

## Distance Learning Students' Newsletter 2020

### What is the Student Disability Service (SDS)?

The aim of the service is to assist students with disabilities to access appropriate support so that they can take full advantage of the university experience.

The service supports over 3000 students, including those with:

- specific learning difficulties such as dyslexia
- AD/HD
- mental health challenges
- sensory impairment
- mobility impairment
- autism spectrum conditions
- long term health conditions

Support offered includes:

- liaising with academic departments;
- arranging examination accommodations and other reasonable adjustments;
- loan of specialist equipment.

For more information about accessing support at the University if you have a disability, please visit our website: [Student Disability Service](#)

### Contacting SDS

Typically, we will communicate with you via email.

However, if you feel you need to *talk* to a Disability Advisor, online appointments can be arranged by emailing:

[disability@contacts.bham.ac.uk](mailto:disability@contacts.bham.ac.uk)

### Access arrangements for examinations

If you think you are entitled to extra time or other reasonable adjustments in exams you **need to** contact SDS. A Disability Advisor will discuss your needs with you and inform the relevant parties accordingly.

Further information, including deadlines for requesting exam accommodations, is provided by the **Examinations Office**, via: [Exam Arrangements](#)

**Please note that alternative exam arrangements may be made by your Department during the COVID 19 pandemic.** Extra time will only apply to traditional timed exams and not to papers completed remotely over 24-48 hours.

### Disabled Students' Allowances (DSAs)

Some distance learning (including part-time) home students may be entitled to DSAs to fund specialist equipment, assistive technology and 1 to 1 support. In order to apply, students must provide evidence that clearly meets the definition of disability in Section 6 of the Equality Act (2010).

Students may wish to discuss the application with a Disability Advisor via email or Zoom.

For more information, see: [Disabled Students' Allowances](#)

## Software for Personal Use

Students can access **Office 365**, which includes Word, Excel, PowerPoint, OneNote and Lync. In addition to PC and Mac, this is also available on Android, iOS and Windows Phone, enabling Office content viewing and editing on the go. See: [Office 365](#)

Other free software, including RefWorks, Mind Manager, MATLAB and SPSS can be found at: [My Software](#)

## Assistive Technology

Diversity and Ability (DNA) have compiled a list of assistive technology, including **open source (free) assistive software**. See: [DnA Resources](#) for more information.

## Wellbeing Support

The **Mental Health and Wellbeing Service** offers a wide range support. For information, see: [Your Wellbeing](#)

In collaboration with Forward Thinking Birmingham, we provide professional mental health support for students up to the age of 25. For details of remote support, see [PAUSE Mental Health Support during COVID 19](#)

We also work in partnership with Kooth to provide online support for individuals in Birmingham aged up to 25 years. See [Kooth online mental wellbeing community](#) to determine your preferred way of engaging with them.

Our [Self-help Apps](#) can help you manage anxiety and stress during these uncertain times.

Please speak to your GP about appropriate local support.

## School-based Support

Each School has its own Wellbeing Officer(s) who can provide support remotely if you have problems that could affect your academic work. To find your Wellbeing Officer(s), see: [Find your Wellbeing Officer\(s\)](#)

## Students with ASCs

Information and coping tips for students with autism can be found at:

[Practical Tips During COVID 19](#) and [Autistica Resources](#)

## Library Services

All UoB libraries and learning centres can offer support to disabled students. See: [Library Services Accessibility](#) for details.

For library services offered to Distance Learners, including the use of other libraries, catalogues and databases, see: [Library Services for Distance and Part-Time Learners](#)

## Subject Support

A range of resources for your discipline can be found at: [Library Subject Support](#)

See also: [Academic Skills Resources](#)

The **Graduate School** provides a range of **online skill development workshops** for students on **Post Graduate Research** programmes, including study skills. See: [PGR Skills Development](#)

## The Guild of Students

The Guild offers advice on a range of aspects relating to student life, including academic and financial matters. See: [Guild Advice](#)