



# Advice guide 7: Specialist one-to-one Study Skills Tuition (Mental Health and Autism)

One to one specialist study skills tuition may be available to Teesside University students who have been diagnosed with a Mental health condition or Autism Spectrum Condition.

Sessions are individually tailored to suit a student's specific learning needs, with progress recorded and tracked. The overall aim of specialist study skills tuition is to reduce areas of challenge, and to develop skills and strategies for greater confidence and autonomy.

## Specialist tuition can help with developing:

- Strategies for organisation and time management
- Planning and preparation skills for essays and reports
- Research skills
- Literacy skills for academic/professional writing
- Strategies for revision and exam techniques
- Reading strategies

Specialist study skills **tuition** and support can help students to develop strategies to cope with **academic demands**, produce work to the best of their ability and enhance their **skills for life**.

## How to access Specialist One-to-One Study Skills

A student first needs to apply for funding through Disabled Students Allowances in order to have a Study Needs Assessment. For more information, please see the 'Applying for Disabled Students Allowances' and 'Arranging a Study Needs Assessment' advice guides for instructions. Your Disability Adviser will be able to support you with this application if you require assistance.

The student's funding body will provide an entitlement letter following a Study Needs Assessment which will outline all agreed funding for support.

Under the section 'Non-Medical Helpers', the student can find information about how many hours of tuition they are able to access and who the chosen supplier is.





The student should contact the chosen supplier using the contact details on the entitlement letter to set up their support.

**Please Note:** If you are an apprentice student, international student or studying on an NHS funded course then you may not be eligible for Disabled Students' Allowances funding. This does not mean you are unable to access Specialist study skills tuition and you can instead speak to your disability adviser about how you may be able to access this support.

### **How to access Specialist One-to-One Study Skills with Teesside University**

If the student's entitlement letter states 'Teesside University' as the supplier of Study Skills Tuition, the student should follow the below process in order to access their sessions:

- 1) Email [ts@tees.ac.uk](mailto:ts@tees.ac.uk) to request commencement of their Study Skills Support.
- 2) The student will then be sent a **session request form** to complete.
- 3) The student should complete this and return it to [ts@tees.ac.uk](mailto:ts@tees.ac.uk).
- 4) A Specialist Study Skills Tutor will then be in touch with you to arrange the first session.

### **For more information**

W: <https://www.tees.ac.uk/sections/stud/disability>

E: [studentlife@tees.ac.uk](mailto:studentlife@tees.ac.uk)

T: 01642 342277

