

# Strategies to manage your studies alongside your condition/s at university...

Everybody's university experience is different. You will learn to figure out which study and lifestyle strategies work well for you and your needs. Below are some ideas you may find beneficial when managing your condition/s alongside university living:



Use a calendar to plan your time and categorise your tasks. This could be a printed calendar on your wall or an online calendar you can edit and connect to your phone reminders.



Save the contact details of your department and disability support team for times when your ability to attend your study sessions or complete work may be impacted by your condition/s. It is important to make the relevant people aware so you can receive the appropriate support.



Arrange a regular supermarket shopping delivery slot if you think weekly food shopping would be challenging. You can team up with flatmates to reach the minimum spend.



Save local taxi company numbers in your phone should you need accessible transportation outside of public transport links.



Set yourself a realistic to-do list to help with adjusting to independent study. If your health fluctuates due to your condition/s you may need to be flexible in your plans. Be sure to make time for rest and socialising.



Register with the local GP service as soon as you are able to. This will help ensure you will have ease of access to further support.



Find or create a study space that is best for you. It may take trial and error to figure out, but there are many options including your room, the library, or public spaces like coffee shops.



Engage with your course mates. Independent learning can be daunting to begin with and so finding a friend on your course may support you with the adjustment. They can motivate you to study and be a friendly face to sit with in a lecture.



Be mindful of your capacity. Starting university is exciting and you can get involved with many opportunities, events, and student groups. The temptation is to sign up for everything in the first week, but this can quickly lead to burn-out and feeling overwhelmed. There will be plenty of time to do more and try new things throughout your degree.

