Happy New Year! I hope you enjoyed your holiday break and are well rested for the return of the school year.

I encourage you to take a few minutes to read this edition of our spring E-Newsletter which has important and relevant information to assist you throughout the semester. If you have any issues or concerns, during the year, please know that our staff is here to help. Wishing you a wonderful semester!

Priscilla F. Levine, LCSW
Director

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**Accommodation Form Reminder**

Accommodation forms must be completed for each class. Please see a DSS staff member to pick up your forms. Once your professor has signed your forms, it is your responsibility to return them to the DSS office. You are encouraged to complete your accommodation forms as early in the semester as possible.

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**Wednesday Wellness Workshops**

Wednesday Wellness Workshops are from 12:00-12:45pm in VDA #236. The workshops are free for LMU students and do not require prior registration.

- **2/05/14** Stress or Something Else? Anxiety and Depression
- **2/12/14** Healthy Eating in College
- **2/19/14** What’s Your Love Language?
- **3/12/14** The Flaws of Perfectionism
- **3/19/14** Breaking up is Hard to Do
- **3/26/14** From Frantic to Serene: Mindfulness 101
- **4/02/14** Keeping your Cool
- **4/09/14** The Juggling Act: De-stress in 5 minutes or Less
- **4/23/14** Wired for Joy: Here and Now Mindfulness
- **4/30/14** Dare to Dream: Getting Good Zzz’s

Contact SPS (310)338-2868 for additional information.
Academic Resource Center Staff Updates

Interim University Advisor

Andrew Ogilvie has been hired by the Academic Resource Center (ARC) as Interim University Advisor. Andrew is no stranger to LMU as he received his B.A. in Liberal Arts from Loyola, Maryland. Andrew went to work in the corporate world for several years before receiving his M.A. in Literature from LMU, Los Angeles. Andrew has worked as a writing instructor for the Freshman English Program for a number of years and most recently taught Freshman First Year Seminar. Andrew previously taught and worked for the Learning Center at Marymount College. Andrew is excited to join the ARC as he thinks this is one of the most innovative and dynamic environments on campus. “I am excited to learn a lot.”

First To Go Coordinator

Stella Setka, Ph.D. joined the ARC in September 2013 as First to Go Program Coordinator. Dr. Setka received her B.A. in American Literature from UCLA, M.A. in English from LMU and Ph.D. in English from Purdue University. Dr. Setka is a native from San Pedro, CA. She recently relocated back to California after working as an instructor in American Literature, Composition, Business Writing, and Technical Writing at Purdue from 2009-2013. Dr. Setka is also working as a First Year Seminar Instructor and says she enjoys helping students meet and overcome challenges.

Visit www.lmu.edu/arc for more information on ARC services.

LMU Veterans Wall

LMU Veterans Memorial Wall was unveiled on November 7, 2013. The wall is located in the garden area outside University Hall’s fourth floor, at the west end of LeVecke Bridge. The memorial wall includes the names of LMU alumni who lost their lives during WWII, Korea and Vietnam. The years-long effort to fund, plan and build the memorial was led by Loyola University Club, made up of alumni who graduated during the decades prior to the 1973 merger with Marymount College. To submit names of alumni who have died while serving our country, go to www.lmu.edu/vetmemorial
**Announcements / Questions**

**Educational Testing Services (ETS)**
Many of you will be taking the GRE, GMAT, PRAXIS, TOEFL, or some other high-stakes examination this year. To help you prepare more effectively, the Office of Disability Policy at Educational Testing Services (ETS) has developed a brochure, “Tips for Test Takers with Disabilities.” This brochure can be found on the ETS Office of Disability Policy website at: [www.ets.org/disabilities](http://www.ets.org/disabilities)

**ARC Places to Study**
Looking for a cool place to study? The Academic Resource Center has an ongoing list, generated by ARC student tutors, that includes the best places to read and do homework on and around campus. Find out ideal times, noise levels, and what kinds of technology/WiFi services are available.

[http://academics.lmu.edu/arc/](http://academics.lmu.edu/arc/)

**Know Your CAPP Report**
The CAPP Report is the formal record of your progress on your graduation requirements. It shows the classes you’ve taken, AND those you still need to take. To view your CAPP log in to PROWL, click on “Student Services”, click “Student Records” and click “CAPP Report.” If you have questions understanding your CAPP Report, email one of the University Advisors for an appointment: advising@lmu.edu.

**“Tech on 2”** LMU Information Technology Services and the William H. Hannon Library have joined forces to offer a new one-stop shop for tech support and equipment check-out, located on level 2 of the library. Formerly known as Student Innovation Center.

**DSS MISSION & GOALS:**
Loyola Marymount University's Disability Support Services (DSS) Office provides specialized assistance and resources to enable students with physical, perceptual, learning, ADHD and/or psychological disabilities to achieve maximum independence while pursuing their educational goals. Services are offered to students who have established disabilities under federal and state law.