

# NEURODIVERSE STUDY TIPS

*Developed by neurodiverse students at UWA*

Finding what's right for you is about trial and error. This guide provides strategies and tips but above all we encourage you to try, review the results of your efforts and try again, making improvements along the way.



## Being prepared for semester

Here are a few things to do before semester even starts:

- Reach out to [UniAccess](#). Even if you're not sure what you need, it's good to know what your access options are.
- Learn about the assistive services on campus such as [Library resource rooms](#), accessibility software, Student Services and the [Guild](#).
- If your unit has a big group assignment and you struggle with these, it can help to reach out to the Unit Coordinator before the unit starts. You can also do this through [UniAccess](#).
- When you plan your assignments, plan for having a bad day or two where you might not be able to study.

## Getting through lectures

- It's ok to watch your lectures later via the recording if you have trouble dealing with the classroom, but going in person can help with keeping a schedule.
- Try reading the transcript while listening to the lecture to stay more focused and improve recognition.
- Try out different methods for taking notes and find out what is most effective for you.

## Getting through classes

- It's ok to step away for a few minutes if you need to. You may need to tell your instructor before hand. You can talk to [UniAccess](#) about this.
- Try to attend every class to make sure you are keeping pace with the unit. If there are participation marks, you can talk to UniAccess about your options.

### TIP

Remember that everyone in the room is learning, so don't be worried about sounding unintelligent. Even if you're nervous, try asking a couple of questions. You may even help others in the room who have the same questions.

## Managing State of Mind

- It's ok to have atypical study habits, if you are being productive. For example, listening to the same song on repeat or studying on the floor.
- Even a little bit of study is a lot better than no study.
- Have a structured morning routine to get you out of bed and an evening routine to get to sleep.
- Maintain healthy sleeping/eating/hydration habits through the semester.
- Don't cut joy out of your life, even during crunch time.
- It's ok to have a day off when you are having a bad day. If you have a lot of bad days, get in touch with [UniAccess](#).

## Managing independent study

- Find a study buddy to keep yourself accountable, as social pressure can help motivate you to study.
- If you are finding a topic boring, try doing some independent research to improve your personal connection to the topic - or link the topic to something you are already interested in.
- Find the right study spot for you. There are library spaces on campus with different levels of lighting, noise, privacy, and openness.
- Avoid being overwhelmed by breaking the beginning of a task into small chunks and starting slowly.



## What to do when things go wrong

- Focus first on getting back on track, rather than beating yourself up about getting derailed.
- There is no shame in getting an extension; it's ok to have difficulties. It's more important to give yourself sufficient time to succeed. Also, there's no shame in withdrawing from a unit; you will get another chance to complete it.

## TIP

Feeling bad about having a bad day turns one problem into two problems. Go easy on yourself, and give yourself a break. Try to be as understanding with yourself as you are with your friends and family.

Want more information or assistance? Here some contact information:

- [Uni Access](mailto:uniaccess@uwa.edu.au): email [uniaccess@uwa.edu.au](mailto:uniaccess@uwa.edu.au) or [book an appointment online](#).
- [StudySmarter](#) for writing/maths or general study help: drop in 10am to 12pm Thursdays in the Reid Library or [book an appointment online](#). Email: [studysmarter@uwa.edu.au](mailto:studysmarter@uwa.edu.au).
- [Guild Student Assist](#) for general academic, welfare or financial support. Email: [assist@guild.uwa.edu.au](mailto:assist@guild.uwa.edu.au).
- [UWA Counselling and Psychological Services](#). [Book online](#) or call reception on (08) 6488 2423.
- [UWA Medical Centre](#). You can phone them on (+61 8) 6488 2118 or [book online](#).
- [Guild Access Department](#). Email: [access@guild.uwa.edu.au](mailto:access@guild.uwa.edu.au)



This resource was developed by neurodiverse UWA students **Ben Quick, Noemi Finaldi, Ryan Oakley and Sean Li** in collaboration with the *STUDYSmarter* team.

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**Any suggestions?**

We would love to hear from you. Email us at [studysmarter@uwa.edu.au](mailto:studysmarter@uwa.edu.au)

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