

# Tips for UCD Students - Significant Ongoing Illness

Managing third level effectively with any disability involves using support services and tools available. It is also very important that each student **takes responsibility for their own academic career at UCD**.

The aim of UCD Access & Lifelong Learning (ALL) is to empower all students receiving Disability Support to **become independent learners** so they can develop the skills expected of successful graduates entering the workplace. The following guidelines are designed to support students in achieving that goal.

## Communication

- UCD encourages any student with a significant ongoing illness to **communicate with UCD ALL** so you can receive the necessary support to manage your student role.
- You will be required to provide appropriate **Evidence of Disability** and attend a **Needs Assessment**, where the appropriate classroom and exam accommodations will be discussed.
- After completing the Needs Assessment, you will be provided with a **Certificate of Disability Support** which outlines the supports you are availing of in UCD. You are encouraged to send this **Certificate to your module coordinators/lecturers** to inform them about necessary in-class support and to request exam support for end-of-trimester exams, in-class tests or locally arranged exams.
- If applicable, you have the option to put '**Diabetes Awareness**'/ '**Cystic Fibrosis Awareness**' / '**Epilepsy Awareness**' on your certificate as a way of disclosing to module coordinators/lecturers if you would find this helpful. There is also the option to put '**Fatigue Awareness**' down on your certificate, as fatigue (due to a disability or medication) can pose difficulties for concentration and/ or managing tasks and assignments.

## Exam Support

- The **support available for end-of-trimester exams** will be discussed during the Needs Assessment. For in-class tests and local exams, you must request your exam support from **module coordinators/lecturers** directly.
- The support is based on **national guidelines**. Hence, certain support may not be appropriate for everyone with a significant ongoing illness. Examples of exam support include:

10 minutes extra  
time per hour

Alternate exam  
location

## Assistive Technology

- Assistive Technology is software and/or devices which can help students manage their day-to-day tasks in UCD. Assistive Technology is usually discussed at the Needs Assessment.

### Example of Assistive Technology

Technology	Description
<b>Recording Tools</b>	Specialised computer software which allows you to take notes and record audio in the same place. You can use colour code material and upload PowerPoint slides.
<b>Voice Recognition / Dictation Software</b>	Software can be used to dictate essays or assignments. As you speak, text appears on the screen. This can also be used with a handheld Dictaphone. Dictation features can be found in both <a href="#">Google Docs</a> and <a href="#">Microsoft Word</a> .
<b>Download Notes in an Alternative Format</b>	You may wish to study your notes using an alternative format (e.g. PDF, audio file, HTML etc). You can download files from Brightspace in an alternative format using <a href="#">Brightspace Ally</a> . You can also convert files into an alternative format using <a href="#">SensusAccess</a> .

## ‘ALL Student Supports’ Brightspace Module

- UCD ALL hosts a range of resources on the Brightspace module called ‘**ALL Student Supports**’. This module is available to all UCD Students. Resources include **interactive academic skills & wellbeing workshops** as well as **resources for managing online learning**.
- UCD ALL hosts in person **Academic Skills & Wellbeing workshops** to help students learn the necessary skills to succeed in UCD.
- Examples of workshop topics include notetaking, stress management, avoiding procrastination, time management, digital skills, group work, mind mapping, writing & researching and self-care.

## Strategies for Managing Fatigue in College

- As you transition into college, you may find it difficult at first to juggle all the demands both within college (e.g. attending lectures, completing readings and assignments, studying for exams, socialising, commuting) and outside of college (e.g. managing self-care, managing family demands, managing other life commitments). It is important to pace yourself and incorporate breaks throughout the day.
- You may find it useful to complete this '[\*\*Balancing the Books: Managing Fatigue in College for Students and Staff\*\*](#)' interactive workbook which allows you to identify how you experience your fatigue, look at what factors contribute to your fatigue, and explore strategies to help manage fatigue in college life.

### Support Services available to all UCD Students

Service	Purpose
<a href="#"><u>Writing Centre</u></a>	Free 1:1 support and workshops for academic writing.
<a href="#"><u>Maths Support Centre</u></a>	Free 1:1 and small group support in Level 0, 1, and 2 Maths modules any programme.
<a href="#"><u>Student Counselling Service</u></a>	Free and confidential service staffed by professionally qualified psychologists and counsellors to help students deal with personal issues affecting happiness, well-being, relationships, capacity to cope or learning.
<a href="#"><u>Programme Office</u></a>	Support for queries relating to your programme.
<a href="#"><u>Student Adviser</u></a>	Support for academic, social, personal or financial issues you may have during your course.

### Useful Online Resources

- [UCD Disability Support](#)
- [Managing College and Life](#)
- [Diabetes Ireland](#)
- [Cystic Fibrosis Ireland](#)
- [Epilepsy Ireland](#)
- [Migraine Ireland](#)
- [Arthritis Ireland](#)
- [Fibrolreland](#)
- [AHEAD](#)

Please contact [disability@ucd.ie](mailto:disability@ucd.ie) at any time if you have questions!