

College of DuPage TOTAL ACCESS

CENTER FOR ACCESS AND ACCOMMODATIONS

SPRING 2019

Positive coping thoughts for exams

Preparing for exams

- I've been successful with this before.
- It's easier once I get started.
- I'm going to stay positive.

Coping with fear and worry

- As I relax, my worry will subside.
- Breathe deeply and concentrate on my breathing.
- I've survived this and worse before.

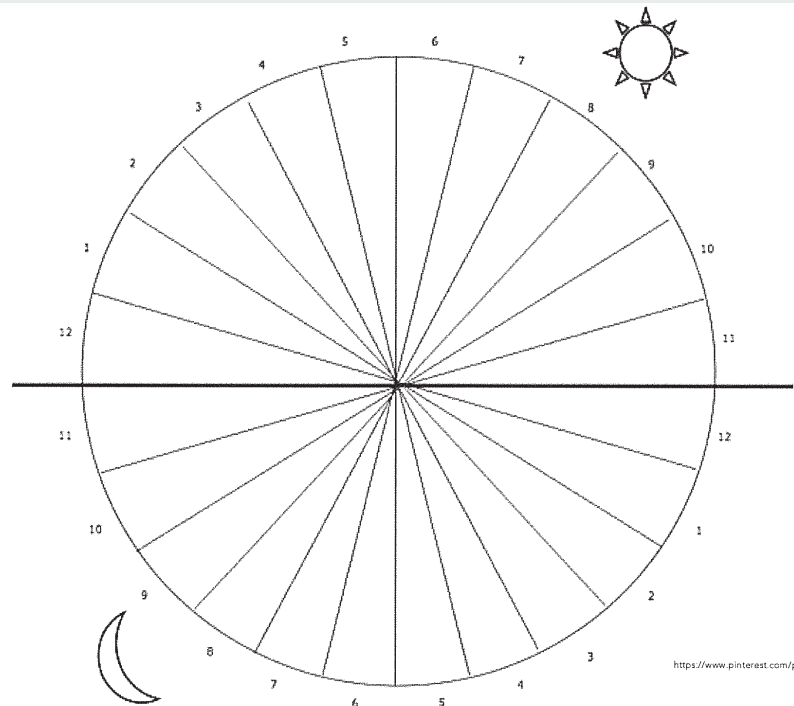
During exams

- Take it step by step, don't rush
- I will find my center and breathe.
- I can do this. I am doing it now.
- I am doing my best.

CONTACT US:

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 College of DuPage



Picture from: <https://www.pinterest.com/pin/204139795585735165/>

How Balanced Is Your Life?

1. Take some time to color in the chart above. It represents a "typical" day in your life (24 hours):

Pick one color* for:

SCHOOL (studying, class, assignments)

SOCIAL (friends, family, and relationships)

LEISURE (hobbies, watching TV, etc.)

SELF-CARE (eating, exercise, sleep)

2. Once you have colored in your chart, reflect on your balance wheel for a moment and ask yourself:

"Do I like how my chart looks?"

"Does my chart look balanced?"

"Are there things in my chart I don't like?"

"How can I change the colors of my chart?"

*Feel free to use the same color for multiple activities or to add your own!
CREATED BY: ALLISON DALY, OTD. OTR/L

CENTER FOR ACCESS AND ACCOMMODATIONS

Meet the Center for Access & Accommodations Department

Jacqueline Reuland
Manager

What she does:
Manages the Center for Access and Accommodations

Experience:
I have been at COD for 31+ years working with students with disabilities. Prior to joining COD, I was a Rehabilitation Counselor for several years.

Interests:
Reading, playing cards and board games, hanging out with my family



and I just started welding. Additionally, I like to travel and have my toes in the sand.

Contact info:
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Access e-books, equipment

- **Alternative Format Book Request:** Complete the form at this link - <http://bit.ly/bookcod>
- **Technical Equipment Request:** Complete the form at this link - <http://bit.ly/techloan>
- **Note taking requests:** Schedule an appointment with the Center for Access and Accommodations - SSC 3249 - for requests
- **Satisfaction survey:** Please submit your feedback by completing the survey at this link - <https://www.surveymonkey.com/r/X7TBPTN>



YOU'RE HIRED

CAREER AND INTERNSHIP FAIR

Thursday, April 4, 2019, 9 a.m. to 2 p.m.
Student Resource Center (SRC), Room 2000

cod.edu/careerfair

 **College of DuPage**
Career Services

#URHired
#BeCareerReady

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