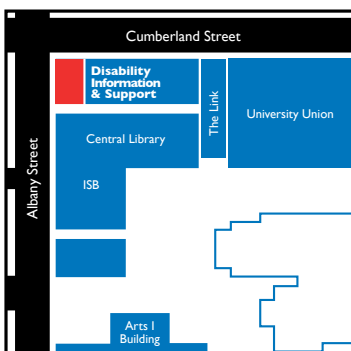


# Imagine

“How wonderful it is that nobody need wait a single moment before starting to improve the world.” Anne Frank  
Disability Information & Support Newsletter: Issue 2 2017



Our physical address is:  
Disability Information & Support  
West Lane  
Information Services Building  
Cnr Cumberland and Albany Streets  
Dunedin

Welcome to 'Imagine', Disability Information and Support's newsletter. This is our final edition of the newsletter for the year and I think you will find it very informative. Our vision is to work in partnership to promote an inclusive environment that celebrates diversity and empowers individuals with impairments to achieve their full potential. You will see many examples of our vision in action throughout this newsletter.

2017 has been another highly successful year for us and to date we have provided 900 students with some form of academic learning support. We have seen a large number of students graduate and feel extremely privileged to have been a small part of their academic journey. In addition to

our everyday role, we have offered a number of introductory New Zealand Sign Language courses for students, staff and members of the community. These have been extremely popular and we hope to run further courses in 2018. As a service, we have also reviewed our processes to ensure we are providing the best possible service we can to meet the ever-changing needs of our student community. We welcome feedback and encourage you to provide this via our website or in person if you are passing.

Finally, as the year draws to a close, we wish you all the very best for the remainder of the academic year.

Melissa Lethaby  
Manager



## IN THIS ISSUE:

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# Graduate Profile



## Jarred Griffiths

Severe deafness caused by meningitis when just 18 months did not stop Jarred Griffiths from gaining a Bachelor of Laws and a Bachelor of Arts in Politics at Otago. With no hearing in his left ear, and declining hearing in his right ear, Jarred quickly tapped into the support offered by Disability Information and Support. "Having a disability and studying did have its challenges – but they were ones which I had learnt to manage throughout school," Jarred explains.

"For example, I found it difficult when information was given orally, such as in lectures, and learnt best by reading content and processing it that way."

"Group learning, discussion-based classes and softly spoken lecturers were difficult for me to engage with. Lecturers who used the Socratic Method and put students 'on the spot' also made me quite nervous because I may have misheard the question."

When it came to studying at University level his first port of call was his Student Advisor at DI&S, Jenny Weeks, who helped him throughout his degree to access the support and advice he needed.

"The services DI&S provide are phenomenal, and are well served by people like Jenny. They are passionate about what they do and truly act to serve the best interests of students.

"I also found most University staff from lecturers, tutors and support staff to be really understanding and helpful.

All that they required me to do was give them a heads up about my hearing impairment, and they would try to accommodate me wherever possible," he says.

"Don't let anything stop you", is Jarred's first advice for anyone with an impairment who is contemplating study at Otago.

"For me, being hearing impaired is just part of who I am – and I've never known differently. I do have difficulties in a lot of situations because of my impairment, but it encourages me to do the best I can, and put in the extra effort so I don't fall behind," he says.

"Being positive and actively engaging with support was also important. For me, those things have given me the ability to achieve highly. To anyone thinking of studying, and who just happens to have an impairment – I say go for it!"

Jarred has now made the transition from study to work, as the Campaign Manager for local MP David Clark and the Dunedin North Labour Party. "I've always been passionate about social justice issues, and I think both the law and government are two ways to advance social justice."

His advice to students preparing to make the study to work transition is to "be honest about your impairment – own it. I've always found that is the best thing to do with people who may be unfamiliar about your background. When I give my colleagues a heads up about my impairment, they take it on board, are incredibly supportive and adapt so that I'm able to engage better. "

# Scholarships

## Important dates

- Alternative Examination Arrangements – applications due 7 September
- Mental Health Awareness Week – 9 – 15 October 2017
- Semester Two Exams – 18 October to 11 November
- Disability Matters: Making the Convention Real conference – 26 to 29 November 2017

## Check out DI&S's website

If you are interested in reading more about the experiences of other students at Otago have a look at the profiles on our website.

[otago.ac.nz/disabilities/index.html](http://otago.ac.nz/disabilities/index.html)

Are you aware that most Departments have a Departmental Disability Contact? If you would like to find out who your Departmental contact is please look on our website.

[otago.ac.nz/disabilities/about/departmental-contacts/index.html](http://otago.ac.nz/disabilities/about/departmental-contacts/index.html)

Our website also provides you with opportunities to provide confidential feedback on our service or website. Please click on the following link to provide feedback.

[otago.ac.nz/disabilities/questions/feedback/index.html](http://otago.ac.nz/disabilities/questions/feedback/index.html)

## Gain the financial support you need to achieve academic success

Fund your study with a scholarship, so that you can focus on what matters. There are in excess of \$15 million worth of scholarships available for students wanting to study at the University of Otago – and for Otago students wishing to study at other institutions around the world.

For example there are:

- Doctoral scholarships
- Master's scholarships
- Undergraduate scholarships
- Entrance scholarships
- External scholarships
- Postgraduate publishing bursaries

Please click on the following link for information about The Graduate Research School and available scholarships.

[otago.ac.nz/graduate-research/scholarships/](http://otago.ac.nz/graduate-research/scholarships/)

## The N G Stewart Scholarship

This scholarship is awarded to a student of the University who has a disability that makes attending university a challenge. The N G Stewart Scholarship was established in 2003 with funds bequeathed by Norman George Stewart (1913-1997) through the Stewart Coombs Trust.

Applicants must:

- Be a New Zealand citizen or permanent resident.
- Have a disability of at least six months or longer.
- Be intending to enrol, or already be enrolled in an undergraduate degree at the University of Otago.

A student who has held the scholarship may apply again for up to a further two years, provided that he or she continues to make satisfactory progress in all respects.

Additional information about this scholarship is available by clicking on the following link.

[otago.ac.nz/study/scholarships/database/otago0146531.html](http://otago.ac.nz/study/scholarships/database/otago0146531.html)



# Hands-On at Otago 2018 Whai Wheako i Ōtākou



## Disability Information and Support Scholarships for Hands-On at Otago

Disability Information and Support (DI&S) Scholarships provide a great opportunity for secondary school students with an impairment or disability to participate in the weeklong Hands-On at Otago programme. Each of the scholarships will cover flights, accommodation, meals and programme activities to a maximum of \$1500.

All successful applicants will travel to Dunedin from **14-19 January 2018**, and experience what it is like to be a student at the University of Otago. These opportunities aim to inspire and motivate secondary school students who have an impairment or disability to develop their passion for learning.

Applications are open to students who will be in year 12 or 13 in 2018, have an impairment, disability, medical condition or long term injury, and have not previously attended Hands-On at Otago.

What do I need to do?

- STEP 1** Download the *Hands-On at Otago Application Form* at: [otago.ac.nz/hands-on-at-otago/registration/index.html](http://otago.ac.nz/hands-on-at-otago/registration/index.html) and fill it in.  
.....
- STEP 2** Download the *Hands-On at Otago Scholarship Application Form* at: [otago.ac.nz/hands-on-at-otago/cost/index.html](http://otago.ac.nz/hands-on-at-otago/cost/index.html) and fill it in.  
.....
- STEP 3** Write an essay of approximately 500 words explaining why you would be a worthy recipient of one of these scholarships and what you would expect to gain from your experience at Hands-On at Otago.  
.....
- STEP 4** Provide a letter of support from a teacher at your school.  
.....

### Applications

Applications for the scholarship must be received by 5pm **Friday 22 September 2017** at the address below.

Don't forget to attach all this information to your application form and send it to:

Sandra Copeland  
Division of Sciences  
University of Otago  
PO Box 56  
Dunedin 9054

or email: [sandra.copeland@otago.ac.nz](mailto:sandra.copeland@otago.ac.nz)

**For further information please contact:**

Disability Information and Support on [disabilities@otago.ac.nz](mailto:disabilities@otago.ac.nz)  
or phone 03 479 8235



# Be. Accessible Breaks Down Boundaries



Nick Svensen



Caitlin Helme

Placing students in organisations and businesses throughout New Zealand is just one of the ways Be. Accessible is seeking to create a truly accessible country.

"Be. Employed [part of the Be. Accessible framework] have placed students in a broad range of organisations and businesses throughout New Zealand, including banks, government agencies, large insurance and pharmaceutical companies through to small and medium size organisations," Relationship Manager Jake Mills explains.

"The Be. Employed team supports both graduates and current students who identify with a disability into meaningful employment opportunities that directly relate to their degree. We kick start careers and showcase a talent pool that has yet to be tapped into."

Nick Svensen is studying Law and Arts at Otago, majoring in Psychology. Over the summer he worked at CCS Disability Action working on disability policy.

"Despite having lived experience with disability, this was my first introduction to the theoretical and political sides, and as such initially much of my time was spent schooling up on long standing, as well as topical discussions going on – obviously key to developing an opinion and voice of your own," says Nick.

"Sam, my boss, was key to this and continually questioned and pushed me to inquire further. However, as is the case with all jobs, the time came to produce as well as absorb. Internal policy was mainly interacting with the community involved with CCS, whether directly or in the form of blogs, radio etc."

Nick was also involved in several external projects, giving of advice to various ministers about topics like education and employment.

"Submitting to a select committee in Wellington was a highlight, as it showed platforms to listen to an array of individuals do actually exist, voices are heard and input is considered. Being election year, the third component of the job was around the campaigns of the various parties, finding out what parties stances are, sometimes with a view to altering them."

Nick says the knowledge and experience gained has been valuable, as has the personal growth. It is an experience he would recommend to others, particularly around helping them realise what they want to do, or perhaps what they don't want to do.

"I wasn't even on the lookout for a job or placement over the summer, and after meeting Jake Mills fortuitously on the way back from the supermarket I thought it sounded interesting but remote. Two months later and I'm buttoning my shirt up to go to work, thrown into a completely new space against which one can assess their personal skills and values. I encourage all to do the same, as they may even like it. I have since continued at CCS part time with studies – perhaps testament to this."

Psychology honours student Caitlin Helme, who endeavours to study postgraduate clinical psychology, had a placement at Otago Youth Wellness Trust.

"I had the opportunity to promote positive wellbeing with a range of young people aged 11-18 with multiple needs, who are unable to easily access mainstream services. I worked



# Raising Awareness of Crohn's

>> continued from previous page

closely with two awesome young people in particular, working on things like independent living skills, personal growth over some barriers identified by their case workers, and academic work related to their alternative education programmes."

Caitlin feels her study complemented the internship and her undergraduate psychology studies provided some knowledge of mental health conditions, different methods of learning, and knowledge of behaviour principles.

"This internship was the first time I was able to put some of my knowledge into action. It was a real confidence boost in being acknowledged that I was actually bringing worthwhile, useful skills to the table, and a perspective different to the diverse skills the other case workers had - who included occupational therapists, nurses, social workers and a psychotherapist.

"I also had the opportunity to meet psychologists from key mental health teams in Dunedin, and have since gone into my postgraduate study 100% confident that clinical psychology is the career I want to pursue."

Caitlin was also lucky enough to attend professional development training with Ruth Gammon (Massey University) and Eric Bruns (University of Washington), who are both clinical psychologists and world leaders in wraparound care.

Looking back at the experience Caitlin describes Be. Accessible as the most supportive, awesome organisation.

"I could never have imagined stepping in to an opportunity such as the one I had without their support, and they were there every step of the way - from developing my CV, finding an internship for me, interview skills, all the way through to on the job support and beyond."

Students can apply for the programme by going to the Be. Employed section on the Be. Accessible website

[beaccessible.org.nz](http://beaccessible.org.nz)

Interested candidates can also contact Jake Mills via email on

[Jake@beaccessible.org.nz](mailto:Jake@beaccessible.org.nz)



Hi I'm James Mestyaneck, a third year BSc student here at Otago University. The prospect of finishing my degree this year has raised many questions about the future, which I am sure many of you are familiar with. The usual toss up seems to be between continuing with postgraduate study, joining the workforce or perhaps travelling. In my case, I have chosen a variant of the latter. I am going to walk the Te Araroa trail (3,000km) in the first half of 2018. What makes this so special for me is the reason I have been in contact with the Disability Information and Support team in the first place - Crohn's disease.

I was diagnosed when I was eleven (nine years ago) and have been in a fairly consistent battle with it ever since. Fortunately for me, I have received great health care and support. This has allowed me to steadily progress back to a healthy life. As a show of appreciation and a way of giving back, I am walking the trail as a fundraiser for the New Zealand Crohn's and Colitis Foundation.

Crohn's disease is a fairly common disease, with nearly 20,000 New Zealanders diagnosed. But due to its "silent" nature (inflammation of the gastrointestinal tract, which produces very little outward signs), a healthy person would often know very little about it. So alongside the money raised I hope to spread awareness about this disease. More information on the nature of the disease can be found on the Crohn's and Colitis Foundation's website.

If you wish to donate, I have a givealittle page: Walking NZ for Crohn's. If you want to ask me questions, feel free to get in contact through my facebook page: Walking NZ for Crohn's

Thanks, all the support is hugely appreciated.

# Parafed Otago

## Hannah's positive ParaFed experiences

Hannah Jopson is one of many students to benefit from the programmes organised by ParaFed Otago. Currently studying for a Bachelor of Arts in History, Hannah says she has mild Cerebral Palsy, the result of bleeds in her brain when she was born three months premature.

Hannah first came into contact with Parafed in 2015, at the end of Year 13. She was then introduced to local sports groups and organisations who support people with disabilities get involved in sport, like the Wheelchair Warriors and Sky Fitness.

"I also attended some sports seminars and try-out days that Parafed organised to showcase sports that people can partake in. Through this I could see what was available for youth with a disability and what I enjoyed. This was really good as in the past I had been very reluctant to do sports," she says.

"This led me to being able to go to the Halberg Jr Disability Games in April of 2016 where I competed. I have just been doing bits and pieces of sports with Parafed ever since. I have had a great experience with them and they work with you to both support and push you to better yourself with sports."

Hannah has also appreciated the support she has received from Disability Information & Support during her academic studies. "I have found them to be super helpful and approachable. This has helped ease my mind with any concerns that I have had during my time at Otago."

Her message for a student with an impairment who is either thinking about attending University or is currently studying is don't be afraid to reach out and make connections with the appropriate programmes. "I know I struggle with asking for help. There is usually someone who will be able to help you so don't be apprehensive about making connections because from my experience someone is always willing to lend a hand and make your study a better and easier experience. "

Hannah's message to lecturers and tutors is to make themselves approachable and make it clear that you are willing to listen to your students concerns. "I don't like a big deal to be made and I prefer to create a mutual understanding that I sometimes have difficulties and go from there."



Participants of the Adam Hall Adaptive Snow Sports Programme.

ParaFed Otago has become a big part of life for many Otago students with disabilities.

Over the last 12 months the organisation has had a shift in priority and is now delivering and supporting a number of sports which cater for individuals with a wide range of physical disabilities.

Highlights include re-establishing the wheelchair sports, and starting up swimming and shooting. ParaFed Otago's efforts and those of the regional sports that they have connected with means there is now a wider range of sports on offer than ever before.

Exciting events planned for this semester include a 3-on-3 Wheelchair Basketball tournament, the Adam Hall Adaptive Snow Sports Weekends, and the Halberg Junior Disability Games.

The 3-on-3 WCBB Tournament took place at the Edgar Centre on Sunday 20 August. This was a full day event where athletes with a disability competed together with able bodied friends. It was the first time this tournament was held in Dunedin, and ParaFed Otago hope to have more like it throughout 2018.

The Adam Hall Adaptive Snow Sports Programme is being held over four weekends at Cardrona and ParaFed Otago supports participants while they go skiing. These are fun, full weekends with lots of laughs. Skiing has a Para Sport Pathway and it is a great way to make lifelong friends.

Lastly, The Halberg Junior Disability Games are being held in Auckland over 6-8 October. This is designed to give young athletes with a disability a chance to be competitive and to try different sports. The age range for those attending is 8-21 years of age.

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For more information about Parafed Otago contact:

Kelsey Howlett | [sdo@parafedotago.co.nz](mailto:sdo@parafedotago.co.nz)

Website | [parafedotago.com/](http://parafedotago.com/)  
.....

# Inaugural Australasian Mental Health and Higher Education Conference

The Inaugural Mental Health and Higher Education Conference was held at the end of June, at James Cook University (JCU), Townsville, North Queensland. The team at JCU responded to the need for academics, support staff and policy makers to come together to learn from each other in order to be more responsive to a growing need to support students who are experiencing challenges with their mental health and well-being.

Student Advisor, Jenny Weeks attended and described the conference as thought provoking, timely and a wonderful opportunity to meet likeminded people involved in a variety of research and support roles.

There were a number of consistent themes throughout the two-day programme, including -

- Student mental health and wellbeing is everyone's business.
- The student voice and participation in the development of services is crucial.
- Young people under access support services and we need to identify and address barriers to access.
- Mindfulness, meditation and other preventative strategies are best learned when students are not in distress.
- Online platforms and apps can be very helpful in managing anxiety, but will not replace face-to-face support services.
- Education and information about mental health is important for ALL students and staff if we are to be responsive to each other at times of distress.
- Peer support programmes work.

Jenny was fortunate to meet with Dr Ben Veness, Keynote speaker and author of *The Wicked Problem of Student Mental Health*. Ben and Jenny discussed the support that is currently in place for students at Otago and future plans. Ben confirmed that Otago is doing very well compared to many Universities he has visited. All tertiary education providers can do more to support students but it is reassuring to know that Otago is on track.

If you or a friend are feeling overwhelmed here are some places you can receive advice and support;

## ON CAMPUS

Student Health and Counselling  
[student-health@otago.ac.nz](mailto:student-health@otago.ac.nz)  
0800 479 821

OUSA Student Support Centre  
[help@ousa.org.nz](mailto:help@ousa.org.nz)  
03 479 5448

Disability Information and Support  
[disabilities@otago.ac.nz](mailto:disabilities@otago.ac.nz)  
03 479 8549

Student Services  
[student.services@otago.ac.nz](mailto:student.services@otago.ac.nz)  
03 479 5752

## OFF CAMPUS

Emergency Psychiatric Services	03 474 0999
Youth Line	0800 376 633
Health Helpline	0800 611 116
Life Line	0800 543 354

## ONLINE

Mental Health Foundation of New Zealand  
[mentalhealth.org.nz/](http://mentalhealth.org.nz/)

Skylight  
[skylight.org.nz/](http://skylight.org.nz/)



# NZSL classes

## New Zealand Sign Language (NZSL) Classes

In recent years people have become increasingly familiar with the sight of New Zealand Sign Language (NZSL) being used at a variety of events. Yet for the Deaf and Hard of Hearing community there is scope for so much more to be done, especially considering NZSL has been an official language since 2006. NZSL teacher Josje Lelijveld is playing her part by teaching this unique form of communication to as many people as possible.

Josje says people are amazed with a language that is completely visual, just using their hands and their specific facial expressions, without the need of sound or spoken words to be able to converse. "Once they reach a conversation level, they are excited (and me too) that we can communicate in this beautiful NZSL."

Apart from learning a new exciting visual language, students realise that there is a Deaf culture attached to NZSL, Josje explains. "They start to understand Deaf and Hard of Hearing people better, not just the language, but also their behaviour and values. Hopefully the attitude students have towards the Deaf and Hard of Hearing will be more of an inclusive one, an attitude to ensure that Deaf people are no more exclusive because students can sign."

Students who decide they want this to be their career path can become a qualified NZSL interpreter by completing three years of study in Auckland.

Josje works with Deaf and Hard of Hearing children, most of who are mainstreamed in hearing schools and she wants them to have access to both languages English and NZSL. "Why? A lot of Deaf and Hard of Hearing children hear and speak clearly due to Cochlear implantations, however, they have difficulty fully understanding the English spoken language compared to the hearing peers in class."

Josje says a lot of mainstreamed Deaf and Hard of Hearing students have little or no exposure to NZSL. "When these youngsters grow older they can face an identity dilemma, asking themselves: 'Am I Hearing or Deaf?' On the other hand NZSL is a fully accessible language.

"When more people (hearing parents of Deaf and Hard of Hearing children, teachers, teachers' aides, educators, researchers) become aware of the benefits of Sign Language mainstreamed children for example have more access to communication and their Deaf culture," she says. "It is not only about access to communication, it is also about identity."

Hamish Mabon-Ross, who participated in the six week course in semester 1, says after taking an inclusivity training course through Disability Information & Support he became aware that no one in his department could sign, despite having signs asking people to advise if they are Deaf or Hard of Hearing.

"This seemed unfair as NZSL is an official language in New Zealand," he says.



Anna, Hamish and Josje having a conversation in NZSL.

"Professionally, learning sign has given me a chance to encourage my colleagues within the Information Centre to learn too. And I was highly encouraged by my manager. Personally it's just something I've wanted to learn for a while now, and you never know when another language will come in useful."

A highlight of the course was seeing how many other University staff and students were interested in learning NZSL and he has been actively recommending the course to others.

"I think it's only right that NZSL gets the attention it needs. It's a really fun, social language, and Josje is a great teacher."

Anna Kensell, who is participating in the full-year course, says she has always enjoyed learning languages, and with plans to go into teaching she thought NZSL would be a beneficial skill to have.

"Professionally, I believe this class will be beneficial for whenever I'm to encounter a child or parent for whom NZSL is the main way of communication. It means they are able to converse and be included just like anyone else" she says.

"Personally, I believe it to be beneficial as it has enlightened me to another culture that exists here in New Zealand and this is important and beneficial both personally and professionally as it means I know how to properly interact and engage with members of this community."

One of the highlights for Anna has been learning about Deaf Culture, something she wasn't aware of. She says she would definitely recommend the course to others.

"The course is lots of fun. Josje makes it interactive and interesting, and it has vocab and information that is useful in both professional and everyday life."

# Disability Matters: Making the Convention Real Conference

## News bites

### Alternative Arrangements for Exams

Alternative examination arrangements are designed to assist students with impairments who may experience difficulty sitting examinations under conventional circumstances. Alternative arrangements accommodate a student's disability/impairment related needs with the aim of providing an equitable opportunity to participate and achieve. Disability Information and Support can arrange readers, writers, additional time (the standard extra time is 10 minutes per hour of examination), ergonomic equipment, examination papers in alternative formats, the use of a computer, separate rooms and other arrangements that best meet the documented needs of students.

To apply, students need to submit an application through their eVision portal; applications open after the examination timetable is viewable in the student's eVision timetable. As applications must be made by the deadline for the relevant examination period, it is recommended that students diarise to complete the process 1 week prior to the deadline.

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### The deadline for Semester 2 examinations is 7 September

Please note that documentation, from a relevant health professional or specialist which clearly supports the arrangements required and indicates why the form of support is necessary, needs to be uploaded with each application (unless current and relevant documentation is already held by DI&S).

The University of Otago is hosting a major international disability rights conference, Disability Matters: Making the Convention Real, between 26 -29 November 2017. This follows on from the highly successful 2011 Inaugural Disability Studies Conference, Everybody In.

The conference will offer a forum for discussion of disability matters, with a particular focus on the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). New Zealanders played a significant role in the development of this Convention, and the conference will address how we are doing now in terms of its implementation.

The conference will provide an opportunity to share a breadth of perspectives, practice, policy and research initiatives regarding the implementation and impact of the UNCRPD in all aspects of people's lives, across national and international contexts.

As with the 2011 conference, participation by disabled people, families/whānau, students, practitioners, policy-makers, researchers, representatives of self-advocacy, advocacy, service, community organisations, government departments, and anyone who is interested in disability matters, is encouraged.

Registrations are now open.

For more information please click on the following link [otago.ac.nz/disability-matters/index.html](http://otago.ac.nz/disability-matters/index.html)

To register please click on the following link [otago.ac.nz/disability-matters/registration/index.html](http://otago.ac.nz/disability-matters/registration/index.html)

# Tips to manage exam stress

**Exercise.** You may be thinking that you have no time for exercise, but even a ten minute stroll around the block could help to clear your head.

**Keep hydrated.** Keep a water bottle with you at all times. Try to avoid having too many drinks that contain high levels of caffeine and sugar, these can affect your sleep and lead to an energy crash later in the day.

**Eat well.** Your body needs regular fuel to keep that brain working. Be prepared, if you know you are heading into a full on study week, head to the supermarket and pick up some healthy study snacks. Healthy snack ideas could include fruit, banana chips, pretzels, nuts, carrots, humus, salsa and muesli bars.

**Talk about it.** If you are feeling stressed talk it through with a mate, a family member, or one of the counsellors at Student Health. They may have ideas or helpful strategies and sometimes just talking it out can help lighten the load.

**Try to get a full night's sleep.** Set up a relaxing routine before bed. This will help switch your mind from study-mode to sleep-mode.

**Have a laugh.** Sometimes a good laugh is the best way to unwind. Balance out all that serious studying with a comedy film or stream some comedy festival clips on YouTube.

**Keep it in perspective.** You can only do your best so set realistic goals and be proud that you are doing the best you can. When exams are over try not to dwell on things you may have missed, instead look for the positives.

**Plan for fun.** Start planning your holidays or what you'll do to celebrate when that last exam is completed. It's great to have something to look forward to.

**Have a change of scenery.** Try taking your readings to a café. Dunedin also has beautiful botanical gardens which make a lovely spot to sit and read on a sunny day.



## Contact Details

Please contact us directly if you have any enquiries.

Disability Information and Support  
University of Otago  
PO Box 56  
Dunedin 9054  
New Zealand

Tel: 03 479 8235  
or 0800 80 80 98  
Fax: 03 479 5873  
Email: [disabilities@otago.ac.nz](mailto:disabilities@otago.ac.nz)  
Web: [otago.ac.nz/disabilities](http://otago.ac.nz/disabilities)  
Office Hours: Monday – Friday 8.30am – 5.00pm