Tips for UCD Students- Stammer

Managing third level effectively with any disability involves using support services and tools available. It is also very important that each student **takes responsibility for their own academic career at UCD.**

The aim of UCD Access & Lifelong Learning (ALL) is to empower all students receiving Disability Support to **become independent learners** so they can develop the skills expected of successful graduates entering the workplace. The following guidelines are designed to support students in achieving that goal.

Communication

- UCD encourages any student with a stammer to **communicate with UCD ALL** so you can receive the necessary support to manage your student role.
- You will be required to provide appropriate **Evidence of Disability** and attend a **Needs Assessment**, where the appropriate classroom and exam accommodations will be discussed.
- After completing the Needs Assessment, you will be provided with a **Certificate of Disability Support** which outlines the supports you are availing of in UCD. You are encouraged to send this **certificate to your module coordinators/lecturers** to inform them about necessary in-class support and to request exam support for end-of-trimester exams, in-class tests or locally arranged exams.
- You have the option to put **'Speech & Language Difficulty Awareness'** on your certificate as a way of disclosing to module coordinators/lecturers if you would find this helpful.

Exam Support

- The **support available for end-of-trimester exams** will be discussed during the Needs Assessment. (For in-class tests and local exams, you must request your exam support from **module coordinators/lecturers** directly.
- The support is based on **national guidelines**. Hence, certain support may not be appropriate for everyone with a stammer. Examples of exam support include:

10 minutes extra time per hour	Alternate exam location

Assistive Technology

- Assistive Technology is software and/or devices that can help students manage their day-to-day tasks in UCD. Assistive Technology is usually discussed at the Needs Assessment.

Example of Assistive Technology

Technology	Description
Apps with altered auditory feedback (AFF)	Many apps and devices to help people with stammer use altered auditory feedback (AFF). This means that as you speak you hear your voice being played back to you, a bit like an echo on a phoneline. AFF is based on the 'choral effect'; a phenomenon well known to help people who have a stammer. Some apps that use AFF and may be helpful are: DAF Pro, Fluency Coach, Stutter Help, Stuttering Therapy DAF.
Microsoft PowerPoint Rehearse with Coach	Microsoft PowerPoint has a built in **Rehearse with Coach feature**. When practicing your presentation, it provides feedback on your pace and timings, as well as feedback on how to improve.
Mindset Technologies	Sometimes it can be challenging to find the right frame of mind to work. Some apps that may help you get into a productive frame of mind are: **Smiling Mind**- Free App with Mindfulness Techniques **Worry Tree Shift Worries**- Free app that helps you to shift how you view a worry **Daylio App Wellbeing**- Free app that offers wellbeing tips
Download Notes in an Alternative Format	You may wish to study your notes using an alternative format (e.g. PDF, audio file, HTML etc). You can download files from Brightspace in an alternative format using **Brightspace Ally**. You can also convert files into an alternative format using **SensusAccess**.

'ALL Student Supports' Brightspace Module

- UCD ALL hosts a range of resources on the Brightspace module called **'ALL Student Supports'**. This module is available to all UCD Students. Resources include **interactive academic skills & wellbeing workshops** as well as **resources for managing online learning.**
- UCD ALL hosts in person **Academic Skills & Wellbeing workshops** to help students learn the necessary skills to succeed in UCD.
- Examples of workshop topics include notetaking, stress management, avoiding procrastination, time management, digital skills, group work, mind mapping, writing & researching and self-care.

Seminars and Lectures

Some students who have a stammer may be **reluctant to contribute** to discussions or **ask questions** in class. Some things that may help are:

- Pair work and **small group** discussions.
- **Agree with your tutor/lecturer beforehand** what the best way for you to contribute is.
- **Extra time** for contributions if possible.

Managing Presentations

Some students with a stammer find it difficult to present in front of a group. We recommend you **get in contact with your Module Coordinator to discuss your concerns** and see if there are any additional supports that can help. These may include:

- Option to **co-present** with a peer.
- **Extra time** given to present.
- Opportunities to give presentations in a **less formal way** e.g., sitting down around a table instead of standing up in front of a group.
- Use of **audio-visual aids** to take the focus off you (e.g., PowerPoint presentation, interactive whiteboard, handouts, videos, music).
- **Recording** or videoing your presentation in private to show your seminar group.

Support Services available to all UCD Students

Service	Purpose
Writing Centre	Free 1:1 support and workshops for academic writing.
Maths Support Centre	Free 1:1 and small group support in Level 0, 1, and 2 Maths modules in any programme.
Student Counselling Service	Free and confidential service staffed by professionally qualified psychologists and counsellors to help students deal with personal issues affecting happiness, well-being, relationships, capacity to cope or learning.
Programme Office	Support for queries relating to your programme.
Student Adviser	Support for academic, social, personal or financial issues you may have during your course.

Useful Online Resources

- **UCD Disability Support**
- **Managing College and Life video**
- **Irish Stammering Association**
- **British Stammering Association (Stamma)**
- **AHEAD**

Please contact disability@ucd.ie at any time if you have questions!