

Disabled Students' Guide

students' representative council
src
university of glasgow

An SRC Advice Centre guide 2026 Edition

Access resources online

Find all the links and resources referenced in this guide.

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Introduction

Advice for disabled students

There are nearly 16.8 million disabled people in the UK. This is one in four (25%) of the population. In recent years, approximately 20% of all applicants to the University of Glasgow disclosed that they are disabled. As at September 2025, there are approximately 4,700 students using the Disability Service.

Successfully navigating a course with a disability often requires specific support to be put in place, encompassing a variety of areas across the University. This guide brings together the key areas of support, information and resources available for any disabled student studying at the University of Glasgow.

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Introduction continued

What is a disability?

Some students with health challenges may not associate or identify with the term 'disability', however in terms of the Equality Act 2010, a person has a disability if they:

"have a physical or mental impairment, and the impairment has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities".



Photo Credit: Disabled Students' Society, 2025

'Substantial' is defined by the Act as **'more than minor or trivial'** and **'impairment'** is considered to have a long-term effect if it has or is likely to last for at least 12 months or beyond.

In addition to the above definition, the University recognises the 'social model' of disability, which defines disability as created by barriers in society such as inaccessible buildings, stereotyping, prejudice, and inflexible policies and practices. The University aims to eliminate such barriers.

Students with mental health conditions often don't recognise that they can engage with and receive the help from resources targeted at helping disabled students on campus.

For example, a student who has been on anti-depressants for 12 months may not be aware that they are in fact considered, under the legal definition, to be disabled.

The SRC also produced a guide to disability-related language in 2021, which aims to explain commonly used terminology.

Introduction continued

The Disability Service

The University's Disability Service supports students with a range of conditions, including those with:

Chronic medical or mental health conditions, Autism Spectrum Disorder, learning differences, and sensory or physical impairments



Chronic medical conditions

Such as:

- Arthritis,
- Crohn's disease,
- Chronic Fatigue Syndrome,
- Diabetes,
- Epilepsy,
- Heart conditions,
- Hepatitis,
- HIV,
- SLE / Lupus; and
- Ulcerative colitis.

Mental health difficulties

Such as:

- Anxiety or panic disorder,
- Bipolar disorder,
- Depression,
- Eating disorders,
- Obsessive compulsive disorder; and
- Schizophrenia.

Learning differences

Such as:

- Attention deficit hyperactivity disorder (ADHD),
- Dyscalculia,
- Dysgraphia,
- Dyslexia; and
- Dyspraxia (Developmental Coordination Disorder, or DCD).

As well as students who are d/Deaf and/or Hard of Hearing (HOH), visually impaired or have Autism Spectrum Disorder (ASD).

Disabled students are encouraged to contact the Disability Service. The first step to seeking support from the Disability Service team is to register with them and complete a Study Support Request form.

You can do this as a registered student or if you have received an offer to study at the University. This process will ask you to upload any evidence of the challenges you are facing, however if you don't have much evidence, you should still complete the form to begin accessing support.

Accessing support

What support can I access?

Once you are registered with the Disability Service, you will then have access to a range of supportive measures and adjustments to help you with your studies. You will be assigned a disability adviser who will meet with you to talk this through.

Common examples of help you might receive are:

- Extra time in exams, or exams taking place in a smaller or separate room,
- Flexibility with attendance and submissions,
- Teaching staff awareness,
- Accessibility / mobility measures put in place,
- One-to-one support via Mental Health Advisers on campus,
- Study skills and proofreading support,
- Use of a scribe in exams.

You can find a more detailed breakdown of assessment arrangements in the University's regulations.

Once you have adjustments or support in place, you can view these in MyCampus. The University provides guidance on how to access this information. Should you encounter a flare-up or worsening of a condition or receive a new diagnosis, adjustments can be reviewed and amended during the academic year.

You will also be informed whether you are able to access the Disabled Students' Allowance to help pay for additional equipment or support you may need on top of that already offered by the University.

The University also provides information and examples of assistive technology available to support disabled students.

Disability Co-ordinators

Consider making contact with a Disability Co-Ordinator within your school who can liaise with the Disability Service to make sure you are receiving the correct support. Their role is to promote and support disabled students as well as to promote disability equality more generally in their School. The University provides further information about the role of Disability Co-ordinators.

Counselling Service

The University has a team of dedicated Counsellors and Wellbeing Officers to help students manage their mental health and build strategies that will help them be successful with their studies.

Areas they may be able to assist with include:

- Anxiety,
- Bereavement,
- Relationship difficulties,
- Mild to moderate depression,
- Life changes; and
- Self-confidence and self-esteem.

The first step to accessing support is to register with the University's Counselling Service. You will then be given an initial 1-2-1 consultation so your needs can be fully understood, and next steps discussed.

This may involve:

- Short-term, focused blocks of therapy,
- Wellbeing Consultations,
- Psychoeducation and group work,
- Self-help resources.

The counselling team also have an extensive range of self-help resources that can be accessed, as well as a range of masterclasses which run throughout the year to help support you with:

- Managing exam stress,
- Sleep,
- Building resilience and managing stress,
- Low mood,
- Managing anxiety,
- Overcoming perfectionism,
- Motivation and overcoming procrastination,
- Managing change; and
- Building connection and overcoming loneliness.

The University provides students with a confidential Helpline and App available 24 hours a day, 365 days a year. Counsellors there are on hand to provide guidance and help students work through any concerns.

Accessing support continued

Academic Support

The Student Learning and Development team is a useful initial resource to explore more specific additional help and support to organise and develop your academic work.

During your studies you may face a decline in your health or face for the first time a health challenge that may affect your ability to meet an assessment deadline or sit an exam. Your main initial point of contact to raise any academic related questions or concerns will typically be with your Adviser of Studies or course convener / co-ordinator. It's important to note and make use of the following available options should you need to:

Delayed Assessment Permits

Sometimes you need a bit more time, not because of an emergency, but because life is unpredictable. If you have a minor illness, other responsibilities taking priority, or a difficult week, Delayed Assessment Permits (DAPs) give you limited automatic flexibility without needing an explanation or supporting evidence.

Every student has three DAPs per academic year. Unused permits do not carry over. Each permit moves your deadline for one piece of coursework by five working days.

If you are registered with the Disability Service and have flexibility with deadlines as a provision within your Study Support Plan, you may use DAPs as required and are not subject to the standard limit on DAP use.

Extenuating Circumstances

This is the University system to support any student with either a health condition that has recently worsened significantly or an unexpected health or personal challenge.

The University provides guidance on what circumstances may qualify for Extenuating Circumstances.

The SRC Advice Centre also provides guidance on Extenuating Circumstances.

Support to Study

Where health challenges are not best managed via multiple extensions and multiple Extenuating Circumstances claims and where challenges are more profoundly affecting academic study, the University may trigger the Support to Study process.

This is a supportive process aimed at better understanding the nature of these challenges in more depth and assessing whether a leave of absence or continuation of study with support

or measures in place is the most appropriate option.

Withdrawal of study

Students who are undertaking their studies whilst also navigating unforeseen or long-term health challenges may reach a point in the year where they are overwhelmed with academic work and may wrongly think that a full withdrawal is the only answer.

A review to see whether all the help and support that you are entitled to is in place would be a good first step to take. You can find further information and support in the SRC Advice Centre's guidance on withdrawal from study and the University's own guidance.



Accessing support continued

Accessibility

The University also has an accessibility guidance page which provides information on:

- Finding your way around the University,
- Access guides to services and buildings using AccessAble,
- Contact information for BSL users,
- Mobility scooter and wheelchair loans,
- Reporting issues with physical access on campus.

The University has an Accessible & Inclusive Learning policy, the aim of which is to 'deliver the University's values of an inclusive community through the provision of accessible learning, teaching and assessment materials and methods'.

The University also provides a digital accessibility guide for students and staff. This provides a framework for making webpages, documents, video and presentations accessible for everyone. Each system adopted by the University comes with its own accessibility statement and the University is transparent on specific areas that are not yet compliant and are being looked at. You can also view the Recording of Teaching Policy to understand how this may be able to support you in your studies.

Assistance dogs are welcome on campus and for any events run on campus, the University has an Accessible Events Policy to make sure that these fulfil obligations under the Equality Act 2010.



Library

The Library aims to 'provide an environment where there is equality of opportunity and where disabled people have equal access to our services and collections'. All levels are accessible from street level 2 via lift.

The Library has a disability policy outlining additional support for disabled students. It includes:

- Frontline staff trained to respond to the needs of disabled students,
- Longer loan periods,
- Fetching service,
- Proxy borrowing,
- Visiting with a helper/assistance dog.

The Library has a Disability Co-ordinator who acts as a first point of contact for Library users with disabilities. You can make contact with them via library-disability@glasgow.ac.uk.

Careers

The University has a Careers Service you can contact to seek guidance on your future beyond University. They have some additional resources to help disabled students, via an agreement with EmployAbility. Once registered with EmployAbility you will have access to:

- Group events and workshops,
- 1-2-1 consultancy and advocacy support,
- Information and support on graduate opportunities.

Additionally, the University employs a Career Development Consultant for Equality, Diversity & Inclusion (EDI) who can provide tailored careers support for disabled students.



Further information

How the University reviews disability policies

The University carries out periodic work to review disability related policies and processes at the University, primarily via:

- Meetings of the Disability Equality Group, chaired by the University Disability Equality Champion
- Meetings of the Learning & Teaching Committee
- Meetings of the Disability Review Implementation Group
- Meetings of the Equality & Diversity Strategy Committee to review the Equality & Diversity Policy
- Review of the Accessible & Inclusive Learning Policy



Other resources:

Access resources online

Find all the links and resources referenced in this guide.



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University of Glasgow Equality & Diversity disabled students' page

www.gla.ac.uk/myglasgow/equalitydiversity/students/disabled

University of Glasgow neurodiversity resource hub

https://www.gla.ac.uk/myglasgow/equalitydiversity/neurodiversityresourcehub/

University of Glasgow disability appendix

www.gla.ac.uk/myglasgow/equalitydiversity/policy/equalitypolicy/app-d

University of Glasgow Content advice guidelines

https://www.gla.ac.uk/myglasgow/digitalaccessibility/guidelines/

University of Glasgow Guide for Disabled Students

www.gla.ac.uk/myglasgow/policy/regulations-current/general/disabled-students/

University of Glasgow British Sign Language (BSL) action plan

www.gla.ac.uk/myglasgow/equalitydiversity/bsl/



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www.glasgowunisrc.org