

# Hepp Disability Profile



**Name:** Alex

**My course:** Business and Human Resource Management at the Sheffield Hallam University

## My disability and how it impacts me

I was diagnosed with Autism at the age of two. There have been many challenges throughout my journey to university, both personally and academically. However, if you are on the Autism Spectrum you can often see things from a different perspective, so I try to use that as a strength. My disability has impacted me hugely; for example, I wasn't even considering university several years ago as I didn't think I would be able to get onto the course due to my condition.

I am extremely proud of myself for coming this far and I know that I have made lots of progress already. Although I was nervous to disclose my disability, I am glad I did, as the university were able to understand my needs and provide suitable adaptations to make my student experience the best it can be.

## Support/adaptions I receive

- Assistive technology, for example, an app called 'Read & Write', which helps me to make notes in lectures and seminars
- Extra time in exams
- A study skills mentor
- A peer mentor

## How the support helped me to succeed

The support I've received has been incredibly helpful and catered to my needs in the best way possible. If I didn't have the support from Sheffield Hallam, I wouldn't be where I am today and would have struggled to even make it onto the second year of my course.

My mentors have helped as they give me guidance and answer any questions that I am unsure about. Other support that has helped me to succeed is joining a society. I am part of the Fell Walking Society, which has helped me to meet new people, get fresh air and stay active. It helps me to relax and clear my mind, which distracts me from my disability and makes me feel part of a community.

### Top tips!

- Disclose your disability straight away!
- Try not to worry about your disability too much, people are always there to help.
- Remember that everyone feels nervous about starting university!

