

# Disability Resource Centre

## Specialist 1:1 Study Skills Support: Quick Guide

### What is specialist 1:1 study skills support?

Specialist 1:1 study skills support may help you to manage your course of study more efficiently and to learn more effectively.

A specialist 1:1 study skills support tutor can help you to:

- Understand your individual learning style
- Understand your strengths as well as your areas of challenge
- Refine the range of compensatory strategies you have already developed
- Introduce you to new strategies
- Develop efficient modes of study

Your support will take into account your individual needs as well as your preferred learning style.

### How can specialist 1:1 study skills support help me?

The content of the 1:1 sessions will depend upon the areas you wish to target and can cover a range of underpinning skills, such as:

- Time managements and organisational skills
- Efficient strategies for reading academic texts
- Note taking from texts
- Techniques for taking notes in lectures and using handouts
- Mind mapping & planning techniques
- Organising, ordering, structuring & expressing your ideas in written assignments
- Spelling, grammar, punctuation skills
- Proof reading skills
- How to store and retrieve information effectively
- How to use I.T and software to assist your learning
- Developing listening skills and ways of sustaining concentration
- Effective revision methods
- How to analyse the working of exam questions
- How to make effective use of additional time and other exam access arrangements

You decide the areas that you wish to address and how often you wish to attend.



## What is not covered in the specialist 1:1 study skills support sessions?

The specialist 1:1 study skills support **is not**:

- A proofreading service
- Extra subject specific tuition for your course,
- A counselling service

If you require any of these services, please contact your Disability Adviser at the Disability Resource Centre (DRC) for advice.

## Who pays for the sessions?

Specialist 1:1 study skills support sessions are usually paid for by either:

- The University's Reasonable Adjustment Fund
- The International Disabled Students' Fund (for international students).
- A University Disabled Students' Bursary Fund award

For further advice on funding, contact the Disability Resource Centre.

## How do I book an appointment?

To book an appointment for specialist 1:1 study skills support please:

- Contact the Disability Resource Centre on [disability@admin.cam.ac.uk](mailto:disability@admin.cam.ac.uk) or by phone on 01223 332301.
- Advise us of the days of the week that you would be available, so that we can match your availability with that of one of our tutors.

You will then be provided with the e-mail contact of one of our tutors so you can correspond with the tutor direct to arrange a meeting.

## Useful contacts:

- For more information about specialist 1:1 study skills support, please contact your Disability Adviser, Helen Duncan ([hd286@cam.ac.uk](mailto:hd286@cam.ac.uk)) or Ken Ewing ([kre25@admin.cam.ac.uk](mailto:kre25@admin.cam.ac.uk)), or call 01223 332301.
- You can contact the DRC on: [disability@admin.cam.ac.uk](mailto:disability@admin.cam.ac.uk) or by phone on 01223 332301.

