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. 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:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>14:00-16:00</td>
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<tr>
<td>Tuesday</td>
<td>10:00-12:00</td>
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<tr>
<td>Wednesday</td>
<td>14:00-16:00</td>
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<tr>
<td>Thursday</td>
<td>10:00-12:00</td>
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<tr>
<td>Friday</td>
<td>10:00-12:00</td>
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**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:

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>10:00-11:30</th>
<th>Online</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>10:00-11:00</td>
<td>The Student Hub</td>
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<td></td>
<td>14:00-15:00</td>
<td>Hangout Space,</td>
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<td></td>
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<td>Building 37,</td>
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<td>Highfield Campus</td>
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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 in-person service can support you with all aspects of academic skills, and runs all year round: Monday-Friday, 10:00-16:00 (Hartley Library, Room 2045, Level Two, 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.