HOW TO PREPARE FOR UNIVERSITY
Expect things to be very different to school

INDEPENDENT
Contact the Disability Service before enrolling to learn what support is available and how to access it.
Even if you feel you will be fine, this is your back-up and someone you can contact should you feel you are not coping.
Just because you had a particular type of support in high school, it does not mean that you will get that at university – find out what is available.
Contact with Disability Services is confidential.

CHALLENGING
Attend everything you can prior to starting. Pre-orientation workshops, library tips and tours, ‘O’ week - it all helps.
Enrol in support options such as mentoring programs. This way you get to know people prior to starting classes.
Ask about academic skills support to help develop a study schedule to keep on track.

RESPONSIBLE
Consider starting your University journey with a small course load to reduce the likelihood of becoming overwhelmed, and to give your self time to adjust to University life.
Assignments tend to be due for courses at a similar time. Rolling extensions is not an option to hand work in late. You need to be disciplined to complete set tasks. Have good time management.
If your condition fluctuates or has items arise that are beyond your control, then Disability Advisors are happy to investigate support in these cases or recommend an extension.
Be prepared, established good habits, create a positive support network.

UNSTRUCTURED
University Students are ‘self-managed learners’. It is your responsibility to let your Lecturer or Disability Adviser know if you are having problems.
Nobody will follow up with you or check in with you to see how you are going, remind you that you have an assignment due, check you are attending or passing. It is up to you to reach out to ask for help or to seek resources.
Adjustment won’t be made to the workload. If you want to study full time, you will have a full time workload (30-40 hours per week). If your condition does not allow full time workload – study part time (15-20 hours per week).
Be realistic; reach out and ask for help, and University will be fun filled years.