

## Campus Resources

<http://www.lsc.edu>

Disability Services office at  
Lake Superior College, S1911

Phone 218-733-7650

The Disabilities staff work to ensure requested accommodations are provided that coincide with the documented nature of the disability. Staff provide a personable and welcoming environment for students to access services. All disability related correspondence is maintained in a confidential manner. Students are also encouraged to become their own best advocates, determining ways to effectively request reasonable accommodations to meet their educational needs.

Counseling Services at Lake  
Superior College,  
Phone 218-733-7603

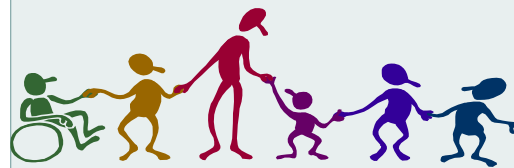
Counselors are available to assist students in career planning, stress management, crisis intervention, and family and personal relationship concerns. Additionally, the Student Services Center contains career and life planning materials, and information about a variety of career assessment instruments.

Lake Superior College  
2101 Trinity Road  
Duluth, MN 55811

Fax 218-733-7765  
MRS/TTY 800-627-3529  
1-800-432-2884, ext. 7650

Georgia Robillard, Coordinator  
218-733-7650  
g.robillard@lsc.edu

Neva Swanson, Assistant  
218-733-7702  
neva.swanson@lsc.edu

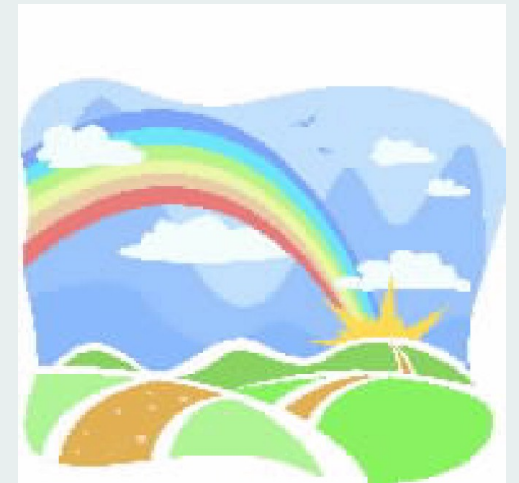


Available in alternative format upon  
request.



## Successful Strategies for Students

### Depression



Connect. Explore. Achieve.



## Try some of the following strategies:

Meet with the Disability Coordinator before each semester begins to set up appropriate accommodations.

Focus on one class at a time and break tasks into smaller parts; you will make steady progress.

If you find it difficult to get up in the morning or to have the motivation to complete course work, contact a college counselor to set up a working plan.

## Memory Tips

Before lectures, look over the notes of the previous lecture and read the course material pertaining to the lecture topic.

Review the material for each course. A weekly study group is particularly helpful for this.

## More Memory Tips

Schedule time to go over lecture material immediately after class. (Forgetting is greater within 24 hours without review).

Use all of your senses to learn material: listen to a lecture, write and recopy notes, read text and course materials, and explain the material to someone else.

## Student Responsibility

Notify the Disability Coordinator right away about the disability that may affect your learning and success in college.

Provide current documentation of the disability to the Disability office.

Make timely arrangements for accommodations by meeting with the Disability Coordinator prior to each semester.

Follow through with accommodations or modifications to your schedule consistently.

## Concentration Tips

Avoid Distractions in the study area, such as telephone, stereo, or television.

Study in an area that aids concentration. Consider the college's study areas, such as the library, study rooms, or the Learning Center.

Establish a sense of purpose to studying. Decide what grade to work toward. Set up some rewards for yourself. When procrastinating, ask "Why am I taking this course"?

## More Concentration Tips

Examine the place of study and make adjustments. Check for adequate lighting and ventilation; a comfortable chair, but not too comfortable; and a desk large enough to spread out your materials.

Create interest in the course material and make it relevant, by talking to others about the topics or by relating material to something of interest. Remember that irregular sleep, exercise, and eating patterns can cause concentration difficulties.

Divide work into small, short-range, mini goals that can be achieved in the time scheduled. (For example: finish reading three sections of Chapter 7 in the psychology text; or complete one math problem; or write the rough draft of the introduction to an English paper).

Notice when you lose concentration and say to yourself "STOP" and then bring attention back. Each time it wanders bring it back.

Avoid mental fatigue by taking frequent breaks, at least 10 minutes for each hour of study.

**Additional resources:**

**National Mental Health Association:**  
[www.nmha.org](http://www.nmha.org)

**Suicide Information and Help:**  
[www.mentalhealth.org](http://www.mentalhealth.org)

**Mental Health Association of MN:**  
[www.mentalhealth.org](http://www.mentalhealth.org)

**Medication for Depression:**  
[www.healthyplace.com](http://www.healthyplace.com)