

## Supports

The College will try to make support available in a way that avoids you being singled out among other students.

When you communicate that you have a learning need, someone on the Staff with training and experience will be asked to discuss it with you and assess what the College can and should do.

The resulting assessment of your learning or examination needs will be communicated to the teachers or tutors on your course.

The teachers will then treat these needs as part of the ordinary educational commitment of the College in your regard.

It is an understanding between you and the College that these supports are supports for learning.

They are not intended to give you any unfair advantage in relation to the required standards of the course over other students who do not have these supports.



## Act now!

As this process takes a certain time and the College year goes by quickly, it is important for everyone that you make known your learning needs from the start of the course.

You can begin to discuss your learning needs with the College head of Student Support, with your tutor or with any member of the College Staff that you wish.

## Confidentiality

The College respects your right to privacy.

It is your choice whether or not to ask for learning support.

At the same time, the College hopes that you can see the advantages for everyone that you enable it to support you in your learning needs.

The College will treat whatever you communicate about a disability and the information required for a learning needs assessment with the greatest confidentiality.

Only the learning needs agreed with you will be passed on to the teachers and tutors of your course.



## Inclusion, Equality and Mental Health

# Student Guide

## Mental Health in Education Project EDUCATION EQUALITY INITIATIVE PHASE II

Schizophrenia Ireland - Lucia Foundation  
in association with  
Liberties College (CDVEC), Dublin

The Mental Health in Education Project is part-funded by EU Structural Funds under the National Development Plan (2000 - 2006) as part of the Education Equality Initiative administered through the Further Education Section of the Department of Education and Science.



## Liberties College Inclusion Policy

Liberties College welcomes students with disabilities, including mental health disabilities.

This Guide has general information about the learning support the College offers someone in recovery taking a mainstream educational course.

We hope you will engage with the College in areas where the Inclusion Policy is relevant to your circumstances and provide feedback that can be helpful to further refine the policy and its practice.

## Well-being

Everyone's well-being (of body or mind) needs looking after. Mental health can be harder to care for than physical health because the signs of becoming unwell are not easy to quantify.

Stressful elements in a student's life that could act as a trigger for becoming unwell include:

- Financial problems: debt.
- Pressures of combining studying with part-time work.
- Living in low standard accommodation.
- Eating 'junk' food rather than a nutritionally balanced diet.
- Worrying about a "job at the end of it all".
- Course assessments and exam pressures.
- Friends / relationship worries.
- Irregular sleeping patterns, combined with a hectic social life.
- Abuse of alcohol or other drugs affect the mind as much as the body.

## Equality

Teachers are education professionals working towards excellence in communicating knowledge and skills to their students.



No two students have exactly the same learning needs. Within reason, teachers try to communicate with each student in a way that achieves the best educational results for them.

A College provides educational services. Recent law in Ireland requires service providers to make reasonable accommodation for various groups of people who otherwise might suffer discrimination while receiving the service.

If a student with a disability were to find it impossible or unduly difficult to attend a College without special treatment or facilities, it could be considered discrimination.

The College must make reasonable adjustments unless the cost of doing so is more than a nominal one.

## Your Learning Needs

Liberties College focuses on students' abilities and learning needs rather than on disability.

You share the need to learn with every other student. But you may require some support while learning in order to work to your full ability in the course you have undertaken.

You know best why you are taking the course and what supports could help you to carry through your commitment.

But you also may be unaware of some supports that are available.



You are encouraged to take responsibility to enquire about supports and to ask for what you feel might help you.