

Tips for UCD Students- Stammer

Managing third level effectively with any disability involves the use of a number of available services and tools. It is also very important that each individual student **takes responsibility for their own academic career at UCD.**

The aim of the UCD Access & Lifelong Learning (ALL) is to allow all students receiving Disability Support to **become independent learners** so they can develop the skills expected of successful graduates to bring into the workplace. The following guidelines are designed to help you to reach that goal.

Communication

- UCD encourages any student with a stammer to **communicate with UCD ALL** in order to receive the necessary supports 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/tutors** to inform them about necessary classroom supports and to request exam accommodation for in-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 Accommodations

- The **exam supports available for end-of-trimester exams** will be discussed during the Needs Assessment (you may still use exam supports for **in-trimester exams but must request them from Module Coordinators directly**).
- These supports are based on **national guidelines**. Hence, certain supports may not be appropriate for everyone with a stammer. Examples of exam supports include:

10 minutes extra
time per hour

Alternative
exam venue

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 Assistive Technology:

Technology	Description
Apps with altered auditory feedback (AFF)	Many apps and devices to help people with a 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 phonenumber. 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 live free Academic Skills & Wellbeing workshops** each trimester to help students learn the necessary skills to succeed in UCD. More information can be found on our [website](#).
- Examples of workshop topics include note-taking, 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

- [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!