You can contact SASC by emailing SASC@stonybrook.edu or by calling 631-632-6748
Every semester we ask our students to make an appointment with their counselor to renew their accommodations. This allows the counselor to check in and see how your accommodations are working for you.

You can schedule an appointment by emailing us at SASC@stonybrook.edu or by calling 631-632-6748.

PLEASE NOTE THAT ALL APPOINTMENTS ARE CURRENTLY BEING CONDUCTED EITHER OVER THE PHONE OR ON ZOOM.
ACE MENTORS

The Academic Community Engagement (ACE) program pairs new SASC students with an upperclassman who will serve as your own personal mentor to guide you through the first year of college and help connect you to campus resources.

Contact us if you are interested in being a mentee!

EMAIL: SASC@STONYBROOK.EDU
PHONE: 631-632-6748
SASC ONLINE EXAM PROCTORING_survey

DID YOU USE SASC ONLINE PROCTORING DURING THE FALL 2020 SEMESTER? IF SO, PLEASE COMPLETE THE SURVEY BELOW

Survey link: https://docs.google.com/forms/d/e/1FAIpQLScFtE1KwRhmFfx84JtNP7yK9z5dWRECv+tRnMOEK1va437PfBA/viewform?usp=sf_link

We appreciate your feedback
In 2019, SASC brought you our unique SENSORY ROOM - a place for students to relax, refocus, and refresh. Now, you can enjoy those same benefits remotely through the SASC Remote Sensory Room. Stop by and let us know what you think! You can access this virtual space by visiting our website homepage at www.stonybrook.edu/sasc. The space is updated on the first of each month!
JOIN THE CONVERSATION

Bring your questions to SASC's open office hours!

WHEN: WEDNESDAYS AT 1:00PM
WHERE: ON ZOOM

*INVITES WILL BE SENT TO YOUR SBU EMAIL ACCOUNTS*
STUDENT ACCESSIBILITY SUPPORT CENTER

SPRING ZOOM WORKSHOPS

Stay posted for fun workshops led by SASC's SASSY Staff!

ALL INVITES WILL BE SENT TO YOUR SBU EMAIL ACCOUNTS
NEW YEAR'S RESOLUTIONS

THE PAST YEAR HAS BEEN DIFFICULT DUE TO THE PANDEMIC. HOWEVER, HARD TIMES CAN MAKE US REALIZE WHAT WE VALUE MOST AND WHAT WE WANT FROM LIFE. LET'S BE THE CHANGE WE WANT TO SEE IN OUR LIVES. THE NEW YEAR IS A GREAT TIME TO START! WHAT ARE YOUR NEW YEAR'S RESOLUTIONS?

Keep reading to check out SASC Staff's Resolutions for 2021
IN 2021, I WANT TO MAKE MORE TIME FOR MY HOBBIES. I OFTEN GET SO SUBMERGED IN MY WORK AND IN MY STUDIES THAT I BARELY LEAVE TIME FOR MYSELF TO DO THE THINGS I REALLY ENJOY. I CAN'T REMEMBER THE LAST TIME I SAT DOWN TO BULLET JOURNAL, READ, OR CRAFT WITHOUT A SUBLIMINAL TWINGE OF GUILT AT NOT DOING MY HOMEWORK INSTEAD, BUT THESE DAYS SELF-CARE IS OF PARAMOUNT IMPORTANCE, AND THAT INCLUDES DOING THINGS FOR THE SOUL. YOU DO NOT HAVE TO BE PRODUCTIVE 24/7 IN ORDER TO HAVE A HEALTHY WORK-LIFE BALANCE - THAT IS THE PRINCIPLE I STRIVE TO EMBODY IN THE COMING YEAR.

MY NEW YEAR'S RESOLUTION IS TO READ MORE OFTEN FOR PERSONAL ENJOYMENT INSTEAD OF JUST FOR SCHOOL PURPOSES.
ALYSSA
ACCESSIBILITY SUPPORT COUNSELOR

In 2021, I am keeping my resolutions small and manageable because I have learned that life is unpredictable and it’s ok to take things one day at a time. When life gets busy, I am quick to forget about little self-care tasks. I hope to keep more hydrated in 2021 as this is something I am admittedly very bad at and NEED to improve on. Seriously. More. Water. I am also attempting to fold my laundry using the “Konmari” method as I learned binge watching Marie Kondo on Netflix. I am able to start with my laundry this way, but I would love to keep it up as it is easier to see the items in my dresser. These are certainly small goals for myself but after the year we’ve had, I think it’s ok to appreciate the small victories in life.

WENDI
SASC DIRECTOR

My New Year’s Resolution is to create a healthy family life balance and be able to concentrate on the small moments.

SANDI
PROCTOR

My New Year’s Resolution is to be less fearful of accomplishing my goals.
2020 was a year of staying home and lounging, so the majority of the time I wore sweatpants, pajamas, or leggings. However, I found that I actually started to miss getting dressed to go places. I am going to start to subscribe to the idea that “when you look good, you feel good” and make an effort to get dressed and be stylish every day. In the words of style icon Tan France, “Making an effort [with your wardrobe] means you’re serious about the life you want.” Therefore, I am going to make an effort to make my life in 2021 better than 2020 and my first step is getting dressed!

For 2021, I hope to be able to spend some time with extended family. If the country is able to open up more, I would love to go to Disney in 2021! I have missed it! Reading more is also a resolution for 2021. 2020 was a year to stay home - I would like 2021 to be a year to explore!
ASHLEY
Accessibility Support Counselor

My New Year's Resolution is to tell my loved ones how much I love and appreciate them more often. Sometimes I get lost in the shuffle of everyday life and don't take time to let them know how much I care, and I don't want to ever take them for granted. I also want to be more productive in my home life and finally get done with some of the projects I have been putting off!

AKHIL
Proctor

I am a graduate student in the Computer Science department. For this new year of 2021, I plan to run a marathon, do at least one cover song on Guitar, and hopefully explore new places.
THANK YOU FOR READING!

IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL SASC@STONYBROOK.EDU OR CALL 631-632-6748.