

# Achieving Academic Accommodations: Enhancing our Mental Health



Thursday, March 23, 2023 • 12:30-1:30 PM Student Union Presidents' Room

### **SYNOPSIS:**

Do not feel embarrassed; feel empowered. Students often feel uncomfortable sharing their accommodations needs and mental health issues; these cost them academic success. This workshop will explore different strategies to raise awareness about these topics and bring positive outcomes for students. This workshop is open to everyone: students, staff, faculty, and leaders.

### **PRESENTERS:**



Dr. Neeru Deep

Interim Chair & Assistant Professor, Department of Psychology Founder of Center for Positivity, Well-being, and Hope Arthur Watson Endowed Professorship Recipient Gallaspy College of Education and Human Development



### Dr. Susan Thorson-Barnett

Associate Professor, Department of Psychology

Gallaspy College of Education and Human Development

Northwestern State University of Louisiana

#### **HOST:**

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Dr. Neeru Deep, Founder-Center for Positivity, Well-being, and Hope Funded by: Arthur Watson Endowed Professorship and Department of Psychology The NSU Foundation donated the door prizes.