

SUPPORTING YOUR STUDIES



**A GUIDE FOR DISABLED AND
NEURODIVERGENT STUDENTS**

SUPPORTING YOUR STUDIES

At Southampton, we welcome all students whatever their needs and abilities. Whether you are disabled, are living with long-term mental or physical health conditions, or are neurodivergent, we will help you get the support you need to settle into and flourish at university.

Who we support

We offer a wide range of support for all sorts of requirements including:

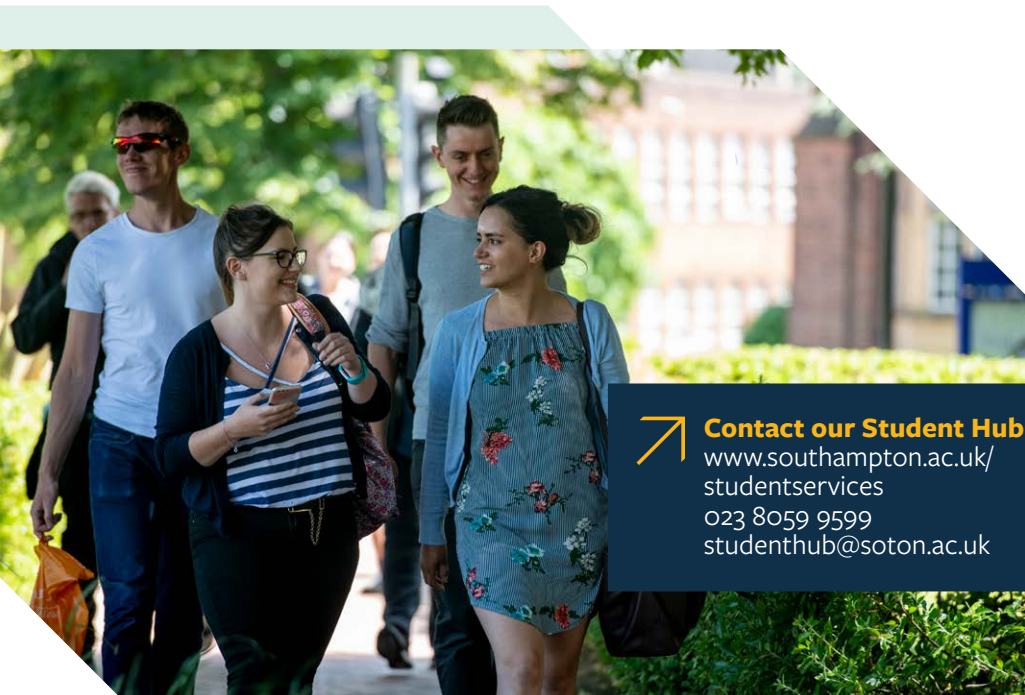
- + Physical disabilities and long-term health conditions
- + Mental health conditions
- + Specific learning differences including dyslexia and dyspraxia
- + Neurodivergence including autism and ADHD

We can also support you if you are waiting for an assessment or suspect you may have a condition.

Preparing for university

Information about your support needs doesn't automatically transfer from your school or college to university.

The support you will need at university may be different from what you have had previously at school or college. Universities are often bigger, can be on different sites and require more independent learning.



Contact our Student Hub

[www.southampton.ac.uk/
studentservices](http://www.southampton.ac.uk/studentservices)
023 8059 9599
studenthub@soton.ac.uk

HOW WE CAN HELP



We are happy to involve your parents or supporters in discussing your requirements, if you are happy for us to do so. You will need to provide written consent for us to share information.

We also have dedicated web pages where your parents can find answers to any queries they may have. See www.southampton.ac.uk/parents

Helping you settle in

We understand that moving to university is a big change, so we run a programme of activities (known

as a Transition Programme) to help you settle into university life. This may include:

- + Campus tours
- + Public transport tours
- + Early access to accommodation
- + Early entry to Students' Union events
- + Social events and online workshops

Look out for an email after results day with details about these events and how to sign up.

HOW WE CAN SUPPORT YOU

We are all unique individuals that experience the world in many different ways and at Southampton we are committed to celebrating those differences. Support can include:

- + Specialist study skills and mentoring
- + Note-taking and practical assistance in lectures
- + Additional exam arrangements
- + Sharing your individual requirements with your faculty
- + Access to quiet areas on campus
- + Peer mentoring
- + Group workshops
- + Access to assistive technology and software
- + Advice and guidance with Disabled Students' Allowance



Here are some of the ways in which we can support your needs while you study.

Additional Exam Recommendations (AERs)

You may be able to get adjustments for your exams. These are known as Additional Exam Recommendations (or AERs for short) and can include:

- + Extra time
- + Rest breaks
- + Smaller rooms
- + Specialist equipment and software
- + Assistance from a scribe or reader

AERs can be requested at any time, but in order to implement them for your exams, we will require you to complete an application form in advance.



Individual Reasonable Adjustments

If you require any reasonable adjustments to your learning, accommodation, or wider university life we encourage you to meet with a specialist practitioner.

In this appointment, your individual support needs will be discussed and agreed with you. Your needs will then be recorded in a document called Student Support Recommendations (or SSR for short).

This document will be shared with the people and teams who are responsible for putting them in place.

Peer mentoring

Peer mentoring is advice and guidance from other students who are already at the university and understand the support available to disabled students. They are called Inclusive Support Ambassadors and have been trained to support you to overcome barriers and thrive at university.

Support can include help with:

- + Organising, planning and managing your study time
- + Using university teaching systems and software
- + How to look after your wellbeing
- + Accessing social events, clubs and societies

Private rest and study spaces

We have various rest, study and wellbeing rooms on our campuses for students. Some of these rooms have lockers, couches, private pods, sensory items, ergonomic furniture and computers.



Assistive Technology Suite

The suite is in Hartley Library on Highfield Campus and provides a calm and quiet environment where you can access assistive technology facilities. There are dual-screen computers that have a range of assistive technology software, height adjustable desks, ergonomic chairs, space to use your own laptop, push door access and clear walkways.

There are also three study pods that can reduce the noise if you are using dictation software.

Specialist study skills

We provide specialist support for students with specific learning differences, such as dyslexia, dyspraxia or slow cognitive processing, and students who identify as neurodivergent. Study skills support is an opportunity to meet 1:1 with a specialist practitioner for practical study advice and support.

This could include:

- + Developing your study skills
- + Exam techniques
- + A purposeful and critical reading process
- + Multi-sensory revision and memory strategies





Group workshops

We run a range of workshops aimed at student groups including specific learning differences, autism and ADHD.

Accommodation adaptations

If you need adaptations to your accommodation because of a disability or long-term health condition, we encourage you to apply as soon as possible via our website. You will need to provide as much detail as possible.

Also, please tell us your specific accommodation needs when completing the University's health questionnaire.

Adaptations may include:

- + Accessible features such as height-adjustable desks and wheelchair-accessible flats
- + Hearing and visual adjustments including vibrating pillows and flashing beacons
- + Hidden disabilities facilities such as alcohol-free flats and quiet flats

At any point during the application process, you can discuss your needs with the Student Disability and Inclusion team. They can provide further details based on your requirements.

We are also happy to work alongside any other professionals supporting you to ensure that the accommodation meets your needs.

 **For more details of accessible accommodation please visit**

www.southampton.ac.uk/adaptedaccommodation



What is supporting Information?

To get some of the forms of support, we may ask you to provide supporting information such as a GP letter. If you don't have this or have not yet received a diagnosis, please get in touch with the Student Hub as we may be able to support you without this.

Disabled Students' Allowance (DSA)

Disabled Students' Allowance (DSA) is a non-repayable government grant to help cover any study costs you may have as a direct result of your disability.

You may be able to apply for DSA if you have a disability, long-term health condition, mental health condition or specific learning difference. It is available on its own or alongside other student finance loans, but you will need to provide supporting information such as a report

or letter from the doctor, consultant or medical professional, or a full diagnostic assessment report from a practitioner psychologist or suitably qualified specialist teacher.

DSA can help towards the cost of:

- + Specialist one-to-one (non-medical) help such as mentoring, study skills, specialist note-taking, and professional support for students with sensory impairments
- + Specialist equipment such as assistive technology, software and ergonomic equipment
- + General costs such as printing and travel

The university does not award DSA, but we can assist you in applying or accessing the support you are entitled to. We run regular DSA support drop-ins and 1:1 bookable sessions throughout the year for students studying with us.

The Student Hub

The Student Hub is your first point of contact for any questions about:

- + Wellbeing and disability support
- + Exams, assessment and course queries
- + Accommodation
- + Fees and finance

You can access support through online chat, phone, email, or in-person at many of our campuses.



Connect with The Student Hub

[www.southampton.ac.uk/
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Wellbeing

We support your emotional wellbeing throughout your studies, enabling you to make the most of your time at university and develop healthy habits to last a lifetime.

Our Student Wellbeing Team is available 24/7 to provide you with wellbeing support through online chat, email or telephone. Our wellbeing advisors are based in the Student Hub on Highfield Campus but can travel to meet students on other campuses or in halls when requested.

Our wide range of wellbeing support also includes:

- + Counselling
- + Wellbeing groups and workshops
- + Wellbeing café
- + Pets as therapy



Sport

We are committed to ensuring we support and include everyone who wants to lead an active lifestyle. Our accessibility features include:

- + Gym equipment accredited by Inclusive Fitness Initiative (IFI)
- + Seven-day free gym trial for disabled or neurodivergent students
- + Quiet hour in the gym
- + Meet the class instructor in advance
- + Personal trainers who have a Level 3 Exercise for Disabled Clients qualification
- + Sports wheelchairs
- + Accessible changing rooms

See www.southampton.ac.uk/sport/

WHAT YOU NEED TO DO NEXT

Here's a checklist of what you need to do next:

Now - tell us you have a disability by completing the appropriate section on your application form such as on UCAS

Upon receipt of an offer - look out for an email with our university health questionnaire and return this to us

After results day - look out for and book onto transition events

As early as possible - apply for additional funding such as DSA - more information can be found on [page 8](#)

As early as possible - apply for accommodation - more information can be found on [page 7](#)

Anytime - contact the Student Hub if you need more information or want to discuss the support you may need





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