

Diversity, Disability and Inclusion

Support For Your Study

Presented by: Student Advisors

Acknowledgement of Country

The University of Queensland (UQ) acknowledges the Traditional Owners and their custodianship of the lands on which we meet.

We pay our respects to their Ancestors and their descendants, who continue cultural and spiritual connections to Country.

We recognise their valuable contributions to Australian and global society.



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Introduction

Studying at uni can be an exciting time, though it's possible to experience barriers to doing well with your studies. Knowing who to go to for support can help keep you on track.

The Student Advice Team can provide referrals and assistance to students who have a condition, experiencing exceptional circumstances, and for those with significant responsibilities caring for a person with a condition, that impacts on their study.



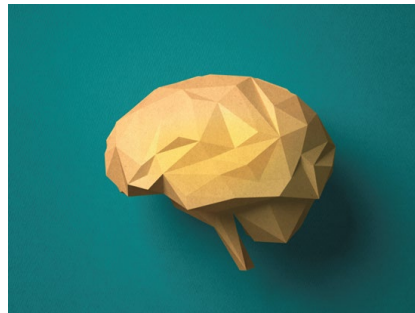
What is 'disability'?

- The definition of disability is very broad; UQ policy on supporting students with a disability is guided by the *Disability Discrimination Act 1992*.
- The simplest way to think about disability is- a physical, mental or intellectual diagnosed challenge that impacts on functioning.
- A disability can be visible or invisible. For this reason, it can be difficult to know just by looking at someone if they have a disability.
- In Australia, about 1 in 6 people have a disability.
- Not everyone will identify with 'disability', it can more about thinking about the impact a condition is having on functioning.
- Sometimes only certain activities will be impacted (for example, just study).



What is mental health?

- Mental health refers to the way our thoughts, emotions and behaviour impact our wellbeing.
- Every now and then, our mental health may impact on our ability to function.
- Almost 1 in 2 Australians have experienced a mental health condition at some time during their lifetime, and younger Australians (16-34 years) are more likely to experience higher levels of psychological distress*
- About 70% of students we support is due to the impact of mental health conditions



[*https://www.aihw.gov.au/reports/australias-health/mental-health](https://www.aihw.gov.au/reports/australias-health/mental-health)

[*https://www.abs.gov.au/articles/first-insights-national-study-mental-health-and-wellbeing-2020-21](https://www.abs.gov.au/articles/first-insights-national-study-mental-health-and-wellbeing-2020-21)

Challenging Stigmas

I get anxious - we all do! It's just a normal part of life. Why do people with anxiety need special adjustments?

Anxiety is a normal experience. In fact, it can help us through certain situations. So at some point in our lives, we will all experience anxiety. The challenge is when it impacts on a person's ability to function over time, it becomes disabling. The person may then be diagnosed with anxiety and may need treatment.

They work, too. They can't be that bad...

Some conditions do impact people all the time and this can mean reduced functioning all or most of the time. There are, however, some conditions that fluctuate or are more problematic in certain situations.

They look fine... there can't be anything wrong with them

We often think of disability as something we can see, but it can be 'invisible'. Invisible disabilities can include Dyslexia, Low Vision, PTSD, Lupus, Autism Spectrum Disorder and Acquired Brain Injury, amongst others.

How will they be able to do their job if they need help with study?

Over the past few years, there have been a number of changes to the way we work and support provided in the workplace. A lot of the time, we may not be aware of the range of supports available for people with a disability. It is also important to recognise the differences in a learning environment and the workplace. A learning environment is where students are being assessed on new information. While the workplace will also offer learning opportunities and new experiences, it is not to the same level as university

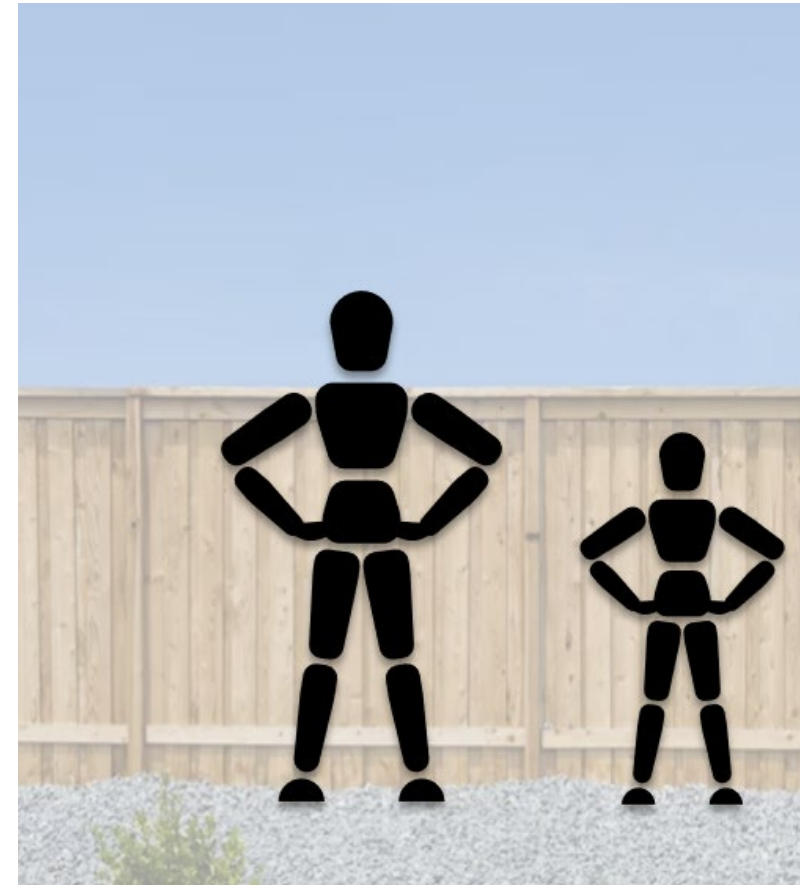
What are some signs support might be beneficial?

- Falling behind and not understanding content / feeling lost
- Becoming selective with attendance and avoiding the classes you struggle the most with or like the least
- Struggling with sleep, cut sleep for study and feeling tired all the time
- Struggling to focus and concentrate
- Become easily annoyed or angered
- Unhealthy habits develop or worsen e.g. rely on energy drinks
- Feel constantly stressed/anxious
- Not submitting assignments
- Procrastination/avoidance behaviours
- Takes longer to process new information



Why do we provide support?

Imagine the goal of the activity is to describe what is on the other side of the fence (for example, a tennis match). Assume both people understand the rule of the game, what does person B need to do to commentate the match?

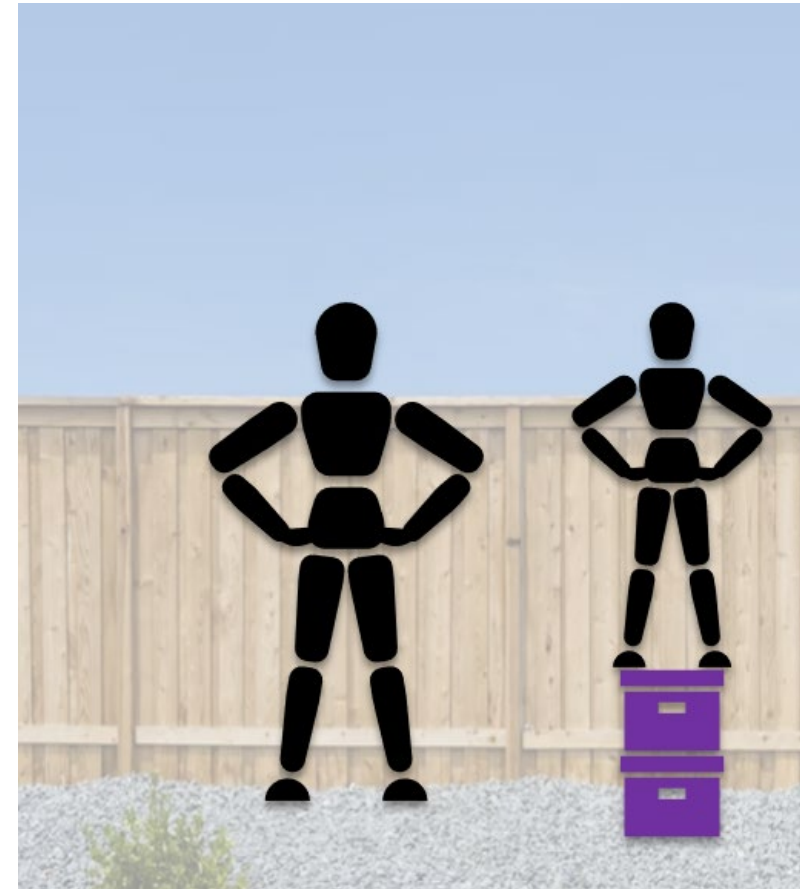


Why do we provide support?

By putting in adjustments, person B is able to participate on an equitable level- they are now better supported to participate in the same activity.

It is important to remember-

- Adjustments do not give anyone an advantage
- Key learning/assessment objectives have to be met
- Safety needs to be maintained



Who can access support?

Students who have the following conditions can explore supports-

- Physical
- Sensory
- Mental health
- Neurological
- Chronic health conditions
- Temporary injury (for example, broken arm)
- Individuals undertaking a carer's role (i.e. caring for an individual with a significant physical or mental health condition)
- Students part of the Defence Force or Elite Athlete Program

Still not sure if you're eligible? We offer same day appointments to for you to have a chat with one of the team.

Supporting documentation is needed to have adjustments put in place.

What support do we provide?

Student Access Plan- adjustments for learning activities and course work assessment (not exams). These can also be put in place for placements.

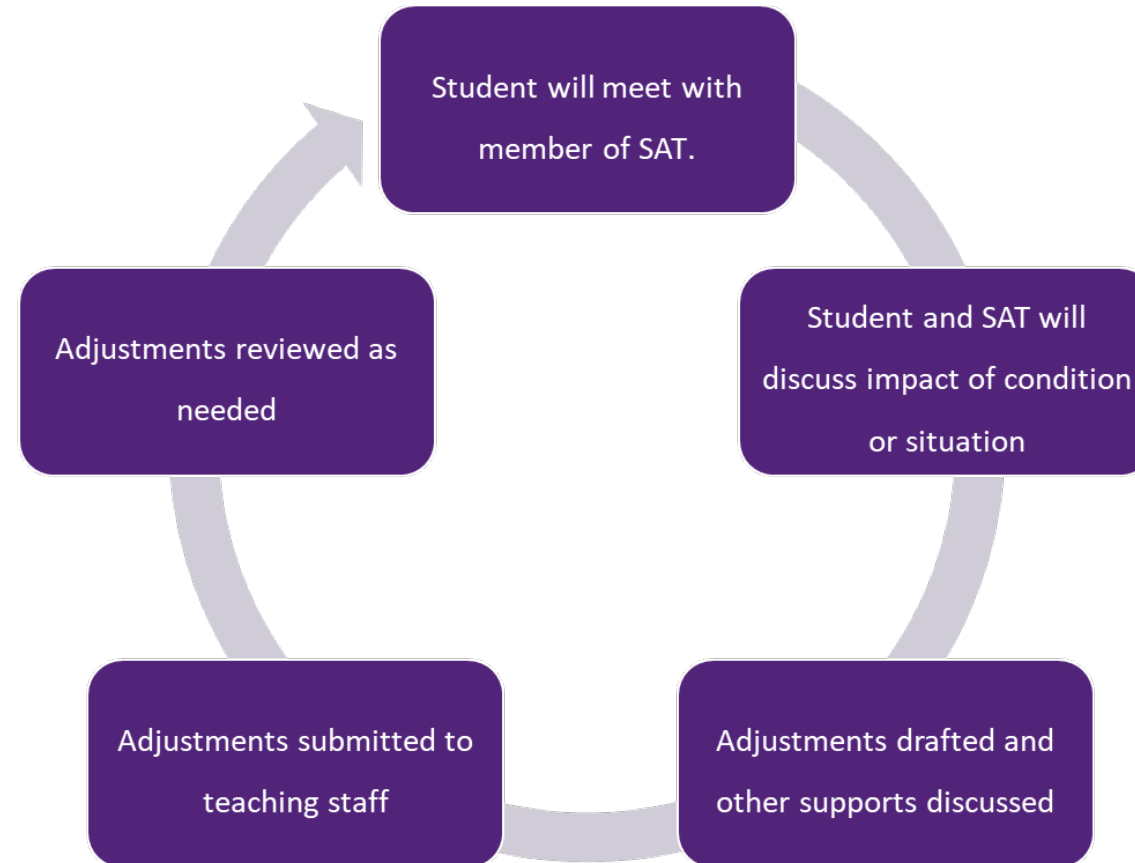
Exam Adjustments- adjustments for exams could include extra working time and breaks

Assistive Technology (AT) Rooms- where specific software or hardware needs to be used, the SAT can provide access to specialist rooms in the Library

Scooters- can be offered to loan for on campus use for long term or short term periods of time

Other supports include- support with access on campus, accessible learning materials, specialist equipment loans, liaising with academic/teaching staff, timetabling support

Process for accessing support



Confidentiality and disclosure

You are not required to disclose to the university, or to any individual or institution if you have a disability. If you do disclose that you have a disability or condition, it is still your decision as to how this is shared and to whom.

While you will need to disclose the condition to the Adviser in order to access support, you may opt not to disclose to teaching staff. And, teaching staff do not have access to your supporting documentation.

Also, the support you receive does not go on your record once you graduate.

Additional supports

Student Services

Counselling:

- free counselling.
- Students can access up to 10 sessions a year.
- no referral or diagnosis needed.

Learning Advisers:

- provide free one-on-one advice on assignment writing (breaking down tasks, starting assignment, understanding tasks- not proof reading)
- exam preparation/exam strategies
- delegating appropriate time to each course/assessment
- note taking, time and study management.

Additional supports

UQ Union

UQ Union Student Advocacy and Support (SAS):

- are a free, independent, short term support service for all UQ students.
- they can provide assistance with appealing decisions made by the university, withdrawing after census dates, Centrelink information and legal advice.

UQ Union Disability Collective:

- The UQU Disability Collective is a group for UQ students who experience disability, chronic illness, mental illness, neurodiversity and/or are Deaf.

Additional supports

Other UQ Supports

UQ Security:

- If you have a condition that requires specific medical care/ support in the event of an emergency, it's recommended you register a medical plan with UQ Emergency Services in order for them to be aware of your unique needs.

UQ Library:

- The Library has a dedicated team ready to support students with equipment, software and space to enable accessible and inclusive learning.

UQ Health Clinic:

- Students can access GPs, nurses, allied health and specialists.

Appointments with the Student Advice Team

We offer same-day appointments, where students can turn up to Student Central and be placed in the queue to see a Student Advisor.

Alternatively, students can book 50min appointments with a Principal Student Advisor- usually booked in advance.



Students can access support through the following-



Online: <https://my.uq.edu.au/contact/student-central#support>
Google “UQ Student Central”



Phone: 07 3365 1704



Email: student.services@uq.edu.au



Located: Student Central, Building 42, St Lucia.
NW Briton Administration Building, Building 8101, Gatton

Services are Free and Confidential



Thank you