



**THE OHIO STATE
UNIVERSITY**

OFFICE OF STUDENT LIFE

DISABILITY SERVICES

**FIVE
TIPS**

for

SUCCESS

slds.osu.edu

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1

BE PROACTIVE

Request any accommodations you'll need in advance. Pay attention to Student Life Disability Services and university deadlines.

2

GET ORGANIZED

Map out the dates for all of your assignments and exams. Schedule recurring times to study/work.

3

ADVOCATE FOR YOURSELF

Know your strengths and needs and communicate them. Everyone has a right to equal access. If issues arise, reach out ASAP.

4

USE YOUR RESOURCES

There are so many resources on campus to help you succeed. Not sure where to turn? Ask!

5

TAKE CARE OF YOURSELF

Sleep. Eat well. Exercise regularly. Talk to a friend or mentor. Go for a walk. Find ways to unplug and relax.