

# Top Tips for Enabling Students 3

## It's okay to ask for help

*It has been lots of fun. I've made new friends who are going through the same experiences as myself and we have been a good support for each other when it comes to study.*

	Strategies	Some Student Comments
1	Ask or email your lecturer or tutor with your questions and concerns - they want to help.	<ul style="list-style-type: none"> <li>• <i>At the moment, I feel a little bit awkward just because I'm only new. I know they're there to help and I know there's never such thing as a stupid question but I always worry. ... I feel weird putting up my hand at the moment and asking in front of everyone but I have been up to a few lecturers before and just said "Oh, just to confirm, what is this or what is that"?</i></li> <li>• <i>I think for me, the biggest problem is I often feel like I'm bothering people. That often scares me away from going and asking questions but I do often send an email; if I have a question, I will email because I feel like when I'm writing and when I'm reading I'm able to clarify myself better than when I'm speaking.</i></li> <li>• <i>I've always preferred email and text message over phone calls because I just feel like I sort of stumble and...</i></li> </ul>
2	Actively seek support - you'll be surprised at how much there is.	<ul style="list-style-type: none"> <li>• <i>The support at the university is fantastic and yes, I'm pretty well up on where to find things and stuff now. I wasn't in the first couple of weeks but it's much better now.</i></li> <li>• <i>A very big thanks goes to the Disability team for making ... life a lot easier into my introduction as a uni student.</i></li> <li>• <i>Just actually being a screw up and just chasing down solutions like the ... counselling service that's here and the mediation service and all those kind of things.</i></li> <li>• <i>My partner would have to be the biggest support I have in my studies.</i></li> <li>• <i>I knew it would take time away from my family, but they have been supportive in allowing me time undisturbed to do my work.</i></li> </ul>
3	Include your family	<ul style="list-style-type: none"> <li>• <i>My kids actually study around the table with me.</i></li> <li>• <i>My son is used to me working a lot so nothing has changed for him except mum goes to school, we still enjoy our weekly mum and son night together.</i></li> <li>• <i>My youngest daughter is twelve, and at this age, she is quite happy for me to study, or read a textbook alongside her on the lounge.</i></li> <li>• <i>My partner always asks how things are going. He prints off my info sheets for classes. We both have had some learning in teaching ourselves programs on the home computer that I require.</i></li> <li>• <i>I will often include my nine year old daughter in what I am learning because she shows an interest in physiology and anatomy.</i></li> </ul>