

Medical Conditions

Beginning study

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

Do your health concerns impact on your study in any of the following ways?

- sustaining concentration and focus
- learning and memory capacity
- 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
- mobility
- pain

Disability Services staff can work with you to find strategies and supports that will assist you to have a positive study experience and to be a successful student. We respect your privacy and we will discuss with you what information about your needs can be shared with the teaching staff in your courses.

See next page for study suggestions

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.
- Before classes start, we can show you your classrooms; you may want to find a place to sit that will feel comfortable for you. For instance: you may choose a seat at the end of a row so you can leave easily. Go to class early so you can claim your preferred seat.
- 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.
- 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.
- 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.
- Make an appointment at Learning Services to get help with skills such as learning and memory strategies, planning and writing your assignment, essay and report writing and notetaking skills.
- You may be eligible for specific exam arrangements such as extra time, a separate room or reader/writer support.
- Study can make stressful demands on students at times. Do not neglect your care plan. Seek professional help early if your health deteriorates.
- Keep academic staff or Disability Services staff informed if you are absent from class or having difficulties. Ara staff are committed to supporting you to successfully complete your courses.

Contact Disability Services

Phone: 940 8089 email: disability@ara.ac.nz

For more information:

Study strategies:

http://services.unimelb.edu.au/disability/resources/towards_success/chronicongoing_medical_conditions