

# Adjustments and Support for students with ADHD (Attention Deficit Hyperactivity Disorder)

## Support for students diagnosed with ADHD

This document aims to inform you of the support and adjustments that the University can provide, as well as support that should be sourced from other organisations/agencies. To ensure success at university, it is important that you assess and plan for the support you will require, while also communicating your needs to us.

### Automatic/standard adjustments

- Permission to record lectures for your own use subject to the University's [recording policy](#)
- Class handouts will be available at least 48 hours in advance (where possible) for you to download from [Blackboard](#) (the University's Virtual Learning Environment)
- Additional time to respond to oral questions in seminars, tutorials, workshops or meetings and appointments
- Reading lists will be available before the module begins via the University's online reading list system [Talis Aspire](#)
- As much advance notice as possible about group work, presentations or irregular teaching sessions (e.g. field trips or practical sessions which are not a regular feature of the course)
- Clear marking criteria

### Adjustments which may be available on request

We recommend you meet with a Disability Adviser to determine which further adjustments you could qualify for and need. Unless they conflict with course requirements, adjustments in the following areas may be considered where appropriate:

- Field trips, lab practicals or practical sessions. For example, advance notice and discussion of needs, clear written notes on what is involved and expected
- Dissertations. For example, being given feedback or actions in writing
- Vivas. For example, being asked one question at a time and questions re-phrased
- In conjunction with the Disability Advisory Service, help, advice and liaison with compulsory work placement providers regarding your disability-related needs

## From the Disability Advisory Service (DAS)

We can meet with you individually to discuss what support would be helpful to you. We can offer:

- Exam provisions may be agreed by DAS and the Examinations Office where appropriate. These will vary but are likely to include extra time, and may include rest breaks, sitting in a particular location in exam venues (e.g. at the front, away from a window), smaller exam venues or use of a PC and assistive software (where appropriate)
- Advice on applying for the Disabled Students Allowances
- An opportunity to attend our Induction Day in the summer before you arrive. This will offer the chance to meet other new students, give further advice on university life, and the opportunity to meet and discuss your needs individually with a Disability Adviser
- A Social Mentor or orientation buddy to help you integrate into university life. This is normally a 2<sup>nd</sup> or 3<sup>rd</sup>-year undergraduate, who can meet with you during Welcome Week and attend key events or help you to join clubs and societies
- An Academic Mentor to help you with planning your academic work and time management, liaising with the department where necessary. This is usually a post-graduate student
- Liaison with your department, with your consent, to help them understand what you find helpful. When you meet with your Disability Adviser, an Individual Learning Plan (ILP) can be completed
- Access to a Sonocent licence to aid notetaking, where appropriate

## Accommodation

Living in halls can be a great way to meet other students, but different students will have different views on acceptable noise levels, cleanliness and sharing, tolerance and consideration are key to harmonious communal living. You can find more information about individual halls on our [accommodation web pages](#).

If you have specific accommodation needs relating to your disability, please explain these on your application for halls, this will ensure your disability-related needs are considered. For example, you may request a hall close to the centre of campus or a particular type of hall.

- Once you have applied for halls, your application in year 1 will be prioritised if you need to live in halls for a reason related to a disability or medical condition. This does not guarantee you a place, but does give you priority over other students
- An Accommodation Contribution may be payable where you have specific disability-related accommodation needs and these incur an additional cost. Check the [Accommodation Contribution eligibility](#) pages for qualification criteria, the rate of contribution and how to apply

# Additional support to apply for

## Disabled Students Allowances from your funding body

To ensure access and success on your course we recommend you apply for the [Disabled Students Allowances](#) (DSA). Applicants need to have been resident in the UK for 5 years before starting their studies. Successful applicants may be eligible for the following support:

- 1-1 regular support from a Specialist Mentor. Professional support from someone who can help you develop coping strategies for university
- 1-1 Study Skills sessions (often weekly). Personal, tailored support to help with time management, essay writing skills, reading and exam preparation strategies
- Help towards the cost of a laptop computer
- Assistive technology, e.g. a digital voice recorder or specialist software to support notetaking

If you apply for DSA, your student finance authority will give you instructions on how to book a needs assessment, where an independent assessor will discuss your needs with you, determining your individual package of support. Many students with ADHD who apply will receive valuable support.

DSA applications take a few months to process, so we recommend you apply around the Easter before you arrive. Check the [DSA](#) link for more details.

## Non-UK students

If you are an EU or international student, we recommend you check with your sponsor or student finance authority in advance, as they should be funding additional support needed.

Self-funded students who may need additional support should provide evidence and discuss any needs in advance with the [Disability Advisory Service](#). A Disability Adviser will assess your needs and discuss with you how these can be addressed. It is important to note that adjustments beyond the 'automatic/standard adjustments' listed above can take some time to put in place, so early conversation with the Disability Advisory Service is essential.

## Support from other University services

As a student at The University of Reading, you will also have access to the following support services and facilities during your studies:

- [Welfare Team](#) to help you with any personal difficulties during your time at University
- [Support Centre](#) - the first port of call for any queries regarding your studies
- [Library Support](#) - both online, and via Academic Liaison Librarians

- [Students Union](#) provide a range of services including advice and student activities
- [Student Financial Support](#) for help with budgeting and unexpected financial hardship
- [Life Tools workshops](#) to ease your transition into university and enhance your university experience

## Things to do now

1. Apply for [Disabled Students Allowances](#) (DSA) if you are a UK student. Speak to your sponsor or student finance authority to see what support is available if you are an international student.
2. If you take medication, discuss how to ensure continuity of your prescriptions with both your local team, (this will be the team that provide your medication reviews) and The University Medical Practice - 0118 378 4551 (or other Reading-based medical practice of your choice).
3. When we write to you (usually the June before you arrive), please complete our online registration form and upload your diagnostic report of ADHD. Support is subject to the provision of satisfactory medical evidence. Please provide this in good time to ensure your adjustments are in place for the beginning of term and allow additional time if you need to get your assessment translated.

**Please note:** Unexpected changes to services may be necessary due to the challenges of the Coronavirus and the need to reduce risks to students and staff. However, the Disability Advisory Service will always continue to deliver key services remotely where possible.