

Starting University Guidance

Once you have received confirmation of your placement, you should contact the university wellbeing team who will arrange assessment meeting. Following this they may draw up an Individual Student Support Agreement (ISSA).

ISSA's may include reasonable adjustments such as:

- Lecture recordings
- Access to slides before classes
- Note-taking assistance
- Alternative participation methods
- Additional academic mentoring
- They will provide further detail on Disability Student Allowance.

Around exams, you may be given access to:

- Extra time
- Rest breaks
- Smaller or quieter exam rooms
- Use of assistive technology.

In addition, the wellbeing team/service may be able to support with some of the below:

- Wellbeing advisers
- Peer support programmes
- Mental health workshops
- Counselling services.

Universities may run early access and familiarisation events for autistic students.

- Early move-in programmes
- Quieter campus tours
- Autism-specific transition events
- Disability service introductions
- Quiet hours at fresher's fair.

It is an individual decision if you would like to attend these.

Practical Checklist - Before term starts:

- Visit campus or attend transition events.
- Identify a support person i.e. family member/friend etc.
- Ensure you have access to your timetable and all the necessary stationery and equipment for your first the day.
- Visit campus to ensure you know where you have to go and/or attend transition events.
- Set up a calendar and planning system.
- Make yourself aware of quiet study and sensory-friendly spaces should you wish to avail of these.
- Identify societies or groups that you may want to try.