

TABLE 6: SUPPORT FOR STUDY

Here are some examples of what you may need help with and what reasonable adjustments or other assistance may be available from your university or TAFE. Highlight the ones that might be useful for you so that you can discuss them with support staff.

WHAT I NEED SUPPORT WITH	POSSIBLE ADJUSTMENTS OR SUPPORT
Untidy and illegible handwriting.	Disability support services may organise for a note-taker to take notes in lectures for you or discuss Assistive Technology options.
Writing quickly enough to keep up with lecturer.	Disability support services may organise for a note-taker to take notes in lectures for you or discuss Assistive Technology options.
Writing and listening at the same time.	Disability support services may organise for a note-taker to take notes in lectures for you or discuss Assistive Technology options.
Understanding abstract terms without concrete examples to clarify concepts.	Speak to your lecturer or tutor afterwards and ask for an alternative concrete example.
Deciding what is important when reading text books or journal articles.	The learning support service can help you with strategies to determine key messages.
Interpreting general or large chunks of instructions.	Ask your instructor for clarification of instructions. Relay back to them your understanding of what is required. They can then provide additional information.
Concentrating on topics that do not interest me.	Do a Weekly Planner and allocate time and tasks to these topics. You will then be more likely to concentrate on them for the time allocated. Follow the advice in Chapter 6 of this booklet.
Setting goals and being organised.	Do a Semester Assessment Planner, and then a Weekly Planner each week. Follow the advice in Chapter 6 of this booklet. Counselling or transition support staff may be able to assist you.
Knowing what to study for in exams.	Talk to your tutor about an exam preparation strategy.
Sitting exams in unfamiliar surroundings.	Disability Services can arrange an alternative exam venue. Ask to visit this room before the exam.
Being distracted in large exam rooms.	Disability Services can organise an alternative exam venue that is a smaller room, with less people and less distractions.
Being unable to concentrate in large lecture theatres.	Sit as near to the front of the lecture theatre as you can. Try and sit next to other students who concentrate.
Feeling stressed or overwhelmed by the workload.	Review your Semester Assessment Planner and Weekly Planner (Chapter 6). Talk to transition support staff or counselling staff about your concerns. If you are doing a full study load, consider withdrawing from one subject. This can still be regarded as a full-time study load.
Managing anxiety and stress	Talk to a counsellor in student support services.