



November Newsletter

RU Registered? Accommodated Testing Finals Edition

By: Amanda Bonino

**Need Help Registering for Accommodated Final exam Testing?
Contact Accessibility Services or the Testing Center to Schedule Your Finals!**

lebeau@rowan.edu (Testing Center)

dolbow73@students.rowan.edu (Accessibility Services)

Woodruff@rowan.edu (Accessibility Services)

Please Schedule Your appointments to take your Final Exams with Accommodations in the Testing Center!!

Final Exams are administered with set start times of **8:30 am, 12:30 pm, or 4:30 pm.**

You should select an appointment on the same day and as close as possible to the start time of your class. If your testing day will be different, you must obtain your course instructor’s permission prior to scheduling an appointment.

As with all Accommodated Testing appointments, Final Exams with Accommodations **must** be scheduled at least **5 business days in advance**. You should schedule *earlier* to have the most choice in seating times.

Days	Time Start	Time End	Date Range	Location
	N/A	N/A	09/05/2023 - 12/21/2023	Not Specified

Exam Detail

Request Type: **Final**

[View: Exam Schedule Availability](#)

Date:

Hint: Enter date in the following format Month/Day/Year (i.e. 12/31/2010).

Time: **Select** **Select**

Standard Length of Exam (Specified by Student):

Note: **DO NOT CALCULATE YOUR OWN EXTENDED TIME.** Please enter the time (IN MINUTES) that each student receives for this exam. We will automatically calculate your extended time based on your accommodation.

Services Requested (As Applicable)

Alt Site for All Assessments, Tests, Quizzes, Hourly Exams, Midterm Exams, Final Exams

Extra Time 1.50x

Isolated Testing Environment

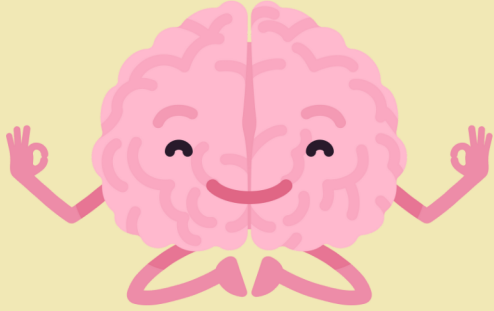
Additional Note:

Different Ways to Cope with Stress Before Finals

BY MICHELLE SANER

When you feel like quitting think about why you started

-Practice Self-compassion, your feelings are valid and it's important to recognize how much you have already accomplished.



-Move Your Body
-Get Plenty of Rest

Rowan Resources for Stress Management

-Rowan Campus REC offers a variety of classes throughout the Month:

-Sunrise Yoga: 11/16, 11/21, 11/23, 11/28

-Candlelit Yoga: 11/22

-Yoga Flow: 11/16, 11/20, 11/21, 11/23, 11/27, 11/28

-Virtual Guided Meditation: 11/21, 11/28

-Zumba: 11/16, 11/18, 11/23, 11/25 & 11/30.

-30 Years of REC Celebration: REC Center 6:30 am - 5:30

The Wellness Center Offers a Variety of Workshops Throughout the Month:

-Shreiber Pet Therapy: Individual or Group Sessions Available

-Let's Talk: 11/16, 11/17, 11/21, 11/22, 11/23, 11/24, 11/28, 11/29 & 11/30.

-Art for Wellness: 11/29 1:00 pm - Willow Hall Lounge

-U GOOD F.A.M.? - 11/29 7:30 pm - 9:30 pm

-Queer Collective: 11/30 3:00 pm SJICR at Hawthorn Hall 2nd floor

-Dodge Ball with SGA & Public Safety - 11/30 6:00 pm REC Center Court 1