

Inclusive Support for Students with a Mental Health issue

There are a variety of measures that we can support you with while at City of Glasgow College. These support measures will be discussed at your meeting with one of our Learning Support Advisers.

You may have had support at school or other college or university and we can continue this support for you if it is still appropriate.

You may have your own digital or practical support that you already use, and we will work with you so that you have a great experience at college.

The support we can offer may include:

- Personal Learning Support Plan (PLSP) designed with your support needs, interventions in place and information for curriculum lecturers to ensure your inclusion in class.
- Coursework Extensions or Flexible Deadlines.
- Assessment Arrangements such as Extra Time or Separate Accommodation.
- Interruption to study or course.
- Assistive Technology or Apps to promote well-being.
- Note-taker or Practical Helper in class with you.
- Study Support with a Learning Support Lecturer to help revise or prepare for tasks.
- Lesson Breaks if required during class.
- College Mental Health Officer and Counsellors appointments.
- College Culture and Environment that promotes Mental Health & Well-being.
- Attending Mindfulness and Yoga sessions within the college.