

Support for Students

SOAS Careers actively seeks to support all students and tailor our services to your needs.

If you would like to disclose a long-term physical or mental health condition, learning difference or Neurodiverse condition, or that you are on the autistic spectrum, to one of our staff you can do this verbally or use the form below to start the discussion.

If it is useful to, please tell us how we can work with you most effectively. We will be guided by you and the insights you are comfortable sharing with us about how you experience your condition and what adjustments we can make to best support you.

We can tailor our advice and resources to work with your specific needs. This might include being referred to a longer appointment which you can book in advance, for example. Any information disclosed to us is treated in strictest confidence.

If one of the following applies to you please share this information when you start your appointment with a member of the Careers Team

- A long term physical condition e.g. physical or mobility/ dexterity issues or wheelchair user, blindness or a serious visual condition, deafness or a serious hearing condition, a long term illness or health condition e.g. cancer, HIV, diabetes, epilepsy, chronic fatigue, ME, Long Covid
- A long term mental health condition e.g. anxiety, depression, obsessive compulsive disorder, schizophrenia, bipolar, psychosis or psychotic episodes
- Specific learning difference or Neurodiverse condition e.g. dyslexia, dyspraxia, dyscalculia, ADD/ ADHD
- On the autistic spectrum

Did you know, if you disclose to us we can support you with...

Appointments

- Referring you to a longer appointment, and the chance to book in advance

We can also offer support through

- Offering telephone or Skype appointments
- Adapting our communication and being sensitive to your needs

Career Planning

- Action planning and breaking long term goals down into achievable tasks
- Looking at organisation tools together e.g. <https://www.mindjet.com>

- Support finding work, including full time, part time and flexible positions
- Looking at planning resources together e.g. <https://www.autism.org.uk/services/education/brain-in-hand.aspx>

Job Applications

- Strategies to support with job applications, for example reading job adverts together, supporting you to decode them and find the relevant information quickly
- Looking at resources for proofreading together e.g. <https://www.grammarly.com> <https://www.clarosoftware.com>
- Identifying transferable skills and how these might be applied to different scenarios
- Access to SensusAccess to convert files to formats based on individual needs using (for example, How to Write a CV handout as an mp3 file)

Interviews

- Interview technique- for example coaching on reading between the lines when answering questions, how to ask for clarification, or more time to process information
- Interview coaching to help overcome anxiety and worry about the unknown
- Support with strategies to cope with the effects of hypersensitivity or hyposensitivity, anxiety or other factors which may influence performance during interviews or assessment centres

Starting Employment

- Support with how to disclose to employers, if you wish to
- Look at further resources to help manage in the workplace e.g. <https://soas.silvercloudhealth.com/signup/soas> and <https://web.nrw.nhs.uk/selfhelp/> and find out more about your rights <https://www.disabilityrightsuk.org/> as well as diversity and inclusion in the workplace <http://www.employ-ability.org.uk/>
- Look at further resources to help manage your mental health condition in the workplace e.g. <https://www.nhs.uk/conditions/stress-anxiety-depression/> <https://www.mind.org.uk/workplace/>

To get in touch or book an appointment please email careers@soas.ac.uk

Please also see our website for further resources and ways we can support students <https://www.soas.ac.uk/careers/current/disabilities/>

Also remember that if you are finding things difficult it is often really helpful to **talk to someone**, whether that is a friend, colleague, family member, lecturer or academic adviser, or member of the Student Advice and Wellbeing team as well as us in the Careers Team. You might also want to consider talking to a supportive professional

<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/how-to-find-a-therapist/>