

Accessibility tips from students

Here are a **few tips from students** on how to prepare for your lectures, seminars, meetings and socialising:

1. Know your body, **don't over exert yourself**, avoid fatigue.
2. When you are first issued with your timetable, **visit each lecture hall and rooms** you will be in.
3. Assess whether you need any **extra assistance** or whether the **room needs to be changed**. If this is the case, you will need to e-mail disability services (disabilityservices@bangor.ac.uk), the timetabling department and the lecturer/module leader of your module. Do this as soon as possible.
4. When assessing rooms for suitability, consider your assistive technology. Can you get **close enough** to the front? Do you have **a surface** to put your laptop on?



5. When visiting rooms, note **how long** it took you to get there, and factor this into your daily routine. Leave yourself enough time to get from A to B.

6. Keep your **equipment charged**. Make yourself



aware of the location of plug sockets. The last thing you want is your laptop to run out of battery half way through a lecture.

7. **Introduce yourself to your lecturers**, and alert them to your PLSP.

8. Discuss any issues you may have, for example, some lecturers may not take breaks in long lectures, but if you **need a break**, make sure they know to include them.

9. Make sure **a friend** knows what you're doing, or that you're coming to the lecture, in case you're running late or you get lost or stuck.

10. Find out who **your school's disability tutor** is and schedule a meeting to discuss your needs.

11. Meet with your **personal tutor** and discuss your needs.

12. Have a **backup plan** should things go wrong.

13. Have all the contacts you need **saved on your phone**. Some important ones are: your lecturers, security and your school's disability lecturer.
14. Have a **friend to help** with the little things like opening doors, this makes life that little bit easier.
15. Keep your **student ID handy**, don't have it tucked away in a bag, you never know when you need to have it scanned.
16. Know what services the library offer and know where the **Assistive Technology Rooms** are.
17. The key to success is communication, **do not suffer in silence**. Get in touch with someone.

