**Center for Disability Resources (CDR) Student To-Do List**

CDR has put together a list of recommendations for students as we transition to the online platform. We recognize that students may need additional structure and support to stay on track with academics during this time of uncertainty. CDR has created a list of some potentially helpful tips.

1. Students will find it useful to stick to a schedule in order to manage your academic responsibilities. One way to do this would be to follow your class schedule as if you were attending class in person. Log into Blackboard during class time for synchronous class sessions. If a class is not utilizing this feature, use this class time to read announcements on Blackboard, manage the discussion board posts if necessary, and complete assignments that may be posted.
2. Students should make sure to have a calendar system in place to manage due dates and balance assignments.
3. Plan your “down time” carefully. Work your daily schedule around your class responsibilities.
4. Seek academic support when necessary. Students can communicate with CDR Academic Support by contacting your CDR Access Counselor, or by directly reaching out to Karen Toole (kmtoole@syr.edu) if you have already been referred to these services.
5. Attend to your overall well-being. A helpful resource to consider: [Taking Care of Your Mental Health in the Face of Uncertainty](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR2E6fRAsJ9-MCn3CV_ugq_diYAfLSGD7LSCKk4r1pV-Y65nnMnE49DC9ac)

**To Prepare for Online Testing:**

1. Make sure you have a working computer/laptop with a strong internet connection.
2. Pick a nice quiet place to take your exam; one that will have little chance of interruption.
3. Make sure your computer is fully charged and have a charger nearby just in case.
4. Please be aware time zones. Syracuse University operates in Eastern Standard Time.
5. Please read all instructions given by your professor before your exam.

**Lastly:**

It is important that you email your professors and remind them that you have accommodations! They will make the necessary adjustments for 1.5x or 2x exam time (and other necessary accommodations), but it never hurts to communicate with them!

Your CDR Access Counselor is available to help! We are an email away!