



Mental Health

Reasonable Adjustments: Mental Health

Reasonable adjustments refer to a “measure or action taken to assist a student with disability to participate in education and training on the same basis as other students”. They are designed to place students with disability on a more equal footing, and not to give them any kind of advantage.

Reasonable adjustments made for a student with disability must maintain the academic integrity of the qualification and not cause a health or safety risk for another student(s) or negatively impact upon the learning experience of another student(s).

Adjustments are negotiated to meet the needs of the individual student; this is predominantly done through a Student Support Advisor - AccessAbility. Student will register for support with AccessAbility and be provided with a Reasonable Adjustment Plan which will outline the recommended adjustments.

To accommodate individual students:

Students with mental health conditions may benefit from a range of inclusive teaching and assessment strategies. Some adjustments that may be implemented for students with mental health conditions include:

- Clarification of attendance expectations and procedures for absence.
- Clarification of behavioural norms.
- Provision of a peer mentor.
- Access to flexible delivery methods such as online learning, blended learning and flipped classroom programs (where available) to provide flexible options that accommodate fluctuations in conditions.
- Provision of reading lists that highlight what are the essential texts and what are extension reading.
- Individual orientation to laboratories, workshops, studios and computer systems to reduce anxiety.
- Feedback on assignments given verbally in private rather than in writing.
- Recording of lectures if attention, memory and/or attendance is affected by



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medication.

- Video recording of oral presentation tasks or presentation one-on-one with a lecturer or tutor.
- Where lectures or tutorial sessions are presented more than once in a week, access prioritised for sessions times that are least affected by medication.
- Additional time in exams.
- Provision of an alternative exam venue that is free of distractions or take home exams.
- Modified exam papers that present lengthy questions in bullet points and minimise multiple choice questions.
- Postponement of assessments or suspension of enrolment without penalty if a student experiences a severe episode of their mental health condition.

(ADCET, 2017)

References

Adapted from ADCET (2017, June 15). Mental Health. Retrieved from Reasonable Adjustments Disability Specific: <http://www.adcet.edu.au/students-with-disability/reasonable-adjustments-disability-specific/mental-health/>