altshuler Learning Enhancement Center
Entrance near Gate 3 of Ford Stadium
Parking in the Meadows Garage