Support from the Disability Resource Centre

Non-medical Help
What is non-medical help?

• Mentoring
• Specialist 1:1 Study Skills
• Notetaking
• Practical support
• Library support
• Exam Support
What is Mentoring?

• A partnership between two people that focuses on helping the mentee to realise their full potential and achieve their goals
Topics Covered by Mentoring

• Managing your academic workload
• Making friends and socialising
• Time management and organisation
• Work/life balance
• Coping with anxiety
• Signposting to other sources of support
• Goal setting and reviewing progress
Specialist 1:1 Study Skills

• Manage your studies more efficiently
• Learn more effectively
• Understand your preferred learning style
• Identify your strengths as well as your areas of challenge
• Introduce new strategies for learning
Topics covered in Study Skills sessions

- Time management and organisational skills
- Reading academic texts
- Notetaking from texts
- Mind mapping and planning techniques
- Structuring and expressing ideas in writing
- Spelling, punctuation and grammar
- Effective revisions techniques
- Making effective use of exam access arrangements
Meeting with your Mentor or Study Skills Tutor

• Mentoring usually takes place in cafes, Study Skills sessions at the Disability Resource Centre
• Sessions usually last one hour, but it can vary
• You decide when and how often sessions take place
• The first meeting is an opportunity to discuss what you’d like to get out having of Mentoring or Study Skills
• What you say in sessions remains confidential
How can you access Non-medical Help?

• Speak to your Disability Adviser
• The DRC will match you to a suitable non-medical helper
• You will receive a matching email telling you who your non-medical helper is
• Your non-medical helper will contact you to introduce themselves if they don’t hear from you to arrange a first meeting
Final Thoughts…

• “My mentor has always been incredibly helpful and eager to support me in any way possible. She is someone at Cambridge who I feel very comfortable talking to about any problems.”

• “Having a mentor was something I have found extremely helpful throughout the year. As well as the specialist study skills sessions that were tailored to my difficulties.”

• “My study skills tutor has been extremely helpful, she is encouraging and clear without being patronising.”