STAART Workshops

The following workshops are available for \*disabled post-16s considering university. The workshops can be delivered on campus, schools/colleges or virtually. All of the workshops are interactive utilising Mentimeter software and are 90 minutes long except the Know Your Strengths and Lifestyle for learning which are 60 minutes. There is also time for Q&A at each session.

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| Title | Content |
| Preparing for University | Useful information to prepare for university and realistic expectations of university life |
| Introduction to (free) Learning Technology | Introduction to free learning technology which includes mindmapping, speech-to-text, text-to-speech, colour overlays and bespoke databases of vocabulary. |
| STEMM@uni | Academic, social and wellbeing tips for STEMM subjects in university |
| Know your strengths and learning style(s) | Fun quiz to determine your strengths and possibly career paths & know your learning style(s) and various strategies to match your learning style(s) |
| STAART & Wellbeing | What support is available for dyslexic and disabled learners considering university. |
| Thrive not Strive at University | Academic, social and wellbeing tips to get the most out of your university experience. |
| Postgrad@uni | Academic, social and wellbeing tips for postgraduate students |
| STAART ambassador | Student life presentation from two STAART Ambassadors and/or Graduates |
| Introduction to Notetaking and Notemaking | An introduction to notetaking and notemaking systems, methods and metaphors. Also introducing the NOTE template |
| Lifestyle for Learning | Tips for maintaining your physical and mental health to ensure you are ready for university learning. |

\*Disability in higher education includes physical disabilities; specific learning difficulties; some long-term health conditions and/or mental health conditions