Accessibility & Disability Resource Centre Newsletter: April 2023

Dear Students,

Welcome back for Easter Term!

Please do not hesitate to contact us if you have any questions or concerns about your access arrangements.

Or, if you have not yet done so, you can outline your requirements by completing our Student Information Form

This newsletter contains numerous items that may be of interest to you, starting with information on the courses and workshops that the University Counselling Service is running this term.

Please be aware that information and access to a range of support can be found on the University’s Student Support website.

Best wishes,

The ADRC Team disability@admin.cam.ac.uk

The main entrance to the Student Services Centre, where the ADRC is based.
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Update from the University Counselling Service

The University Counselling Service have a wide range of groups and workshops running over the course of Easter Term, some in-person and others online. They are open to all students, except for two workshops for postgraduate students: How to get the best out of your supervisory relationship and Time well spent.

We are running two exam preparation workshops this term. The first is an in-person workshop, on Tuesday 2 May 2.00–3.00pm. The second is online (via Zoom) on Wednesday 10 May, 11.00–12.30pm.

We also offer individual counselling to students who are experiencing personal, relational or academic concerns.

Update from the Student Advice Service

With exam term underway, it’s really important to take care of yourself and know where you can access support if you need it. The Student Advice Service has produced some great resources. These guides cover preparing for exams, what to do if anything goes wrong before or during an exam, and some tips for looking after yourself during Easter Term.

If you would like further advice and support, please contact our team of advisors who can talk through issues you are facing in any part of student life, support
you in navigating University and College processes and procedures, signpost to welfare support, and more.

In our Guide to getting through exams, we talk about the ‘Five ways to wellbeing’ to help you consider different ways you could take breaks during the exam period.

Disabled students who haven't already applied for exam arrangements and need to do so, can find information in the guide about the process, who to contact and what may be needed for an application, as well as links to further information.

Update from the Libraries Accessibility Service

Do you recognise any of these issues when using library resources?

- I need an electronic book, but the library only has physical copies
- Some eBooks don’t work well with my assistive technology
- I struggle when I can’t download electronic books
- I’d like to know more about copyright exception for disabled people

If any of this sounds familiar, please come along to one of two online training sessions (MS Teams) delivered by the Libraries Accessibility Service during Easter term: Thursday 4 May 1.30pm – 3.00pm or Friday 5 May 10.30am – 12.00pm

The training will focus on electronic and audio resources available to all students, as well as adjustments for disabled students at any level of study.

There’s no need to sign up in advance – just note the date, time and Teams link above for the session you want to attend. If you have any questions or would like to have the slides beforehand, please contact disability@lib.cam.ac.uk

(Please note that these sessions are a repeat of sessions we ran in Lent Term).
Two day writing retreat for neurodiverse postgraduate students

The Cambridge Centre for Teaching and Learning is running a two-day writing retreat at the Student Services Centre on 13 and 14 April.

It is designed to offer structured sessions of academic writing for PhD students, as well as help and advice on handling PhD study. There is no cost, and you’ll get the chance to work in a supportive environment, and discuss strategies for good working practices that accommodate neurodivergence.

Tea, coffee and snacks will be provided, though you will need to bring your own lunch. A schedule for the two days will be circulated to registrants at least a week before the event. Information and registration details can be found on Inkpath (you will need to register with Inkpath first).

Participants needed for a mental health survey of autistic and non-autistic university undergraduates

We are inviting university undergraduates with and without autism to take part in a survey about their mental health.

Taking part involves completing an online survey, which will take up to 60 minutes. We would like volunteers to complete our survey, and to then complete it again after 6-months later. Taking part in the survey is confidential.

If you would like more information, please contact principal researcher:

Hatice Gundeslioglu (Hatice.Gundeslioglu@warwick.ac.uk) – University of Warwick
Dyslexia study: participants needed! (time reimbursed)

We are looking for native English-speakers, 18 – 40 years, with a diagnosis of developmental dyslexia to take part in studies being run at the Centre for Neuroscience in Education, Department of Psychology, Downing Site.

Our studies pay £10 an hour! We are looking at how people with dyslexia perceive speech and also rhythmic sounds.

As a participant you will be asked to listen to a range of speech (e.g. stories, phrases) and other sounds (e.g. repeated syllables) and in some tasks to make judgements about what you hear. In addition, you will be asked to complete some reading, spelling and general cognitive tasks.

The study will take about 2.5 hours at the Centre for Neuroscience in Education, Craik Marshall building, Downing Site. You will be paid at least £25 for your participation.

For more information, or to volunteer, please contact: Mahmoud Keshavarzi mk919@cam.ac.uk

Thank you for reading our newsletter. Please let us know if you have any feedback or suggestions: disability@admin.cam.ac.uk

Please note: The ADRC newsletter contains content which has been sent to us from other parts of the University and also external contacts. Inclusion within the newsletter does not necessarily imply a recommendation from the ADRC or responsibility for the content. If you do not want to receive general information emails - such as this one - from us, please respond to this email with your request.