NAVIGATING UNIVERSITY WITH DCD

HOT TIP

Universities have dedicated staff who assist students with accessibility and inclusion. They will assist you with an individual access plan that provides teaching staff with understanding the accommodations or modifications you need.

NAVIGATING UNIVERSITY WITH DCD

You can still utilise many of the same tools and strategies at university as you did at high school

Digital tools and assistive technology like speech-to-text and cloud based note taking software (you may be able to access university subscriptions to save money).

Colour coding and highlighting key sections of content can help with recall.

Use a diary or calendar app to keep track of class times and due dates.

Talk to the teaching staff about how you learn best and let them know if you are finding things difficult - they may be able to provide key content in alternative formats or help in other ways.

NAVIGATING UNIVERSITY WITH DCD

HOT TIP

Work with your strengts, build connections with your peers, join a club and try to get involved in uni life.
This will help to build your confidence and make it easier to ask for help when you need it!