

Worksheet 4:

Understanding your study requirements

This worksheet will help you to understand your study requirements. It will also help you to understand how comfortable you are about disclosing your disability to other people.

In addition the worksheet will help you to think about the impact that your disability may have on your studies and to identify services that you may want to access.

1 Question 1

Does your disability have a name?

- YES
- NO

2 Question 2

Is your disability:

- not noticeable
- noticeable
- recurring (keeps coming back)
- temporary
- permanent
- going to get worse
- terminal
- periodic/episodic

Question 3

Identify how your disability will affect your ability to study? For example, you become tired easily and are unable to sit for long periods, or you will require adaptive technology such as screen readers.

Question 4

Identify whether your disability will impact on the course you have chosen to study with regard to the following:

- accessing campus
- accessing print material
- communicating
- field trips
- laboratory work
- practicums
- using the library
- sitting for exams
- taking lecture/tutorial notes
- writing essays
- managing your workload
- using machinery or working with chemicals
- other

Question 5

How will the medicine prescribed for your disability affect your ability to study? For example, does it make you drowsy, bruise easily or become tired?

Question 6

The Disability Discrimination Act refers to *reasonable adjustments* that may be made by institutions to assist students with disabilities.

Think about what adjustments you may need to help you with your study. For example, notetakers, accessible lecture theatres, adjustable benches, extra time for assignments and exams, part time study, adaptive technology, screen readers or alternative exam venues. List these below.

Based on your requirements the Disability Liaison Officer or Student Support Officer at your tertiary institution will draw up an access plan for you.

This plan sets out the study requirements that you will need and authorises their implementation.

The Disability Liaison Officer or Student Support Officer will negotiate with lecturers on your behalf regarding the implementation of the access plan.

Question 7

Mark the disclosure line below to identify how comfortable you are about revealing your disability or study requirement(s).

1 2 3 4 5

I don't care who knows about my disability. I am comfortable talking about it.

No way I'd want anyone to know about my disability. I'm not at all comfortable talking about it.

Question 8

Think about the mark you made on the disclosure line above. When is this likely to be an issue?

- | | |
|--|---|
| <input type="checkbox"/> early on before I start my course | <input type="checkbox"/> when I think of it |
| <input type="checkbox"/> before my first assignment is due | <input type="checkbox"/> when things go wrong |
| <input type="checkbox"/> before my final exams | <input type="checkbox"/> not at all |

Question 9

What experience have you had at disclosing your disability or study requirement(s)?

- I have never told anyone
- I feel uncomfortable telling anyone
- I am never sure what/how much to tell
- it has been unpleasant when I have told people
- I don't think people believe me when I tell them
- people might assume certain things about me if I disclose
- I have had different experiences from those above

Question 10

What effect do you expect telling staff at your tertiary institution about your disability or study requirement(s) will have?

- it should make things easier for me
- it will probably mean that I will fail
- I will get the support I need
- other students won't include me
- lecturers will complain
- people will be more helpful if they know

Discussing disclosure

There are many places that you can go for assistance if you want to talk to someone about disclosing your disability or study requirement(s). For instance:

- Disability Liaison Officers or Student Support Officers
- counsellors
- lecturers or tutors

Below are two very informative publications on disclosure while studying:

- *To tell or not to tell* www.unisa.edu.au/regdisability/to_tell.htm
- *Disclosure: It's a personal decision* <http://pubsites.uws.edu.au/rdlo/disclosure/>