

## **Examples of Key Focus Areas for Support Sessions**

### **Dyslexia Tutor**

- Developing reading comprehension strategies
  - Improving spelling, grammar, and punctuation
  - Essay planning and structuring written work
  - Proofreading techniques for independent review
  - Building vocabulary and academic language skills
  - Time management and organisational strategies
  - Using assistive technology
- 

### **Academic Mental Health Tutor**

- Building academic confidence and self-efficacy
  - Managing stress and anxiety related to studies
  - Developing coping strategies for academic pressure
  - Time management and avoiding procrastination
  - Goal setting and creating realistic action plans
  - Motivation and overcoming academic burnout
  - Balancing academic workload with wellbeing
- 

### **Study Skills Tutor**

- Identifying and applying preferred learning styles
  - Effective note-taking methods for lectures and readings
  - Planning and structuring assignments and essays
  - Research and referencing skills
  - Revision techniques and exam preparation strategies
  - Time management, prioritisation, and meeting deadlines
  - Critical thinking and analytical skills development
- 

### **ASD Mentor**

- Establishing and maintaining academic routines
- Organisational skills for managing multiple tasks
- Social communication strategies in academic settings

- Reducing anxiety around changes in schedules or routines
- Goal setting and breaking tasks into manageable steps
- Understanding and navigating university systems
- Exam preparation techniques to reduce stress