Helpsheets
Disability Helpsheet 7: Specialist one-to-one Study Skills Tuition (Mental Health and Autism)

Specialist tuition can help with developing:
- Strategies for organisation and time management
- Planning skills for essays and reports
- Research skills
- Literacy skills for academic/professional writing
- Proof reading skills
- Strategies for revision and exam techniques
- Reading strategies

The overall aim is to reduce areas of challenge, develop skills and strategies for greater confidence and more autonomy.

How to access Specialist One-to-One Study Skills
The first thing a student needs to have done is apply for Disabled Students Allowance in order to have a Study Needs Assessment. If you have not already done this, please see the ‘Applying for Disabled Students’ Allowances’ and ‘Arranging a Study Needs Assessment’ help sheet for instructions. Your Disability Adviser will be able to support you with this application if you require assistance. The student’s funding body will provide an entitlement letter following a Study Needs Assessment which will outline all agreed funding for support. Under the section ‘Non-Medical Helpers’, the student can find information about how many hours of tuition they are able to access and who the chosen supplier is. The student should contact the chosen supplier using the contact details on the entitlement letter to set up their support.

How to access Specialist One-to-One Study Skills with Teesside University
If the student’s entitlement letter states ‘Teesside University’ as the supplier of Study Skills Tuition, the student should follow the below process in order to access their sessions.

1) Email ts@tees.ac.uk to request commencement of their Study Skills Support
2) The student will then be sent a session request form to complete.
3) The student should complete this and return it to ts@tees.ac.uk
4) A Specialist Study Skills Tutor will then be in touch with you to arrange your first session.

For more information
W: https://libguides.tees.ac.uk/disability
E: disability@tees.ac.uk
T: 01642 342279