

December 2019 - Issue 53

Spotlight on Sioned Evans our new Mental Health Adviser

**BA (honours) (Sociology/Criminology),
DiPSW, AMHP, BIA, Post Grad
Specialist in Mental Health.**

I am a Registered Social Worker with 19 years of experience working in the mental health field. I am also qualified as an Approved Mental Health Professional over the last 9 years.

I have worked mainly within Community Mental Health Teams in Gwynedd and Môn, and also the Youth Justice System. In my career journey I have been fortunate to have the opportunity to widen my knowledge and experience by working in different settings, 2 years was spent as a Mental Capacity Act Trainer and Best Interest Assessor, in addition to working for the Workforce Development as a Manager within a Local Authority. I am pleased to have the opportunity to use my skills to support students with mental health issues and guide them through their studies.



Sioned Evans

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*Disability Services
Student Services*

**Book your
exam
adjustments
by**

06 December 2019

For further information on booking your adjustments visit
<https://www.bangor.ac.uk/student-services/disability/exams.php.en>



Exams – Book your adjustments by Friday 6th December

Q Where and when can I see Exam Timetables?

A The Exam Timetable for Semester 1 is now released.

See: <https://www.bangor.ac.uk/ar/main/assessment/exam-timetable/>



Q What are 'reasonable adjustments'?

A 'Reasonable adjustments' are arrangements to remove or reduce disability-related barriers faced by students. In exams, these can include: extra time; large print, coloured or braille exam papers, use of a computer or use of a scribe or reader.

Q How do I ensure my exam adjustments will be in place?

A In order that adjustments match the assessment methods for each of your exams there are a couple of steps you **MUST** take:

- Have a PLSP (Personal Learning Support Plan) in place. If you don't already have one, you will need to discuss your exam requirements with an Adviser. Unless we already have a copy of a doctor's note or other appropriate documentation on file, we will need some form of evidence of disability / long-term health condition.
- email examinations@bangor.ac.uk, and include the following details:
 - Your name and student ID.
 - Your year of study and the name of your degree programme.
 - The module code of exam(s) that you are taking, along with the date that they are being sat.
 - WHICH of the adjustments from your PLSP you require for each of the exams you are sitting.

Once this information has been received, an Exam Adjustment Form will be completed and e-mailed to you as confirmation that your adjustments have been made.

But, should you wish to discuss your arrangements with a member of staff from the Examinations Office, please note this on your e-mail and an appointment will be made for you.

For the January exams, the deadline is Friday, 6th December.

IMPORTANT: If you miss the deadline (6 December), we cannot guarantee that we can put in place your adjustments.

Health Science students

Please contact your School for exam adjustments.



SIX STEPS TO HELP YOU DEAL WITH STRESS

1. Avoid unhealthy habits – Eat and Drink well

2. Be active - Anything that gets you moving around and is enjoyable is beneficial

3. Get enough sleep (6 – 8 hrs)

4. Control your breathing – concentrate on breathing out to a slow count of four

5. Have some “me time”

6. Work smarter not harder



Check out our Study Skills Centre
Webpages for more information





1-2-1 SPECIALIST STUDY SKILLS AND STRATEGY SUPPORT

For students with Specific Learning Differences

Provided all year-round, by qualified and registered specialist staff who are part of the in-house Dyslexia Team, Disability Services at Bangor University.

Welcoming staff each time you visit our frontline Reception area.



Dedicated 1-2-1 individual rooms that provide a comfortable and confidential location. Each room has 2 computer screens, a laptop and access to assistive technology, a large desk space, dimmable lighting, a variety of multi-sensory teaching aids, a whiteboard and close access to filtered drinking water.

Comfortable waiting room where students can sit on arrival and browse a variety of study strategy worksheets and other resources that are on display. These resources are available for students to take away with them as required.



Staff are skilled in supporting students to embed the use of assistive technology during their studies.

In this photograph, Dylan is demonstrating the LiveScribe Pen.

1-2-1 SPECIALIST STUDY SKILLS AND STRATEGY SUPPORT

For students with Specific Learning Differences

Welcome to the Dyslexia Team – offering specialist study skills and strategy support to students with Specific Learning Differences such as Dyslexia, Dyspraxia, Dyscalculia and ADHD.

- We offer support with maths, statistics and through the Welsh language.
- We can help you to evaluate your existing strengths and study methods and support you in areas you may find more challenging. We will introduce you to a range of strategies to enhance your learning, in areas such as:
 - **Time Management and Organisation Skills.**
 - **Numeracy.**
 - **Research and Academic Reading Skills.**
 - **Writing skills.**
 - **Presentation skills.**
 - **Revision strategies.**



See our website for further details on study support at:
<https://www.bangor.ac.uk/student-services/disability/dyslexia.php.en>

Dyslexia Team - Daily Drop-in Service

The Dyslexia Team offers a drop-in service, for students registered with the Dyslexia Team, each weekday during term time starting from **23 September 2019, 12.00 to 13.00.**



- **Monday** - specialist 1:1 support with general study skills.
- **Tuesday** - specialist 1:1 support with general study skills.
- **Wednesday** - specialist 1:1 support with general study skills.
- **Thursday** - specialist 1:1 support with general study skills through the medium of **Welsh or English.**
- **Friday** - specialist 1:1 support with general study skills **including statistics.**

Just let *Gemma* or *Tracey* know that you've come for a **drop-in session** and they will direct you to the right tutor.

Yellow Slips and Exams

- **Bring your paper yellow slip** into the exam.
- If your exam is **completed on a computer**, you will be provided with an answer booklet to record only your personal details. Attach your yellow slip to your answer booklet. After the exam, your work will be printed out and added to your answer booklet.
- If your exam is **completed by hand**, insert your yellow slip into your answer booklet.

We've still not met with all of you and we may be able to help



If you've not already seen one of the Advisers, please come and see us as soon as you can. We'd like to catch up with how you're getting along - here are a few examples of how we can help:

Sioned, Fiona & Cheryl
Mental Health Advisers

- personal and academic support and guidance, including advice on strategies to make studying and everyday tasks more manageable;
- exam provision (e.g., extra time, provision of a computer, etc.);
- library provision (e.g., extra time on loans, book fetching service);
- access to specialist computer facilities and loan of equipment;
- help with your application for Disabled Students' Allowances (DSA);
- provision of support worker (e.g., notetaker, mentor);
- car parking permits.

So don't struggle! Make an appointment to see one of the Advisers by ringing Gemma or Tracey on 01248 383620 / 382032 or email disabilityservice@bangor.ac.uk



Esther, Ruth & Stephanie
Disability Advisers



Rafaela & Andrea
SpLD Advisers

Disability Adviser Drop-in Session

Where:

Disability Services, Lower Ground Floor, Neuadd Rathbone, College Road

When:

Tuesdays 12.00 - 1.00 pm, during term-time

Disability Advisers:

Ruth Coppell and Stephanie Horne

Who is it for?

Any student who has a disability-related query or needs some advice on a university related matter.

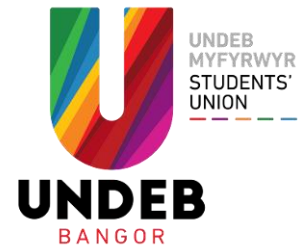
Can I book an appointment to see someone at the drop-in?

No appointment is necessary. Students will be seen on a first come first served basis. If however you would like to book an appointment to meet with an adviser at another time, please email: disabilityservice@bangor.ac.uk, or phone: 01248 383620 / 382032



Mental Health Advice Drop In

Cheryl Parkinson and Fiona Rickard, Bangor University's Mental Health Advisers, have joined up with Bangor Students' Union to offer students a number of drop in sessions. The good news is that as part of our partnership we have been allocated a good-sized room just off the main hub and immediately next to Reception, which provides a degree of accessibility and privacy.



- **Where?** Pontio, Students' Union, Level 4
- **When?** Wednesdays 2pm-3.30pm
- **Start date:** 25 September - 18 December 2019 & 8 January - 1 April 2020

As the Drop in is so well attended we offer a brief chat after which we will offer you a further appointment or signpost you to other appropriate resources or services. There will be Connect Volunteers to offer support whilst you wait to see a Mental Health Adviser.

This could be for you if ...

You want to have an initial chat with a Mental Health Adviser

You want to find out about support available

You are concerned about increasing levels of anxiety / exam or study stress

You are losing sleep due to worrying

You have concerns about a friend or housemate

Student Counselling Service

The Student Counselling Service offers a variety of resources to support students during their time at the University.

- Building Resilience workshops available on a rolling programme, dealing with stress, low mood and anxiety;
- iCan workshops available to help tackle subjects relating to student life;
- Mindfulness drop-in sessions available every Tuesday morning at 11am in the Annexe Meeting Room. Neuadd Rathbone, College Road.
- Psychoeducational courses available by referral or on application;
- Group Therapy available by referral or on application;
- One to one counselling sessions also available following an assessment process by contacting the service.

For more information visit our website at:

www.bangor.ac.uk/student-services/counselling

or contact us on ☎ 01248 388520 or ✉ counselling@bangor.ac.uk



Personal Learning Support Plans (PLSPs)

FAQs

What is a PLSP?

Additional support for students who require reasonable adjustments as a result of disability is provided by a Personal Learning Support Plan. PLSPs outline the effects of disability and include the recommended adjustments that are required to ensure individual students are able to access their course and facilities.

Am I eligible to have a PLSP?

If you require reasonable adjustments as a result of disability you are entitled to a PLSP. 'Disability' in this context includes, amongst other things, long-term and enduring health conditions, physical impairments, mental health conditions or specific learning difference (SpLD) including dyslexia, dyspraxia, AD(H)D.

What do I have to do to get a PLSP?

You need to take a number of steps:

- **Register with Disability Services).** You can do so at:
<https://apps.bangor.ac.uk/plsp/applicant/>
- **Consent to share information.** When registering, tick the consent to share information box. See our confidentiality policy,
<https://www.bangor.ac.uk/studentservices/disability/confidentiality.php>
- **Provide us with evidence of disability.** This can be an Educational Psychologist report, a suitably qualified specialist tutor or a letter from your doctor or other medical practitioner.

If you have already undergone a Study Needs Assessment for Disabled Students Allowances, please provide us with a copy of the report.

Ideally, you will upload your document(s) when you register with Disability Services. But, you can also drop by and hand it in, or you can put a **copy** in the post to us.

- **'Agree' the PLSP.** Once you have followed the above steps an Adviser will draw up your PLSP. They may wish to see you first, or they may have sufficient information from the evidence of disability that you provided. Once your PLSP is drafted, you will be informed by email and you will be able to view (and print a PDF version if you so wish) within myBangor. You will need to tick the **'Agreed by Student'** box.

Disability Services Newsletter

As soon as you do this, your PLSP will go 'live' and will be viewable by relevant staff in order to implement the reasonable adjustments.

If you require some amendments to your PLSP, tick the '**Disputed by Student**' box and email disabilityservice@bangor.ac.uk or call 01248 383620 or 382032 to discuss.

If you take **no action within 5 days**, we will assume that you are happy with your PLSP and it will go 'live' so that we can put in place your reasonable adjustments without delay.

Who will see my PLSP?

Only relevant staff who need to put in place recommendations and reasonable adjustments. For more information, visit our webpage at

https://www.bangor.ac.uk/studentservices/disability/personal_learning_support.php.en

My PLSP gives me 25% extra time in exams yet some of my in-class exams had the extra time factored in for all students. Is this fair?

Where assessments are designed to provide all students with sufficient time to demonstrate a module's learning outcomes, enabling all students to demonstrate their knowledge or competence to their fullest extent, then this is considered to be good inclusive practice. Often it is possible to include additional time (e.g. 25% extra time) for **all** students in on-line and in-class assessments. It removes the stigma of separating those students requiring adjustments in class and the need for separate rooms or for additional timetabling arrangements.

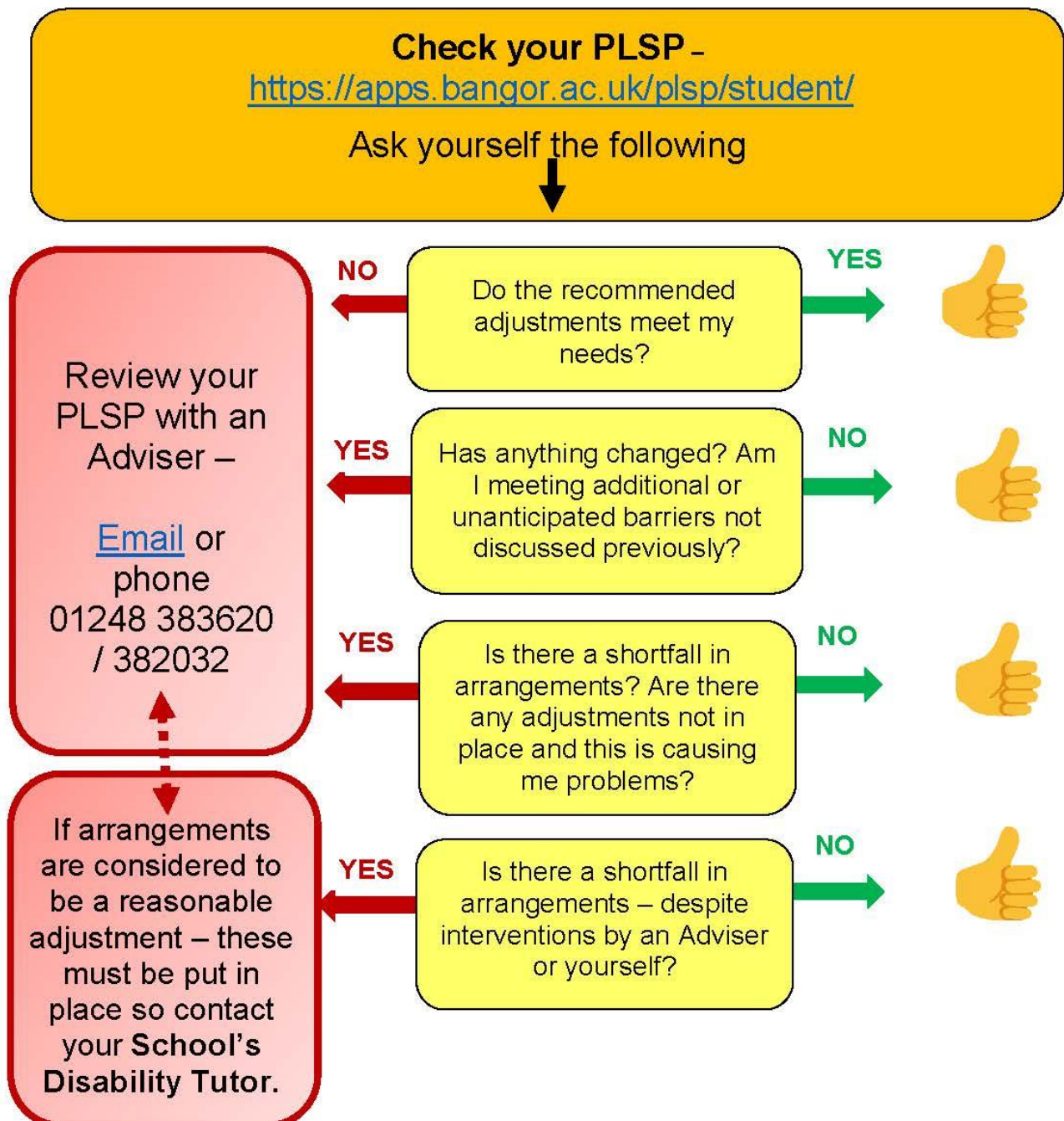
Students who have 25% extra time for exams as a reasonable adjustment in their PLSPs may feel that they could be disadvantaged as non-disabled students will have more time available, say, to write more and have time to review their work. However, a well-designed assessment should give **all** students sufficient time to answer questions fully and review their work. 'Writing more' will not necessarily meet the learning outcomes of the assessment and there is research that demonstrates that this form of inclusive assessment does not afford an advantage to non-disabled students.

References

Ofiesh, N., Mather, N. & Russell, A. (2005). Using speeded cognitive, reading, and academic measures to determine the need for extended test time among university students with learning disabilities. *Journal of Psychoeducational Assessment*, 23, 35-52.

Duncan, H. & Purcell, C. (2019) Consensus or contradiction? A review of the current research into the impact of granting extra time in exams to students with specific learning difficulties (SpLD), *Journal of Further and Higher Education*, DOI: [10.1080/0309877X.2019.1578341](https://doi.org/10.1080/0309877X.2019.1578341)

Is your PLSP working for you?



Your PLSP should ensure you are assessed on a level playing field with your peers. If arrangements have not been implemented in time, maybe because of a change in circumstances, you may wish to submit a form for Special Circumstances. You can do this via the [Request Centre](#) in My Bangor.

Who is your School's Disability Tutor?

| College of Arts, Humanities and Business | | | |
|--|--|--|------------------------------|
| School | Name of Tutor | E-mail | Tel Ext |
| Bangor Business School | Dr. Rasha Alsakka | r.alsakka | 3571 |
| History, Philosophy & Social Sciences | Dr. Karen Pollock | k.pollock | 2839 |
| Languages, Literatures & Linguistics | Dr. Helga Mullneritsch | h.mullneritsch | |
| Law | Stephen Clear | s.clear | 3078 |
| Music & Media | Huw Powell | h.powell | 2977 |
| Welsh & Celtic Studies | Prof. Angharad Price | a.price | 2240 |
| | | | |
| College of Environmental Services and Engineering | | | |
| School | Tutor | E-mail | Tel Ext |
| Computer Science & Electronic Engineering | Mohammed Mabrook | m.f.mabrook | 2702 |
| Natural Sciences: Biology & Zoology Chemistry Geography, Environment, Forestry | Joanna Smith / Daniel Thornham Dr. Lorrie Murphy Sian Pierce | j.smith d.thornham l.m.murphy s.pierce | 2298 8706 2384 3290 |
| Ocean Sciences | Dr. Katrien van Landeghem | k.v.landeghem | 8161 |
| | | | |
| College of Human Sciences | | | |
| School | Tutor | E-mail | Tel Ext |
| Education & Human Development | Helen Roberts | h.b.roberts | 3080 |
| Health Sciences | Ian Davies Abbott | IanDaviesAbbott | |
| Medical Sciences | Dr. Alyson Moyes | alyson.moyes | 8778 |
| Psychology | Dr. Nia Griffith | n.griffith | 2543 |
| Sport, Health & Exercise Sciences | Dr. Jennifer Cooney | j.cooney | 8517 |
| | | | |

The Study Skills Centre

Study Skills Centre offer 1-2-1 appointments, workshops, and Maths and Stats support.

To arrange an appointment for 1-2-1 Writing appointments or for Maths and Stats support visit our [website](#).

For further information or advice contact us:

Website: www.bangor.ac.uk/studyskills

✉ Studyskills@bangor.ac.uk

☎ 01248 38 2689

Or search for us on [Facebook and Twitter](#).



Who is your School's Disabled Students' Rep?

| Name of Rep | Email address | School |
|--------------------|--|---|
| Amy Partridge | my19pdv@bangor.ac.uk | Music and Media |
| Benjamin Shaw | bsub98@bangor.ac.uk | Natural Sciences |
| Derri Hughes | drh18gck@bangor.ac.uk | Natural Sciences |
| Leah Collins | lhc18lsp@bangor.ac.uk | LL |
| Megan Regensburger | mgr18cfc@bangor.ac.uk | Ocean Sciences |
| Nathan Starkey | nts19kxf@bangor.ac.uk | Law |
| Ocean Messer | psu1bb@bangor.ac.uk | Psychology |
| Swathy Cross | swn18lxs@bangor.ac.uk | Business |
| Tom Owen | tmw19ysc@bangor.ac.uk | Computer Science & Electronic Engineering |
| Melissa Chard | mlc18jyz@bangor.ac.uk | Health Sciences |

https://www.undebbangor.com/voice/course_reps/

#TogetherWe - Together Week 2- 6 December

#TogetherWe is all about the changes made in response to your feedback, when staff and students work together we make Bangor brilliant! #TogetherWeek is all about celebrating working together and changes made in response to your feedback. So come along to find out more.

In 2019/20, we have 2 opportunities for you to get involved in Together Week. These are 2-6 December and 2-6 March.

Together week timetable:

| Day | Location | Time |
|------------------------------------|-------------------|-----------|
| Monday 2 nd December | Wrexham Campus | 11am-3pm |
| Tuesday 3 rd December | Main Arts Foyer | 10am-4pm |
| Wednesday 4 th December | BUIC | 10am-12pm |
| Wednesday 4 th December | Main Arts Library | 2pm-5pm |
| Thursday 5 th December | Deiniol Library | 10am-4pm |
| Friday 6 th December | Normal Site | 12pm-4pm |

#ARYCYD...
TOGETHER WE...
BANGOR

#TOGETHER WEEK

2 - 5 DECEMBER

WHEN STUDENTS WORK TOGETHER WE MAKE BANGOR UNIVERSITY BRILLIANT. DURING YOUR TIME STUDYING WITH US YOU'LL GET LOADS OF CHANCES TO TELL US WHAT YOU THINK, THROUGH SURVEYS, UNDEB BANGOR'S (YOUR STUDENTS' UNION) COURSE REP SYSTEM, AND CHATTING WITH YOUR LECTURERS. TOGETHERWE IS ALL ABOUT THE CHANGES MADE IN RESPONSE TO YOUR FEEDBACK - SO FIND OUT MORE, AND GET INVOLVED.

Student Housing Office

Accommodation for 2020/21

While it's still early to be thinking about accommodation for next year, don't forget that there is an oversupply of accommodation in Bangor.

**STUDENT
HOUSING
OFFICE**



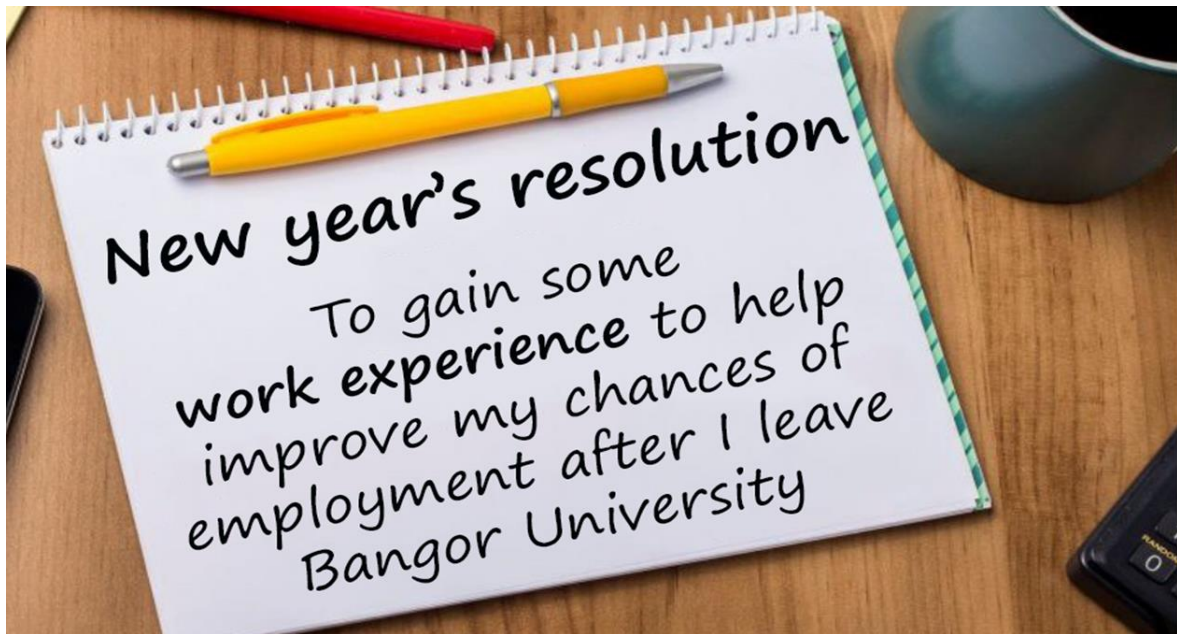
WWW.BANGORSTUDENTPAD.CO.UK

It's a tenants' market, so whether you decide to stay in Halls, or look for a house via the University listings on Studentpad, make sure you've made the right choice for you!





**Cyflawni drwy
Brofiad Gwaith**
**Achieve through
Work Experience**



Would you like to help finding work experience to develop your employability skills?

Are you 24 or under? If yes then the GO Wales Advisors are here to help you.

The GO Wales team can help organise placement opportunities that fit around your availability.

We can also pay for travel expenses and crèche costs.



gowales@bangor.ac.uk - 01248 382578 - www.gowales.co.uk

GO Wales are located within Skills and Employability Service - 2nd Floor at Neuadd Rathbone

If you require information in another format such as large print or audio, please contact us.

Beth Edwards – Undeb Bangor Council Disability Councillor

For those who don't know, the Students' Union has recently held their annual elections for positions within the Undeb Bangor Council. You may or may not have seen my manifesto, but I am thrilled to have been elected as the Disability Councillor.



Beth

I hope you find the information below useful.

Who am I?

I'm a second year PhD student in the school of Health Sciences. Having been at the University since 2014, I certainly have grown fond of the place.

What do I do?

- I was recently elected as UBC Disability Councillor for the 2019-2020 academic year. Through this, I sit on the UBC meetings every month, and have the opportunity to attend various events.
- I also coordinate and attend UNITE Bangor, a student lead social group for students with ASD.
- I sit as a student representative on the Disability Working Group.

My plans:

Whilst it's still early days, these are some of my main plans for the year ahead.

- Arrange for a feedback portal to be created as part of the Undeb Bangor website so that feedback, issues or concerns can get directed the correct people in a timely manner.
- Get around the campus throughout the year to get to hear what you want me to be doing.
- I want to hear your voices, I am representing you, and am committed to making change for the better.
- Work with other projects that challenge the stigmas and myths around Disability and mental health.
- I want to work with you, the student body, to ensure that I am pushing for the changes you want to see, and those which will benefit you.

How can we get in touch with you?

You can contact me via email at edu4a3@bangor.ac.uk

If you have any concerns, suggestions, or just want to arrange a chat please get in touch. Keep an eye out for further information of the things I will be doing this year to try and make your experiences at Bangor the best they can be.

**CRAFTS, CAKES,
JEWELLERY,
UNIQUE GIFTS,
LIVE MUSIC
& MORE**

Proudly presents...

The Student Christmas Market 2019

Wednesday 4th December
12pm-5pm | PJ Hall, Main Arts | College Road

 'B-Enterprising Bangor'  @B_Enterprising  @B_Enterprisingbangor

Contact details for Disability Services

Head of Disability Services

Carolyn Donaldson-Hughes

✉ disabilityservice@bangor.ac.uk

Dyslexia Team Manager

Jane Jones

✉ pss204@bangor.ac.uk

Senior Disability Adviser

Esther Griffiths

Disability Advisers

Ruth Coppell / Steph Horne

✉ disabilityadviser@bangor.ac.uk

Mental Health Advisers

Fiona Rickard / Cheryl Parkinson /

Sioned Evans

✉ mentalhealthadviser@bangor.ac.uk

SpLD Advisers

Andrea Reynolds / Rafaela Williams

✉ dyslexiaadviser@bangor.ac.uk

Assessment Centre Manager

Dylan Griffiths

Study Needs Assessments

✉ access_centre@bangor.ac.uk

Diagnostic Assessments

✉ assessment@bangor.ac.uk

Non-Medical Help Co-ordinator

Christine Roberts

✉ supportwork@bangor.ac.uk

Administrator

Tracey Morris

✉ disabilityservice@bangor.ac.uk

Admin Assistant

Gemma Watts

✉ disabilityservice@bangor.ac.uk

☎ Gemma or Tracey on 01248 383620 / 382032 to make an appointment.

✉ disabilityservice@bangor.ac.uk

For details of services provided by Disability Services visit

<http://www.bangor.ac.uk/student-services/disability>

How to find us

Disability Services - Advisers, Non-Medical Help and Admin Team

<https://www.bangor.ac.uk/campusmap>

Assessment Centre

<https://www.bangor.ac.uk/campusmap>

If you do not wish to receive a copy of our quarterly newsletter, please email:

disabilityservice@bangor.ac.uk