

Guidance for Completing the Disability Support Form

It's helpful to reflect on your experience and specific needs to ensure the responses are thorough, clear, and actionable.

Tips for Writing Responses:

- **Be Specific:** Use clear examples to illustrate your points.
- **Be Honest:** This is your opportunity to advocate for yourself. The more accurate your responses, the better support you can receive.
- **Be Positive:** Frame challenges in a way that tells us how we can make adjustments that can help you succeed.
- **Ask for Support:** If you're unsure how to articulate your needs contact the [Learner Support Helpdesk](#) or email learnersupport@oca.ac.uk for help.

Below are suggestions and guidance for addressing some of the sections:

Share Your Learning Strengths

- **What to Include:** Highlight your skills that help you in a learning situation. This might include specific skills, techniques, or environments where you thrive.
- **Example Ideas:**
 - "I understand information better when it's presented in pictures or videos."
 - "I have good problem-solving skills and enjoy working through challenges to find a solution."
 - "I'm great at managing my time by using tools like digital calendars and to-do lists to stay organised. I'm highly determined - when I set a goal, I do everything I can to follow through and achieve it."

Share Your Learning Challenges

- **What to Include:** Mention things that are difficult for you, be honest but focus on telling us how these challenges affect you and what adjustment will help.
- **Example Ideas:**
 - "I find it hard to concentrate in noisy environments, so I prefer group sessions to be managed so one person talks while everyone else listens."
 - "I struggle with retaining information when it's delivered verbally and benefit from written summaries."
 - "Time management can be difficult for me, so I benefit from clear deadlines from my tutor so I can set myself reminders."

How Your Disability Affects You

- **What to Include:** Explain how your disability impacts your learning and daily activities. Be specific about your challenges and tell us if we can do something to support you.
- **Example Ideas:**
 - "Due to my dyslexia, I need extra time to read and process written instructions."
 - "My anxiety can make it hard to participate in group discussions, so I prefer written contributions when possible."
 - "Due to ADHD, I find time management challenging. I may struggle with procrastination or feel overwhelmed by deadlines. Setting a clear schedule and receiving reminders can help me stay on track and manage tasks more effectively."

Any Adjustments You Might Need for Communication and Feedback

- **What to Include:** Specify the accommodations or adjustments that would help you succeed. Be as practical and precise as possible.
- **Example Ideas:**
 - "I prefer feedback in written form so I can review it at my own pace."
 - "Please provide instructions in both verbal and written formats."
 - "I would benefit from group discussions to make sure I understand new ideas."

Anything Else You'd Like to Share

- **What to Include:** Use this space to address anything not covered by the previous questions. This might include personal goals, preferences, or additional context.
- **Example Ideas:**
 - "I want to combine my life experience with creativity to produce innovative work."
 - "I am open to trying different tools or technologies to help my learning."