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 Stanley.sinkfield@sgsc.edu 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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