

# The Student Disability and Inclusion Team: Student support



If you need to get in touch with our team before your appointment, please call **02380 599 599** or [email The Student Hub](mailto:email@the-student-hub.southampton.ac.uk). In the meantime, you may be interested in finding out more about support available to you as set out in this document.

## 1. **Specialist study skills 1:1 appointment**

If you have a specific learning difference or identify as neurodivergent, you can book a weekly 30-minute appointment with a specialist practitioner for practical study advice and support.

### **Dates and times**

Our weekly timeslots (subject to availability) include:

Monday	14:00-16:00
Tuesday	10:00-12:00
Wednesday	14:00-16:00
Thursday	10:00-12:00
Friday	10:00-12:00

### **To book a 1:1 appointment**

[Visit our specialist study skills support page.](#)

### **To cancel your appointment**

[Email The Student Hub if you need to cancel or reschedule an appointment.](#)

## 2. Disabled Students' Allowance (DSA) drop-in sessions

We run weekly [DSA support sessions](#) to assist students with DSA queries. DSA is a non-repayable government grant to help cover costs related to your study as a direct result of a disability, long-term health condition, mental health condition or specific learning difference.

### Dates and times

The support sessions take place both in-person and online on a weekly basis:

**In-person sessions:** Wednesdays 10am-11am and 2pm-3pm (excluding University closure) in The Student Hub, Building 37, Highfield Campus. Please look for the sign in the hang out space on the left inside the main entrance.

**MS Teams session:** Tuesdays at 10am - 11:30am (excluding University closure). [Click here](#) to join the meeting at this drop-in time. Our coordinator will admit you from the lobby.

### To book a DSA session

[Email The Student Hub to make an online appointment.](#) Or simply drop in on a Wednesday to see us.

## 3. Self-help resources

Our website provides a range of self-help resources – a good starting point if there is something troubling you and you aren't sure if you're ready to talk to someone now:

- [Bespoke self-help guides.](#)
- [Online workshops and courses.](#)

- [Further information on looking after yourself while at University.](#)

#### 4. **Online study skills resources**

[Visit this page for a range of resources and downloads to help you work more effectively.](#)

#### 5. **Assistive Technology**

[Visit our Assistive Technology software pages for more information about which software is available to support your learning.](#)

#### 6. **Academic Skills Hub drop-in service**

The Academic Skills Hub Team runs an [in-person service](#) to advise students on all aspects of academic skills, from time management and critical thinking to assignment planning, understanding feedback and editing. The sessions run:

Tuesday and Thursday, 13:00 – 16:00. (Hartley Library, Room 2045, Level 2, Highfield Campus).

#### 7. **Further support**

- Visit your local doctor (GP) if you are struggling with your mental or physical wellbeing. [Do not forget to register with a local doctor](#) (GP) if you have not already.
- The Southampton University Students' Union ([SUSU Advice Centre](#)) offers free, confidential, independent advice and information to all students on practical matters.
- For any questions in relation to support and your wellbeing, including access to 24/7 wellbeing support, contact [The Student Hub](#).