A Message from ODA…

We hope that you have been having a great semester at USM!

We urge students at this point in their semester, to make sure they are on track being successful. Check in with your professors and verify where you stand once your midterm grades are posted (Interim Grades should be posted in SOAR by Wednesday, March 11).

Campus Highlight: Stress Relief

Feelings of stress and anxiety are a part life – especially academic life. Some level of stress can be good and encourages change and growth. Too much stress over a long period, though, can become a burden or even a health risk. It is important to recognize your feelings of stress and anxiety, and learn how to manage them.

College Stress by the Numbers

- 80% of college students say they sometimes or often feel stressed [Source: ADAA]
- 34% of college students report feeling depressed at least one point within the last 90 days [Source: ADAA]
- 20% of college students say they feel stressed “most of the time” [Source: APA]
- 13% of college students have diagnosed with depression, anxiety or other mental health conditions [Source: ADAA]

About half of surveyed college students felt overwhelmed with anxiety at least once within the last 12 months [Source: APA]

Ways to Manage or Reduce Test Anxiety

- Learn to study more effectively. Studying with others, either fellow classmates or with tutor, can help get through material quicker and more effectively than studying by yourself. Check out what Academic Help and Tutoring is available at USM on our website at https://www.usm.edu/disability-accommodations/internalportal/academic-help-tutoring.php.
• **Study regularly & as much as you can.** The biggest cause of this anxiety is fear that you did not study enough. By studying as much you can – you can reduce this fear.

  **Quiet Study Zones (at libraries):**
  - Cook Library 2nd Floor Stacks
  - McCain Library 3rd Floor, Cleanth Brooks Reading Room
  - Gulf Coast Library 2nd and 3rd Floor Stacks

  **Silent Study Zone (at libraries):**
  - Cook Library 5th Floor

• **Try to mimic test-taking conditions.** Take your practice test or study in the same location as your exam. Give yourself the same time to take the practice test, as you will have to take your real exam.

• **Learn to study more effectively.** Studying with others, either fellow classmates or with tutor, can help get through material quicker and more effectively than studying by yourself. Check out what Academic Help and Tutoring is available at USM on our website at [https://www.usm.edu/disability-accommodations/internalportal/academic-help-tutoring.php](https://www.usm.edu/disability-accommodations/internalportal/academic-help-tutoring.php).

• **Find ways to calm down.** Find ways to calm down with breathing techniques, mindless phone games, stress balls, or meditation. USM Student Counseling Services have group Zen meditation every Monday at 12:15 pm.

• **Watch your diet.** Eat a well-balanced diet: do not test on an empty stomach and be careful to not consume too much caffeine, as it can exacerbate the physical symptoms of anxiety.

• **Get enough sleep.** Research has shown that not getting enough sleep can impair one’s memory and reasoning abilities.

• **Exercise Regularly.** Exercise can release tension, and the less tension you feel as you test the better off you will be. Every USM student has a free membership to our exercise facilities. Check out their hours at [https://www.usm.edu/campus-recreation/schedules.php](https://www.usm.edu/campus-recreation/schedules.php).

---

### Get Help for Stress/Anxiety

- **Office for Disability Accommodations (ODA):** As a student registered with ODA, you may always come to us with an issue you feel you are having – YOU MAY ALWAYS COME TO US!

- **Academic Advisor or Professor:** If you are having trouble with any course, feel free to contact your academic advisor and/or the professor of the class. Establishing a relationship with a faculty member and letting them know any problems you are having can often help mediate issues from becoming worse.

- **Student Health Services:** Our campus clinic, the Moffitt Health Center, can provide medical assistance with substance abuse, nutrition, sexual problems, depression/anxiety, or any other health concerns.

- **Student Counseling Services:** The USM Counseling offices can provide clinical assistance with balancing college, stress relief, study skills and anxiety coping, test anxiety, depression, suicide prevention, eating disorders, self-harm, anger management, and conflict resolution.
<table>
<thead>
<tr>
<th>Day</th>
<th>Events</th>
</tr>
</thead>
</table>
| Monday     | ✓ 8:00 am – 5:00 pm: PIECE (Promoting Inclusion, Education & Cooperative Experiences) Gaming Program – open game room hours at Bond Hall, 4th Floor  
✓ 12:15 – 1:15 pm: *Zen Group Meditation* at Bond Hall, Student Counseling Services  
✓ 3:30 – 4:30 pm: *Weekly Gaming Social Group* at Bond Hall, 4th Floor  
✓ 5:00 – 7:00 pm: *Counseling Services “Let’s Talk”* Program at Luckyday Hall, room 109 |
| Tuesday    | ✓ 8:00 am – 5:00 pm: PIECE (Promoting Inclusion, Education & Cooperative Experiences) Gaming Program – open game room hours at Bond Hall, 4th Floor |
| Wednesday  | ✓ 8:00 am – 12:00 pm: PIECE (Promoting Inclusion, Education & Cooperative Experiences) Gaming Program – open game room hours at Bond Hall, 4th Floor  
✓ 10:00 am – 3:00 pm: *Counseling Services “Let’s Talk”* Program at Student Activities Hub, PRISM office  
✓ 12:00 pm – 1:00 pm: *Graduate Student Support Group* at McCain Library  
✓ 3:00 – 4:30 pm: *Women’s Empowerment Group* at Union, VPSA Conference Room  
✓ 3:30 – 5:00 pm: *Women’s Sexual Assault Survivor Group* at Bond Hall, Student Counseling Services  
New attendants to the Women’s Sexual Assault Survivor Group should arrive at 3:00 pm. |
| Thursday   | ✓ 11:00 am – 1:00 pm: *Counseling Services “Let’s Talk”* Program at Student Activities Hub, PRISM office  
✓ 5:15 – 6:30 pm: *Life Support Group* at Bond Hall, Student Counseling Services |
MARCH 3: Career and Internship Expo (HBG) from 12:00 to 4:00 pm in Thad Cochran Center. Students will be able to meet with local and national representatives for graduate or professional schools, part-time jobs, full-time jobs, internships, and career opportunities.

MARCH 4: Professional Promise Workshop (HBG) at 12:15 pm in Thad Cochran Center, room 216 | Learn how to make the most of your interactions with faculty & future employers with helpful professional tips.

MARCH 5: Let’s Get that Paper Started! Finding Sources Using Library Databases Workshop (GP) at 12:00 pm in Gulf Coast Library, room 204 | This workshop is a hands-on opportunity to search University Libraries databases with the guidance of a research librarian with the goal of finding and evaluating sources needed for papers. Students will leave the workshop with relevant sources for their assignments. For more information, contact Jamie Stanfield at Jamie.Stanfield@usm.edu or 228-214-3467.

MARCH 7: Big Event (HBG) is a day when students, faculty, and staff will volunteer all over the Hattiesburg community. Volunteers are assigned to sites when they arrive and transportation can be provided if requested early. Check-in will take place from 7:30 to 8:00 am, with the location to be determined. A pep rally will start the event at 8:00 am, and service activities at individual sites will take place from 8:30 am to 12:00 pm.

MARCH 10: Introduction to Council of Scientific Editors Citation Style Workshop (GC) at 12:00 pm in Gulf Park Library, room 204 | University Libraries is offering a workshop on the Council of Scientific Editors (CSE) Scientific Style and Format. This workshop will address the key aspects of CSE style for academic writing assignments. For more information, contact Jamie Stanfield at Jamie.Stanfield@usm.edu or 228.214.3467.

MARCH 11: Student Interim grades available in SOAR & Last day of and final exams for Eight Week 1 (8W1)

MARCH 11: Resume Workshop (HBG) from 4:00 to 5:00 pm in McLemore Hall, Career Services

MARCH 11: Diversity & Inclusion Speaker Selenis Leyva (HBG) at 7:00 pm in Thad Cochran Center Ballrooms. Hear from Orange is the New Black actress Selenis Leyva & her experiences in the entertainment industry.

MARCH 11: Introduction to Chicago Manual & Turabian Style Workshop (GC) at 12:00 pm in Gulf Park Library, room 204 | University Libraries is offering workshops on Chicago and Turabian, two commonly used citation styles. Participants will learn about key aspects of Chicago and Turabian styles for academic writing assignments. For more information, contact Jamie Stanfield at Jamie.Stanfield@usm.edu or 228.214.3467.

MARCH 12: Resume Workshop (HBG) from 12:00 to 1:00 pm in McLemore Hall, Career Services

MARCH 16 – 20: Spring Break Holiday - student classes do not week, but University offices including ODA open for normal business hours

MARCH 23: Eight Week 2 (8W2) courses start today

MARCH 24: University Forum Series – Dr. Marjorie Spruill, historian, “Votes for Women: The Story of Nineteenth Amendment” (HBG) at 6:30 pm in Bennett Auditorium | A professor emeritus at the University of South Carolina, Dr. Spruill is a historian acclaimed for her work on the American women’s rights movement. Her book, New Women of the New South: The Woman Suffrage Movement in the Southern States, explores the lives of eleven of the most prominent leaders of the women’s suffrage movement in the South and their views on race and states’ rights. Her most recent book, Divided We Stand: The Battle Over Women’s Rights,
delves into the rise of the modern women’s rights movement in the 1970s and the way it contributed to the polarization of American politics.

MARCH 25: Last day to add/drop Eight Week 2 (8W2) classes without academic or financial penalty and receive 100% tuition credit

MARCH 25: Resume Workshop (HBG) from 4:00 to 5:00 pm in McLemore Hall, Career Services

MARCH 26: Resume Workshop (HBG) from 12:00 to 1:00 pm in McLemore Hall, Career Services

MARCH 26: Are you Career Ready? Workshop (HBG) from 4:30 to 5:30 pm in McLemore Hall, Career Services

MARCH 28: Third Annual Out of the Darkness Walk sponsored by the American Foundation for Suicide Prevention | Check-in/Registration begins at 8:30 am; the walk begins at 9:00 am. A mental health fair will be held before the walk, which will include food, drinks, live music and raffle prizes. If you are unable to attend the walk, you can sign up as a virtual walker. Even if you cannot participate – you may also donate. For more information, please navigate to https://afsp.org/chapter/afsp-mississippi/.

MARCH 31: Academic Integrity and Avoiding Plagiarism (HBG) at 4:30 pm in Scianna Hall, room 2009
Learn how to avoid accidental plagiarism when writing your next paper with USM librarians.

If you need an accommodation to attend or participate in any of the programs or events listed above, please contact our office for assistance at oda@usm.edu or 601-266-5024.

Register for Disability Accommodations

Are diagnosed with any of these?

- ADHD/ADD
- Anxiety
- Chronic Illness
- Depression
- Dyslexia
- Dysgraphia
- Epilepsy/Seizures
- Head Injury
- Learning Disability
- Pregnancy
- PTSD
- Psychiatric Impairment
- Temporary Injuries
- Hearing Impairment
- Visual Impairment
- Mobility Impairment

Then you qualify for ACADEMIC and/or HOUSING ACCOMMODATIONS.

Student can register with the USM Office for Disability Accommodations (ODA) online at www.usm.edu/oda. Registration REQUIRES both an Online Application & Documentation.

Office for Disability Accommodations
The University of Southern Mississippi
Office Location: Bond Hall Room 114
Phone: 601.266.5024 | Fax: 601.266.6035 | Email: oda@usm.edu
Find us online at www.usm.edu/oda.