

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 specific learning difficulty (SPLD), disability, impairment or medical issue to one of our staff you can do this verbally or use the form below to start the discussion.

If you choose to do this we can tailor our advice and resources to work with your specific needs. This might include longer appointments, and being able to book in advance, for example. Any information disclosed to us is treated in strictest confidence.

If you have one of the following please share it when you start your appointment with a member of the Careers Team

- Specific learning difficulty e.g. dyslexia, dyspraxia, dyscalculia, ADD/ ADHD
- A social/ communication impairment e.g. Aspergers's syndrome/ autism
- A longstanding illness or health condition e.g. cancer, HIV, diabetes, epilepsy
- A mental health condition e.g. anxiety, depression, obsessive compulsive disorder, schizophrenia, bipolar
- Physical impairment or mobility/ dexterity issues or wheelchair user
- Deaf or a serious hearing impairment
- Blind or a serious visual impairment uncorrected by glasses
- A disability, impairment or medical condition that is not listed above.

Email careers@soas.ac.uk phone **020 7898 4115** or come and see us in **SL62, Paul Webley Wing**

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

Appointments

- Offering longer appointments, 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

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. <http://www.selfhelpguides.ntw.nhs.uk/soas/>

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

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