

ABILITY & ABLEISM



Helpful Tips

- **Stay organized.** Adapting to learning and working from home can be a challenge. Keep all the supplies you need in the same space, and try to work around the same time if you can.
- **Manage your time by setting a daily schedule.** Writing down what you want to accomplish each day adds structure and accomplishment to each day, even when those accomplishments are small.
- **Manage your expectations.** Remember that making plans will most likely need contingencies. Things that seem certain now may need to change in the future.
- **Be an ally.** Use your privilege to benefit those living with a disability or who are facing ableism during these difficult times.

Resources for Consideration

- **Loyola Disability Support Services:** Visit their [website](#) if you have concerns about online learning, returning to campus in coming semesters, or have additional questions.
- **Office of Technology Services:** Contact the Help Desk at 410-617-5555 when you have any technology questions or issues.
- **The Study:** Fill out [the form here](#) or contact Molly Fredette for Time Management and Academic Coaching.
- **ACLU:** Visit the [COVID-19 Disability Resources](#) webpage for disability-specific resources, educational resources, and more.
- **Disability Rights Maryland:** For local and national resources, visit the [Information & Resources on COVID-19](#) page.
- **Maryland Department of Disabilities:** Visit the [COVID-19 Resources for People with Disabilities](#) to access state and federal resources.