# Resources for students with Specific Learning Difficulties.

## If you have a diagnosis of one or more [specific learning difficulties (SpLDs)](https://www.york.ac.uk/students/support/disability/spld/) you are encouraged to contact the University’s [Disability Services](https://www.york.ac.uk/students/support/disability/). They will help you navigate the support services available to you, including the production of your individual Student Support Plan, which will be held by the Department to advise it of your likely needs. You may also be eligible for a [Disabled Students Allowance](https://www.gov.uk/disabled-students-allowances-dsas/eligibility). From February 2019, students with an SpLD (such as dyslexia) will be able to provide, as evidence of their disability, a diagnostic assessment report in respect of an assessment undertaken **at any age.**

English PhD student Saffron Walking recommends these resources and assistive technologies, acquired via her Disabled Student’s Allowance:

‘For me, the Study Skills and Mentor services are most helpful. I meet regularly with Study Skills to discuss my writing, then try to write it! She's great at telling me when I'm going off track. Having a Mentor (which is also linked to mental health, stress and anxiety)

is great for time management, dealing with distractions. Both services have me working more regularly.

For assistive technologies: My favourite is Mindview, the mind-mapping tool. I'm quite visual and can easily lose links and ideas so this helps me organise.

Also useful are:

* Dragon Nuance - basically, high quality dictation
* Read and Write Gold - this is helpful for document reading (but in a sat-nav voice), screen-shotting quotes and collating material.
* Sonocent audio is great for lectures.

None of these make you stop being disabled, but they all help. Read Write really helped me with my research for my Ophelia paper (about to be published).’

Disability Services can refer you on to the [Library](https://www.york.ac.uk/library/accessibility/#tab-2). The support the library can offer includes:

* Twice the standard loan time when borrowing Key Texts or library laptops
* More time to return recalled items
* Invitation to a Library tour to discuss their specific needs
* Coloured overlays to aid in reading print materials - these are available from the help desk to use in the library
* Pastel coloured paper to use when printing - this is available for free from the help desk on request
* They also offer access to software such as google docs and slides, both of which include a "type with my voice" feature.

Finally there are lots of online sites and blogs that you may find useful or inspiring: Try

<https://lucindamatthewsjones.com/2014/11/03/being-a-dyslexic-academic/>

<https://www.dyslexicacademic.com/blog/about-the-artwork>