

HOW TO MAKE THE MOST OF YOUR ACCOMMODATIONS

KURZWEIL 3000:

All TCSPS students, faculty, and staff have free access to Kurzweil k3000, an innovative software program that assists with notetaking, exam preparation, thesis and dissertation research, article and book comprehension, and more.

Kurzweil's easy-to-use features help you:

- Listen to, track, notate, and comprehend research articles, book chapters, and lecture notes.
- Create summaries and outlines for lecture notes, presentation preparation, and more.
- Correct spelling and grammar, and improve professional writing skills.
- Organize and study research material, even in large volumes (like dissertation!).
- Translate material into 70+ languages; listen to material in 18+ languages.
- Much, much more!

Students may register for and download Kurzweil at any time. Visit [our website](#) for instructions to register and download Kurzweil. Once you download Kurzweil, you can access a library of helpful tutorials in the [Kurzweil Academy](#).

TIME MANAGEMENT:

Tips for success:

1. Set up a quiet work space, removing any distractions.
2. Obtain copies of your course syllabi and chart all of your due dates and assignments on your calendar.
 - a. You can do this in a physical planner or on your computer/phone – whatever works better for you and is easier for you to be consistent with.
 - b. Break up a larger project into chunks, then plan out times leading up to the due date that you will commit to working on it.
3. Set aside uninterrupted time in your schedule, planning specific times to dedicate to schoolwork.
 - a. Be realistic in your timing, and don't overbook your day.
 - b. Don't forget you also need time in the day for sleeping, eating, and other responsibilities!
4. Mark important university dates, such as the first day of the term and the Add/Drop deadline, in your calendar – you can find the Academic Calendar [here](#).

Find additional useful time management tips in these articles:

1. [Getting More Done in Less Time](#) – how can you preserve your energy for important tasks?
2. [The Myth of More Time](#) – for when you're worried about your looming dissertation deadline
3. [The Compartmentalized Life](#) – how compartmentalization can help you set boundaries and maintain focus
4. [The Lost Art of Doing One Thing at a Time](#) – the benefits of monotasking vs. multitasking

IMMERSIVE READER:

Immersive Reader is a feature available in the Canvas platform, as well as within Microsoft products such as Word and Outlook. Immersive Reader can:

- Read your content out loud to you, and you can adjust the speed to aid comprehension.
- Change the background color to make text and content easier to view.
- Focus on one line at a time when reading content.
- Adjust the text size, font, and word spacing.
- Emphasize syllables and highlight parts of speech.
- Translate Canvas content into other languages, as well as read this out loud to you.
- Much more! You can learn more from this [interactive guide](#).

TCSPP RESOURCES:

- Utilize your [Campus Writing Center](#)! You can attend workshops, find resources and tutorials, view [webinars](#), and even schedule a one-on-one appointment to go over your writing.
- View the [Text-to-Speech tools](#) available within Canvas, such as Immersive Reader and NaturalReader.
- The Library has a useful section with [accessible resources](#) for your coursework and research.
- TCSPP provides free tutoring services through *Smarthinking*. You can find this within your Canvas course along the left-hand side.
- If you need counseling services, make use of [Student Solutions](#), which provides TCSPP students with three free sessions *per issue*.
- Visit our [Student Wellness Services page](#) for additional support such as stress relief tips and addiction recovery resources.
- View the TCSPP [Community Guide on Anti-Oppression](#), including their sections on [Anti-Ableism](#) and [Anti-Sanism](#).

OUTSIDE RESOURCES:

- The American Psychological Association has put together a [resource guide](#) for psychology graduate students with disabilities. This contains useful information about navigating the internship match process, preparing for interviews, considering academia as a career option, promoting self-advocacy, and mentoring.
- NAMI, the National Alliance on Mental Illness, has more than 600 State Organizations and Affiliates across the country offering support. You can search for your local NAMI group [here](#).
- [This website](#) has put together a helpful list of external scholarships and financial aid information for students with disabilities.
- USA.gov offers [information](#) outlining financial assistance and support services for people with disabilities.
- [This website](#) is aimed at international students studying at US Colleges and Universities, but contains ADA and accessibility information that would be useful for anyone.
- [Mobility International USA \(MIUSA\)](#) has a wealth of information for students with disabilities planning to study abroad.

- The Department of Education’s Office of Special Education and Rehabilitative Services has a [blog](#) with posts about accessibility, specific disabilities, careers supporting folks with disabilities, and much more – making it an interesting read for anyone, regardless of identity.
- The [National Center for College Students with Disabilities](#) is the only federally-funded national center in the U.S. for college and graduate students with any type of disability, chronic health condition, or mental health condition.
- The organization DREAM (Disability Rights, Education, Activism, and Mentoring) has a [list of national resources](#) for students with disabilities in higher education.
- [AHEAD](#), the Association on Higher Education and Disability, offers programming, professional resources, and research for those interested in creating a positive higher education experience for students with disabilities.
- The [ADA National Network](#) contains information, guidance, and training on the Americans with Disabilities Act.
 - July 26th, 2020, is the 30th anniversary of the Americans with Disabilities Act being signed into law. The ADA National Network has [details](#) about celebrating this landmark event.