

My Transition Story: Support at
University
Phoebe Grandfield
Year 2 – BSc Sport Coaching



NEIL HENNESSY – CSS DISABILITY SUPPORT CO-ORDINATOR

Neil has helped me by:

- Managing my induction at university for my course and accommodation
- Explaining what I need to do for my course
- Explaining what is expected of me
- Making on-campus facilities accessible
- Helping to manage my TKD training and competitions alongside my Uni work
- Helping me to communicate with my course and other people in the university
- Manage issues with making friends and within accommodation
- Answering any queries or worries I have about my course





MICHOU BURCKETT – DISABILITY ADVISOR

Michou has helped me to:

- Attend the Transition Event
- Understand what support I can access and how it can help me
- Manage any issues with support
- Communicate my needs to my course and other people in the university
- Have regular meetings to talk about how I feel and find solutions to help
- Develop ways of managing my anxiety

SUPPORT WORKERS

LAUREN, AURORA, CHARLOTTE, AND LIZ




My support workers have helped me by:

- Taking notes in lectures so that I can have time to process information
- Going to meetings with me
- Going to lectures with me when I felt too self-conscious to go on my own
- Supporting me when I have shut-downs and can't communicate
- Being a nice person to speak to about anything which is on my mind
- Planning unstructured time so I know what I need to do

STUDY SKILLS – RACHEL MCNAUGHTON

Rachel has helped me to:

- Organise my work
 - Understand assignments and what I need to do
 - Research, plan and structure my work
 - Develop my academic skills
 - Talk about anything I am worried about
 - Develop my confidence and know what I need to do
- 

HOW HAS THE SUPPORT HELPED ME?

The support has helped me to:

- Develop my skills and independence
- Need less help and be more confident
- Manage the demands of my TKD and university work
- Take notes for myself in lectures
- Structure my own time
- Have less shut-down's and know what to do when they happen

Without with support I do not think I would have been able to stay in university