

# Brain Injury

## Beginning study

Depending on the nature and severity of your brain injury, some aspects of study may be challenging for you. It is important to consider giving staff clear information about your learning needs so staff are in the best position to work with you on achieving your goals.

Does your brain injury impact on your study in any of the following ways?

- sustaining concentration and focus
- learning and memory capacity
- speed of processing information
- problem solving and reasoning skills
- understanding language and speaking
- participating in class activities and mixing with other students
- maintaining regular attendance in class
- maintaining motivation and confidence
- sustaining energy and wellbeing
- completing your work on time
- managing your study load
- handling time pressures and multiple tasks
- managing stress
- fatigue

Disability Services staff will work with you to find strategies and supports to help you have a positive study experience. Staff will be respectful and supportive as they talk with you and find approaches that will help you to be a successful student. Staff respect your privacy and will discuss with you what information about your needs can be shared with the teaching staff in your courses.

## Suggestions for successful learning and study

### Before your studies start

- Get advice about the study load expected for particular courses and to help you make a decision about a reasonable study load. You may want to consider part time study at first.
- If you have a preferred time of day for better concentration, see if you can schedule classes to match your time preferences.
- If you have limited energy, schedule breaks between classes.
- If the demands of full time study do not work for you, but you want to have access to StudyLink loans and allowances, ask for information about the limited full-time study option.
- Disability Services can assist you to provide tutors with appropriate information about your needs and about arrangements that may need to be put in place.

### Managing your study

- Work within your energy and avoid information overload. Take breaks; rest or exercise before, between or after classes; use relaxation exercises.
- Work on planning, organisation and time management skills so you are well prepared for assessments and do not become overloaded. Set small attainable goals to help yourself keep on track. Break tasks into manageable steps. Disability Services may be able to assist you with this.
- Learning Services can help you develop planning and study strategies. Learning Services can also assist you with developing effective learning and memory techniques.

### Reading

- Be selective in your reading. Find out from your tutor what is the most important article, chapter or book in your required course reading and read that first.
- Make an appointment with Learning Services to learn about effective reading strategies such as highlighting, skimming and scanning so you can make the best use of your reading time.
- Use Read and Write Gold software (on Ara computers) to read your online documents aloud to you. Ask Disability Services for more information.

### Writing

- Make an appointment at Learning Services to get help with skills such as planning and writing your assignment, essay and report writing and notetaking skills.
- When powerpoint hand-outs are available on Moodle, print these out before class: read through them before you go to class and use them to help you take effective notes in class.
- Find out about strategies or supports for notetaking in class so you do not miss class content if you are having concentration lapses. Discuss your notetaking needs with Disability Services staff; for instance, you may be able to borrow a recording device to use in class.
- You may be eligible for specific exam arrangements such as extra time, a separate room or reader/writer support.

**Phone: 940 8089 email: [disability@ara.ac.nz](mailto:disability@ara.ac.nz)**

### ***For more information:***

Brain Injury New Zealand [http://www.brain-injury.org.nz/2\\_What\\_is\\_Brain\\_Injury.pdf](http://www.brain-injury.org.nz/2_What_is_Brain_Injury.pdf)

Study strategies: [http://services.unimelb.edu.au/disability/resources/towards\\_success/acquired\\_brain\\_injury](http://services.unimelb.edu.au/disability/resources/towards_success/acquired_brain_injury)