



DISABILITY INFORMATION & SUPPORT

Volume II, Issue 2

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2009: Busy year

What's been happening?

- 1,107 students registered with the university as having a disability
- 617 students requested some form of support from Disability Information & Support
- 1,035 requests for notes from 307 students
- 998 Alternative Arrangements for Final Examinations set up for 238 students
- Held a successful Disability Awareness Week which raised the profile of disability across the campus
- In September a number of staff attended the "Making Inclusive Education Happen" Conference in Wellington, which was a worthwhile experience: Keep an eye on the conference website for some of the papers from the presentations!

2010: Looming fast

What are your plans for next year? If you are thinking about studying at the University of Otago, remember to check out our website:

www.otago.ac.nz/disabilities/support/prospectivestudents.html

Best wishes for the rest of the year and a great summer!

Support for Postgraduate Students



Disability Information and Support (DI&S) puts in place learning support for **all** students with impairments, mental health conditions, injuries, specific learning disabilities, chronic illnesses, or those who are Deaf. Our team has become increasingly aware that postgraduate students often do not realise that we are here to support them too. As a result, we have been working to increase the profile of our office among our community of postgraduate students.

This month we have had a presence at the Postgraduate Information Evenings organised by the Graduate Research Service at the university. We have set up a display at each evening with the objective of providing accessible information about the support we can offer postgraduate students. These evenings have proved to be a great way to reach postgraduate students who might otherwise continue with their studies not realising support is available for them.

Emma Holt is the contact person in the office for postgraduate students. If you would like to discuss learning support options, please contact our reception on 479-8235 to make an appointment.

Remember to also check out the university postgraduate students web page which has a lot of useful resources www.otago.ac.nz/postgraduate and the Postgraduate Scholarships & Awards at:

www.otago.ac.nz/study/scholarships/postgraduate_scholarships.html

Dealing with Exam Stress

With exam time right at our doorstep, the anxiety of dealing with the pressure of exams becomes higher.

How to cope with this? How to avoid the stress and anxiety?

There are a few strategies that can be used to be stress-free; a number of tips are listed here:

- Get sufficient sleep

- Talk about your worries

www.otago.ac.nz/studenthealth/counselling.html

- Make time to exercise

www.unipol.co.nz/

- Eat well

www.healthyfood.co.nz/

- Organize your work habits

<http://hedc.otago.ac.nz/hedc/sld/Study-Guides-and-Resources/Preparing-for-Exams.html>

- Feel good about yourself

For more information, contact our office on 479 8235 or an “Exams Pack” can be picked up at our reception.

Introducing: Helen Ingrams, Administrator

Kim: Before starting work at DI&S, what did you do?

Helen: Lots of things. Trained as a teacher in England before immigrating to New Zealand in 1978. I did a lot of adult teaching and admin jobs and also had my own business for 11 years. When I went back to England recently, I worked in a full-time career for four years.

Kim: Can you describe your role as the Administrator at DI&S for us please?

Helen: I mainly look after the operational tasks in the office and make sure that things run smoothly so that the staff in the office can go on with their work. Three times a year, I'm in charge of exams. I also deal with timesheets for casual staff: note-takers, tutors and supervisors. That is my main contact with students. During lunchtimes, I cover reception.

Kim: So Helen, how long have you lived in New Zealand now, all up?

Helen: 27 years. Well, and I have one son who is 25 years old and lives in Cornwall, England.

Kim: Wow. So what do you do for fun?

Helen: Go to the beach, dance, read good novels, eat chocolate, drink red wine and go shopping.

Kim: That is a good way to wind down after work. Helen, thank you very much for the interview.



Saying Goodbye: Kyla Jasperse, Student Advisor

Hi All,

Just a short note to let you all know that I will be leaving DI&S on the 11th December. Thank you to all of you that

I have had the pleasure of working with over the last four and a half years.

To those students that are graduating, congratulations to those who are carrying on, good luck with your studies.

Kind regards,
Kyla



Websites to check out!

Choosing Your Path. Disclosure: It's a Personal Decision

This resource addresses challenges for people with disabilities, employers and educators relating to disclosure of disability. The website provides substantial information about options and pathways that people with disabilities can use in disclosing their disability in post-secondary education and employment environments.

Weblink: <http://www.uws.edu.au/ndco/disclosure/>

Creating Accessible Teaching and Support (CATS)

Creating Accessible Teaching and Support (CATS) is a web- based information source that provides up- to- date, accurate and comprehensive information about inclusive teaching, learning and assessment strategies, accommodations and support services for people with disabilities.

Weblink: <http://www.adcet.edu.au/Cats/>

1000 Voices: Disability Life Stories Project

Griffith University has undertaken the 1000 Voices: Disability life stories project, and is currently seeking participants.

The aim of the project is to collect and display 1000 life narratives from people with disability from around the world.

With this collection of narratives, Griffith hopes to:

- open eyes and ears to the lived experiences of people with disability;
- to provide opportunities for people with disability to have their own voice in determining how their lives are seen and heard; and
- to make sure that these voices become part of ongoing research, service, and policy development activity in Australia and beyond.

The project will centre on a public interactive website that will display and catalogue a minimum of 1000 life narratives from participants in Australia and participating countries.

These life narratives will be presented in a number of multimedia and textual formats to accommodate our participating narrators' communication abilities and needs.

If you would like to support the project, please contact the Project Director, Professor Lesley Chenoweth via email (l.chenoweth@griffith.edu.au) or Research Fellow, Dr Naomi Sunderland (n.sunderland@griffith.edu.au)

Weblink: www.1000voices.edu.au

Upcoming Events:

- **N G Stewart Scholarship** - Closing date 15 January 2010
www.otago.ac.nz/study/scholarships/undergraduate_scholarships.html#ngstewart
- **Summer School** - 5 January - 18 February 2010
www.otago.ac.nz/courses/summer_school/
- **Course Approval** - Starts Friday 19 February 2010
www.otago.ac.nz/study/enrolment/courseapproval.html

**Do you want to receive
this newsletter
electronically?**

**Do you have any
comments or
contributions?**

Please contact

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Web site: www.otago.ac.nz/disabilities**

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