

Your Student Guide to the **CIT Disability Support Service**

2018/2019

www.mycit.ie/dss



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Welcome

Welcome - we are pleased you chose CIT as a place to study.

If you are a new student or are already studying in CIT you may need to contact the Disability Support Service (DSS) if you feel like you may need some extra support due to your learning difference, disability or health condition.

When you choose to engage with the DSS, we can guide and support you to access your course, achieve your academic goals and become a more independent learner. The DSS works hard to try to ensure that students can come to us in confidence for support and help.

This guide will give you valuable information on the DSS - how to register with us and the supports available to DSS students.

If you have any queries at any time, please e-mail **dss@cit.ie**

Laura Coleman

CIT Disability Support Officer

Who works in the Disability Support Service?



Laura Coleman

Disability Support Officer
Access Service

Tel. 021 433 5107

Text: 087 177 6755

E-mail: dss@cit.ie



Ruth Murphy

Disability Projects Coordinator
Access Service

Tel. 021 433 5137

Text: 087 138 9772

E-mail: dss@cit.ie



Mark Burleigh

Assistive Technology Officer
Assistive Technology Service

Tel. 021 433 5125

E-mail: mark.burleigh@cit.ie



Fiona Downey

Learning Support Coordinator
Assistive Technology Service

Tel. 021 432 6744

E-mail: fiona.downey@cit.ie

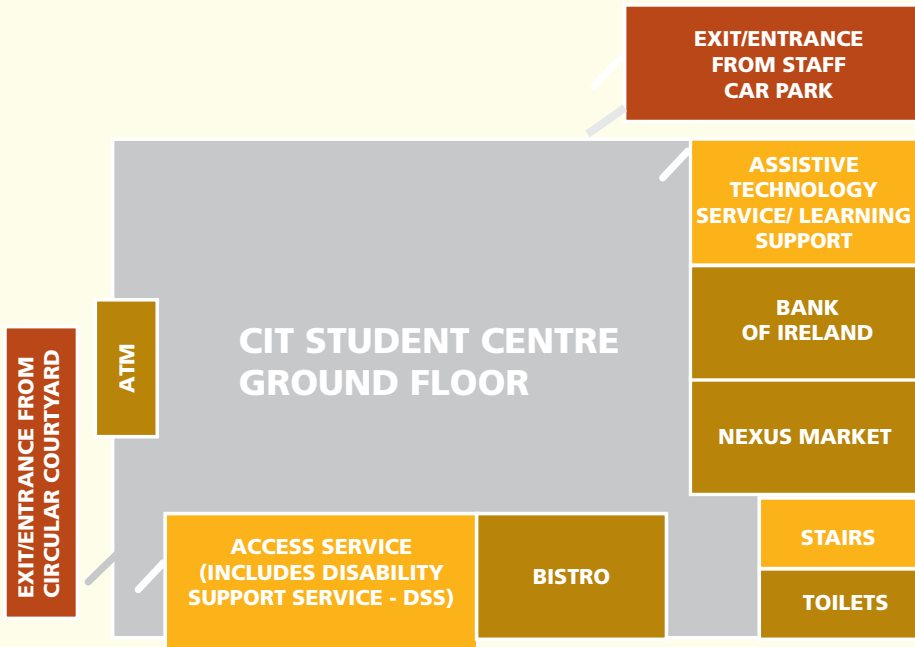
Where is the DSS?

The DSS provides support to students across all CIT campuses.

You can find the DSS office in the CIT Access Service which is located in the heart of the Student Centre, Bishopstown Campus. The DSS also includes the Assistive Technology and Learning Support Services which are also based in the Student Centre.

There are also DSS Learning Support tutors based in CIT Cork School of Music, CIT Crawford College of Art and Design, and the National Maritime College of Ireland.

Map of Student Centre, Bishopstown Campus



Who does the DSS support?

The DSS currently supports over 800 full-time and part-time students with learning differences, health conditions, and disabilities such as:

- ✔ Autism Spectrum /Asperger's
- ✔ ADD/ADHD
- ✔ Blind/Vision impaired
- ✔ Deaf/Hard of hearing
- ✔ Development Coordination Disorder (dyspraxia/dysgraphia)
- ✔ Mental health conditions, e.g. depression, bipolar, anxiety
- ✔ Neurological conditions, e.g. epilepsy, brain injury
- ✔ Significant ongoing illnesses, e.g. diabetes type 1, cystic fibrosis, chronic fatigue
- ✔ Physical disability, e.g. arthritis, cerebral palsy
- ✔ Specific learning differences (including dyslexia and dyscalculia)
- ✔ Speech and language communication difficulty

Meet some DSS students



Roisín Ormond -
**Biomedical Engineering Graduate/
Access Service intern**

"The combination of all the support services in CIT is vital for students like me. I would advise anyone interested in coming to CIT to get in contact with the Disability Support Service; they will do everything they can to help out during your time in college."



Elena Canty -
**Postgraduate student in Public
Relations - New Media**

"I would strongly recommend any student who struggles in some way to seek support and expert advice from the DSS; they are there to help and are very accommodating."



Peter Glavin -
Culinary Arts graduate

"I was amazed to find various software programs to help me with my studies such as Mind Manager, Read and Write Gold, and Dragon software which I now use all the time."

Disclosure

Does CIT need to know that I have a learning difference/health condition/disability?

If you think you will need any supports for your studies, we strongly advise that you register with the DSS as early as possible. It is a confidential service and you can register with us at any point during your studies but it is best if you do this when you start studying in CIT.

If you have applied to DARE through the CAO, the DSS will receive your information and documents but you will still need to register with the DSS in order to access supports in college. Students who received reduced points DARE places must register with the DSS.



DARE | **DISABILITY
ACCESS
ROUTE TO
EDUCATION**

Note to parents/guardians about queries

We welcome general queries from parents and guardians and we appreciate and understand their role in supporting the student. As CIT students are adults and over the age of 18, we cannot disclose any information about a student without their permission to any third party.

Students must give advance consent to the DSS to discuss any aspect of their DSS registration, academic progress, etc. with a third party on each occasion.

Confidentiality

The DSS is a confidential service and we do not share any of your information with anyone outside the DSS without your consent - this includes lecturers, college staff, parents/guardians, support workers, etc.

If you wish to use DSS supports such as exam supports, access notes, etc., you will be asked to agree to share this information with the relevant CIT staff/ departments.

Your documents are stored securely in the Institute's DSS/ secure document storage in compliance with Data Protection legislation with access only to authorised DSS staff.

The DSS cannot discuss information about your registration, or any other aspect of your academic progress or supports without your permission.

If you disclose information to the DSS which may be considered to put us on notice of a serious health and safety risk to you and/or other students/staff, the college has a legal duty of care to ensure that you and/or other students/ staff are safe. In this case we may need to share this information but we would ideally speak to you first.



How do I register with the DSS?

If you wish to register for supports for lectures, exams, etc. from the DSS, you need to take three steps:

1

STEP 1 Fill out the Online Registration Form

You can enter your details in the online DSS registration form - available on the DSS website in late August: www.mycit.ie/dss

You can e-mail us to request it in an alternative format, or if you are having any difficulties filling out the form

2

STEP 2 Provide supporting documents

We need to have evidence of your learning difference, disability, or health condition (see next page for details). You can e-mail a copy of your documents to dss@cit.ie, hand them into the Access Service office, or post them to us (if you have not sent these already to the CAO/DARE).

3

STEP 3 Needs Assessment

You will have a needs assessment with a DSS staff member to discuss supports. You will be sent an e-mail about how to arrange this or given a meeting date/ time (see page 12).

NOTE: If you need an academic personal assistant, sign language interpreters, access to campus/buildings, or mobility training to access college please e-mail us for an early needs assessment meeting in July/August or well in advance before you start college.

Documents for Registration

You must give us evidence of your learning difference, disability or health condition before you can attend a needs assessment meeting. We have access to your documents if you sent them to the CAO/ DARE. You may need to give us more documents if you have new/ updated reports, or if we need more information.

What documents do I need to submit?

Specific learning difference
(e.g. dyslexia or dyscalculia)

Full educational psychologist report OR evidence of a history of a specific learning difference and receiving support from your school/college

Dyspraxia (DCD)

Full occupational therapist/ educational psychologist report OR evidence of a history of DCD and receiving support from your school/college

Health conditions or disabilities

Report or letter from the appropriate consultant or specialist detailing the diagnosis, type, and extent of the health condition /disability and supports/treatment. A GP/ other health professional letter with the same level of detail may also be accepted.

Needs Assessment

As part of registering with the DSS you will have a Needs Assessment to determine the supports/reasonable accommodations you may need and are entitled to.

Once you have completed your online registration form and we have your documents, we will contact you through your myCIT e-mail account about how to book a meeting or given a time/date that you must attend with a DSS staff member. Needs assessments for online/distance learning students can be carried out via phone.

Having a Needs Assessment completes your DSS registration. Students will receive their needs assessment document which they can use to inform academic staff of their needs and/or to request supports.

You can review your supports at any time during your studies.

You must fully complete your DSS registration before certain dates in order to request exam supports for end-of-semester exams (see page 24) or SOLAS apprentice exams (see next page).

September and October is a very busy time for us with a high number of students registering and you may need to wait for your meeting



If you have an urgent query, e-mail is the best way to contact us during this time

Apprentices

SOLAS apprentices are welcome to register with us for exam supports and other DSS supports..

- You will need to fill out the apprentices' online DSS registration form on the DSS website: www.cit.ie/studentlife/access_disability/disabilities/apprentices
- You need to give us a copy of your documents and attend a needs assessment meeting by the dates below in order to access exam supports and other DSS supports.
- If you were registered with us before and need exam supports, etc. for your repeat/Phase 6 exams please fill out the online DSS registration form by the dates below. We do not need a copy of your documents.

SOLAS Phase 4/6 blocks

DSS registration deadlines for exam supports

September – December 2018 block	Friday 19th October 2018
January – March 2019 block	Friday 1st February 2019
April – June 2019 block	Friday 26th April 2019

Once you are fully registered with the DSS – we will inform Mary O’Sullivan, the Disability Administrator in the CIT Exams Office, Melbourn Building. Mary will organise your exam supports.

Tel: 021 433 5090

E-mail: examsdss@cit.ie

Incoming Erasmus/International Students to CIT

If you are coming to CIT on Erasmus study exchange/internship or as an International student and need DSS supports you should contact us well in advance before you arrive to CIT for your study.

Please note that the DSS supports available in CIT may be different from those you receive in your home institution.

You should ask your home institution to fill out a CIT DSS Statement of Support form to confirm what supports you receive there – please e-mail us for this form. You will also be asked to provide us with copies of your documents in English as evidence of your learning difference, disability or health condition.



Erasmus+

Erasmus students

You may be able to apply for Erasmus+ funding for additional costs of personal and academic supports while in Cork, such as a personal assistant, aids and equipment, adapted accommodation, travel assistance, and medical attendance.

- **Erasmus funding information:** <https://tinyurl.com/ya8tvn7n>
- **CIT Erasmus Office:** <http://international.cit.ie/erasmus/incoming>

International students

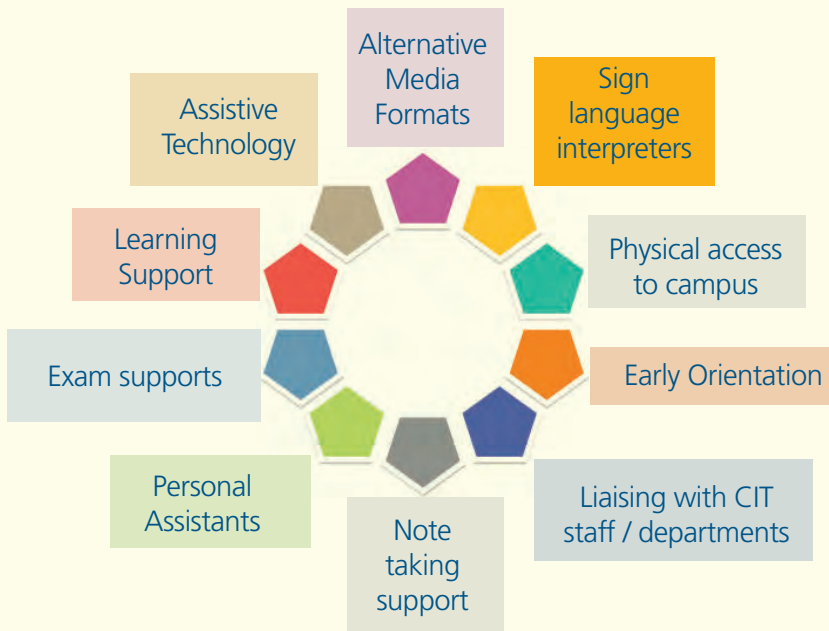
You may need to make a financial plan which includes additional disability related costs and investigate any funding that may be available to cover these extra costs.

- **CIT International Office:** <http://international.cit.ie/>

DSS Supports overview

The DSS has a range of supports to ensure that students with learning differences, health conditions, and disabilities have the same opportunities for participation and progression as their peers.

Our supports are designed to be enabling and to equip you with the necessary skills and knowledge to become independent learners, which can help you reach your full academic potential, and transferrable to the workplace.



We will confirm your supports/reasonable accommodations in your Needs Assessment document which can be reviewed at any time. You can use your needs assessment document to request supports from your lecturers such as copies of notes, exam supports, and considerations around academic work.

Assistive Technology

Assistive Technology (AT) is software or equipment that can help you with your learning and access your lectures and notes such as:

- Proofreading /Mind-mapping/ Reading software
- Apps for phones and tablets
- Typing training (Touch Type Read and Spell)
- Recording devices (Live scribe pens/Digital recorders - use with lecturer permission)
- Digital magnifier technologies (Optiverso)
- Hearing support technologies (Soundfield/Phonak Roger)
- Speech to text software (Dragon Naturally Speaking)

What is the DSS Assistive Technology Service (AT Service)?

The AT Service includes a dedicated computer lab in the Student Centre on the Bishopstown campus (see page 5).

The computer lab is only available to DSS students and you access it with your student ID card. The lab has 14 computers, study space, a printer, and a scanner for scanning notes and handouts, plus a bookable sound proof room for voice-to-text software use.

There is also Texthelp Read Write Gold reading/proofreading and Inspiration mind-mapping software available on open access/library computers in the different campuses.



Assistive Technology support and training

Mark Burleigh is the full-time DSS Assistive Technology Officer. You may need to meet him for an Assistive Technology assessment/training if this is recommended in your DSS Needs Assessment. He runs training workshops during the year and manages any equipment that you might be loaned by the DSS.

Mark meets students by appointment in all CIT campuses Monday to Friday 9.00am – 5.00pm. Online booking for appointments is available.

E-mail: mark.burleigh@cit.ie

Tel: 021 433 5125

Assistive Technology Service, Student Centre,
Bishopstown.



DSS Assistive Technology online guides



www.youtube.com/user/AccessATS

The AT Service YouTube channel provides online guides that students can access at any time around their Assistive Technology software or equipment. Have a look at the You Tube link.



Learning Support

The DSS Learning Support Service supports registered students to develop their academic and study skills for their assignments, reports and research. This is done in small groups, workshops, and one-to-one appointments where appropriate.

Learning Support works closely with Assistive Technology to enable you to use the tools to study independently, and to develop your skills in:

Planning and structuring assignments	Academic writing skills	Quoting, referencing and plagiarism
Taking good notes	Managing deadlines	Exam and revision techniques
Presentation skills	Reading and research	Essay writing

Online DSS Learning Support videos

DSS Learning Support tutorial videos on the above skills are available for students to access at any time at: www.mycit.ie/dss

Students are also advised to check their individual modules for their course to see the kinds of assessments, exams, and coursework that are involved in each module at <http://courses.cit.ie>

Who do I contact for Learning Support?

Bishopstown Campus

Fiona Downey, DSS Learning Support Coordinator

Meets students by appointment Monday to Friday 8.30am - 4.30pm.
Online booking for appointments is available.

E-mail: fiona.downey@cit.ie Tel: 021 432 6744
Assistive Technology Service, Student Centre, Bishopstown.

CIT Crawford College of Art and Design/CIT Cork School of Music/ Cork Centre for Architectural Education

Jessica Amberson, DSS Learning Support tutor

Meets students by appointment from the Crawford College of Art and Design (Sharman Crawford Street and 46 Grand Parade), Cork School of Music, and Cork Centre for Architectural Education.

She is available on Mondays (all day) and Tuesday mornings.
Online booking for appointments is available.
E-mail: jessica.amberson@cit.ie

National Maritime College of Ireland (NMCI)

Barbara Hempel, DSS Learning Support tutor

Meets NMCI students by appointment.

Online booking for appointments is available.
E-mail: barbara.hempel@cit.ie

Workplace Preparation Programme (NEW!)

The DSS and CIT Careers Service have developed the Workplace Preparation Programme to support students with preparing for your work placement or employment:



It includes

- Improving your CV and communication skills
- Giving you experience in practical workplace conversations
- Earning a unique Digital Badge for your CV
- Advice and support on Reasonable Accommodations/Disclosure at work

When?	Tuesday 2nd October 2018 (and each Tuesday until 27th November)
Where?	Meeting Room 2, 1st Floor, Student Centre, Bishopstown Campus
Time?	1.15pm - 1.55pm

Students will be e-mailed on how to book their place in September.

CIT Careers Service

You can also contact the CIT Careers Service for individual careers guidance throughout the year. They are based on the 2nd floor of the Student Centre.



BalanCIT – DSS Student Wellness Programme (NEW!)

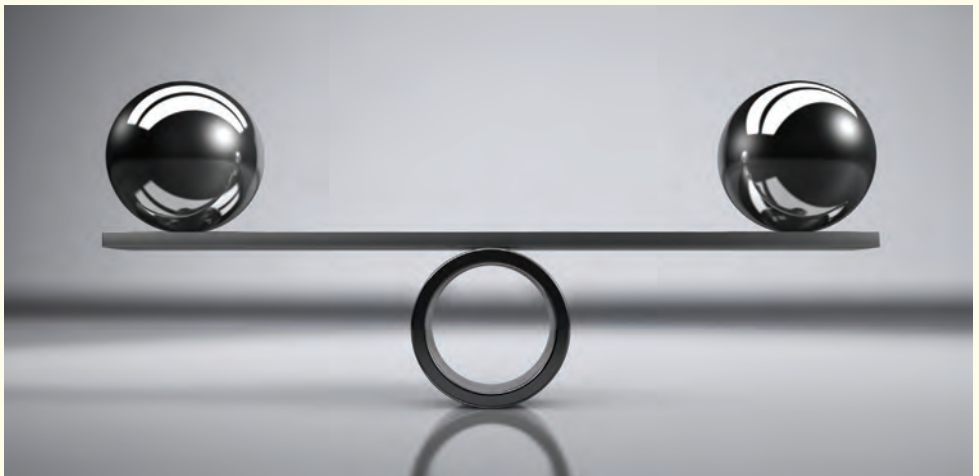
Do you need support with balancing student life? This programme offers support and guidance around relationships, study, nutrition and much more! The DSS wants to support you to have a positive student experience in CIT.

It includes

- Guidance to support you to balance study, work and friendships
- Support with managing your stress and day to day life as a student
- Information on how to improve nutrition & exercise
- Mindfulness sessions for students

When?	Tuesday 2nd October 2018 (and each Tuesday until 6th November)
Where?	Library Conference Room, Library, Berkley Building, Bishopstown Campus
Time?	1.00pm – 1.40pm

Students will be e-mailed on how to book their place in September.



Other DSS Supports available

If you need any of the following supports – please contact the DSS well in advance before college starts, as arranging these supports can take some time.

- **Alternative media formats** – Students may need their course material, books, etc. in alternative media formats such as large print, alternative electronic format, Braille, and audio versions.
- **Parking and Transport** – Students with physical disabilities or mobility difficulties may require access to parking on campus with their EU parking permit, or support with transport to access their campus.
- **Academic Personal Assistant** – Students with physical disabilities or mobility difficulties may require an assistant for tasks such as carrying bags, accessing buildings, or some personal care.
- **Mobility training** – Students with visual loss may require mobility training around their campus.
- **Access around campuses** – Students with mobility difficulties may have specific requirements in order to access rooms with stairs, access lifts and/or buildings.
Note: Class timetables with room details are only available just before the start of each semester.
- **ISL Interpreter/Speed text** – For students with hearing loss to access their classes/lectures and exams.

Examination Supports

You may be entitled to access exam supports, such as extra time, use of a computer, use of reading software, or a smaller shared exam centre, which are confirmed in your Needs Assessment.

With your permission, the DSS will also inform the Examinations staff in your campus of these supports.

End-of-semester exams DSS registration deadlines

You must be fully registered with the DSS by the dates below in order to request exam supports for end-of-semester (final) timetabled exams. This applies to students in all campuses.

Semester 1 exams	Friday 2nd November 2018
Semester 2 exams	Friday 15th March 2019
August (repeat) exams	Friday 5th July 2019

Students who register with the DSS after these dates will be accommodated in the next exam session.

Students with temporary disabilities such as broken hands should contact the Examinations staff in their campus directly to see what supports are possible.

Bishopstown campus exams

Mary O’Sullivan, Disability Administrator in the Examinations Office, is responsible for organising exam supports for Bishopstown campus DSS students for final exams.

E-mail: examsdss@cit.ie Tel. 021 433 5090

There are two kinds of exams in CIT: End-of-semester exams are final exams which are timetabled by the Exams Office, and In-class assessments run by your lecturer/department.

Requesting exam supports for end-of-semester exams

If you wish to request exam supports for these exams, such as reading software, use of computer to type, or a smaller/separate room, you must e-mail Mary O’Sullivan at examsdss@cit.ie to request these for each set of exams by the dates below.

Students with extra time only can use this support in main exam venue.

Bishopstown Campus Exam Dates*	DSS Exam Support Request Deadline
Semester 1 exams 15th – 21st December 2018 and 3rd – 8th January 2019	Friday 9th November 2018
Semester 2 exams 11th – 24th May 2019	Friday 22nd March 2019
August (repeat) exams 12th – 23rd August 2019	Friday 12th July 2019

*Please note that some students may have other exam dates based on their course/work placement – always check this with your department.

Requesting supports for in-class written assessments

Most DSS students sit their in-class written tests/assessments without supports or just extra time in consultation with your lecturer where this is possible. You must give your lecturer at least 1 week's notice.

If you are a Bishopstown campus student who wishes to use reading software, use of computer to type, or a smaller/separate room for in-class written assessments timetabled by your lecturer/department, you need to fill out the online request form with 1 week's notice:

www.mycit.ie/examinations/support

If possible, the Exams Office will assist depending on room availability and other resources.

The CIT Exams website has information about the exam dates, online exam timetables, appeals, past exam papers. Visit www.mycit.ie/exams



CIT Cork School of Music (CSM) exams

Rocky Falzon, CSM administrator, is responsible for organising exam supports for Cork School of Music DSS students.

E-mail: rocky.falzon@cit.ie **Tel.** 021 480 7309

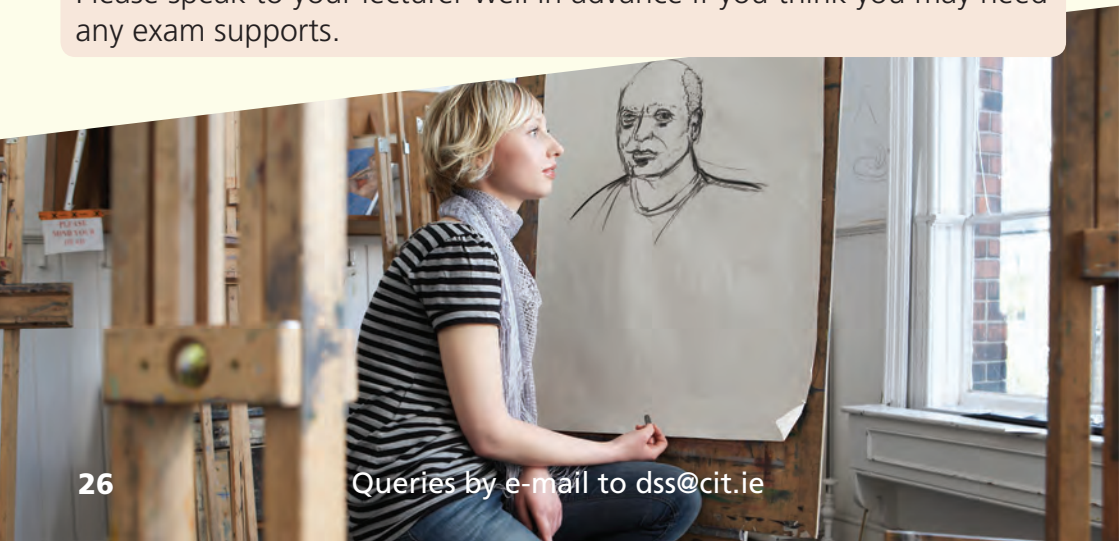
If you need exam supports for your end-of-semester exams you must e-mail Rocky Falzon to request these with as much notice as possible for each set of exams. Your email must include the details of the time and date of exam(s) and the entitled support(s) being requested.

If you have in-class written tests and you need extra time, a separate room, reader/laptop for these tests, you should speak to your lecturer first well in advance to see what is possible, as sometimes students find extra time is enough.

CIT Crawford College of Art and Design exams

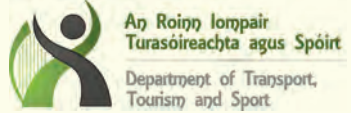
CIT Crawford College of Art and Design students do not usually have official exams, however, you may have an Art History test in first year.

Please speak to your lecturer well in advance if you think you may need any exam supports.



National Maritime College of Ireland (NMCI) exams

For students studying the Bachelor Degrees in Nautical Science, Marine Engineering, and Marine Electrotechnology, the Department of Transport is the body that accredits your professional licence. They have different regulations regarding which exam supports are allowed in your NMCI exams if you wish to gain your professional licence.



The Department of Transport Marine Notice No 65 of 2013 outlines the exam accommodations allowed for students with dyslexia: www.dttas.ie/sites/default/files/65%20of%202013_0.pdf

This includes:

- **10 minutes per hour extra time allowance and use of tinted overlays. The extra time may be allowed in the main venue or a separate centre – this will be decided by the NMCI.**
- **Allowances for spelling errors and composition of passages are also allowed if the meaning of the answer is clear.**
- The use of a reader, scribe or laptop is not allowed.

If you register with the DSS for exam supports, the information is confidential and is sent only to Capt. Sinéad Reen, the NMCI Head of Academic Studies, and the NMCI Examinations Secretary with your permission.

Theresa Brien, NMCI Examinations Secretary

E-mail: theresa.brien@cit.ie

Tel. 021 433 5645

If you have any questions please contact, in confidence, the DSS or Capt. Sinéad Reen

E-mail: sinead.reen@cit.ie

Tel. 021 433 5612

Other CIT supports available

Here are some CIT supports that our students have found useful:

Academic Learning Centre

Free drop-in subject classes in maths, business, science, engineering, computing and IT/academic skills.

<http://alc.cit.ie>

Counselling Service

One to one counselling sessions available

www.mycit.ie/counselling

PALS – Peer Assisted Learning Support

PALS Study and PALS Buddies offering academic and social support by higher year students run in the academic department.

www.mycit.ie/PALS

Academic Success Coaching

Academic Success Coaching work with students to develop motivation and study skills

<http://studentengagement.cit.ie/asc>

Barrier Free CIT

Student Society who promotes diversity and accessibility in CIT

barrierfree@cit Societies.ie

Medical Centre (Mezzanine floor, Student Centre)

Access to doctors and nurses

www.mycit.ie/medical

Emergency Response Team (ERT) (Bishopstown Campus)

If you have a medical condition such as epilepsy where you MAY need immediate emergency care on campus, you should call the ERT if you feel unwell.

Tel: 021 4326112

Financial Supports

Fund for Students with Disabilities

The ESF Fund for Students with Disabilities is run by the Higher Education Authority and provides funding to eligible students for specific academic supports, personal assistance/sign language interpreters, and transport costs (outside of typical costs of going to college). The DSS applies for funding on your behalf to provide supports.

The Fund is co-funded by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning (PEIL) 2014 – 2020. www.studentfinance.ie



Student Assistance Fund

If you need additional financial help for the costs of going to college you can apply to the Student Assistance Fund. It is managed by the Access Service and paper application forms are available from the office at the start of September. Check the website to see if you are eligible to apply: www.mycit.ie/saf

1916 Student Bursary Fund

There are up to 7 bursaries of €5,000 available for each year of an undergraduate programme. First year undergraduate CIT students who come from socio-economically disadvantaged backgrounds in a range of categories, including disability, can apply.

Visit the website for more information and online application form: www.cit.ie/studentlife.access_disability.1916-bursary

CIT DSS students needing supports while studying abroad

If you are going abroad to study for a semester/year, you may need to consider whether you need DSS supports in your host college.

Make sure you research the disability and student supports available in your host college and any funding available. Remember there may be some big differences in supports between countries and colleges.

- **DSS study abroad checklist:** www.mycit/dss
- **AHEAD guide for studying abroad:** <https://ahead.ie/studyabroad>

Erasmus+ funding

Erasmus+ has additional funding available for eligible DSS students for the additional costs of personal and academic support, such as

a personal assistant, aids and equipment, adapted accommodation, travel assistance, medical attendance, and learning support.



Please contact the DSS or the CIT Erasmus Office: erasmus@cit.ie for a copy of the funding application form.

The DSS can support you to complete the form and provide necessary information about your supports such as your needs assessment and copies of your documents to your host institution with your permission/ for your funding application. You will need to get the exact costs of the supports from your host institution and/or external provider.

- **EURireland:** <http://EURireland.ie>

Things to Note

MyCIT e-mail



myCIT

You need to check your myCIT e-mail regularly as this is the main way the college and the DSS will contact you about important college and DSS information, and deadlines.

Take Responsibility

As a student, it is your responsibility to register fully with the DSS in order to access supports. Your needs assessment may advise you to engage with specific support, such as Learning Support or Assistive Technology, and **it is YOUR responsibility to engage with these services and with the DSS.**

The DSS will inform you how to make initial contact with the various supports/services. It is also important for you to notify DSS at the start of every semester/year if your existing supports need to be reviewed, and ensure the information given to the DSS is up to date.

Responsibility

DISABILITY SUPPORT SERVICE

Mailing list:

www.cit.ie/dssmailinglist

If you would like this guide in an alternative format please e-mail **dss@cit.ie** or telephone **021 433 5138**

CIT Disability Support Service (DSS)

Address:

Access Service,
Ground Floor, Student Centre,
Cork Institute of Technology,
Bishopstown, Cork



Tel: 021 433 5107 / 5137



Tel: 021 433 5138 Access Service



Text: 087 177 6755 / 087 138 9772



E-mail: dss@cit.ie



Web: www.mycit.ie/dss



<https://www.facebook.com/citdisabilities>



<https://twitter.com/CITDisabilities>

Opening Hours:

Monday to Friday 8.30am to 4.30pm
(Access Service desk is closed for lunch
1.30pm – 2.00pm with a post-box
available for documents/messages)