A message from the SGSC Office of Disability Services

## **General Information**

As you know by now, SGSC and all other USG colleges have moved learning online for the rest of the semester. Although the COVID-19 virus situation is very fluid at this point, I want you to know that I am still here for you if you need me! Please feel free to call my office at 912-260-4435 or email <a href="Stanley.sinkfield@sgsc.edu">Stanley.sinkfield@sgsc.edu</a> to set up a phone appointment if you need to talk to me. If you should need services from other areas on campus, please contact that office first.

### Students Registered with the Office of Disability Services

If you are registered with the Office of Disability Services and have not requested your accommodation letters this this semester, please email me as soon as possible. When emailing, provide a list of the classes you are in this semester. The way accommodations are provided for online classes may be different than the way they were covered in face-to-face classes. If you need advice on covering your accommodations, please talk with your instructor first to seek a solution then contact me if you and your instructor cannot come to an agreement. I am happy to help any way I can. Please understand that I am working remotely and will only be in the office as necessary. Once I receive a request, it may take some time to complete due to limited access to files.

# Students Not Registered with the office of Disability Services

If you are not registered with the Office of Disability Services and believe that you are eligible for accommodations due to a diagnosed disability, please contact me as soon as possible.

#### **Helpful Information**

There are a few things you can be doing for the next couple of weeks to stay happy and healthy!

- Get plenty of rest! Rest helps your body heal from illness and stress. Take this time to get caught up from all those late nights!
- Catch up on your school work! We all get behind at times. Now that you have some extra time, get caught up on your work.
- If you regularly take medication, take your meds! Stay consistent and develop a routine so you don't get out of sync.
- Create a schedule to help you stay on track with course assignments and tests.
- Check your SGSC e-mail at least twice a day once in the morning and once in the afternoon - for updates. Again, the situation with COVID-19 is fluid and information is constantly being updated so it's important to stay well-informed.

As always, please stay safe and take care of yourselves!

#### **Contact information:**

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