

# DSA Non-Medical Help (NMH) roles explained

## Specialist Mentor

Specialist mentors provide highly specialist, **specifically tailored**, one to one support which helps disabled students address the barriers to learning. Specialist Mentors must have mental health and/or autism qualifications to support students.

The support could address a range of issues, for example:

- coping with anxiety and stress situations,
- dealing with concentration difficulties,
- time management,
- prioritising workload
- creating a suitable work-life balance.

Specialist Mentors do not act as advocates or counsellors. Their role is to help students recognise the barriers to learning created by their impairment and support them in developing strategies to address these barriers, particularly at times of transition, e.g. when starting at university or when planning to move on from it. For some students this support will need to be on-going while for others it might be gradually phased out or only be required at certain points of their course.

## Specialist 1:1 Study Skills tutor:

Specialist 1:1 Study Skills tutors must have teaching and Specific Learning Difficulties (SpLD) and/or Autism qualifications to support students.

This specialist one to one support assist students to develop independent study skills, and strategies, including:

- recalling and retaining information in written and spoken language
- reading and proofreading strategies
- processing information
- planning and organisation
- structuring written work

This support should aim to develop students' skills and to develop independent learning. It should be tailored to a student's individual needs and professionals delivering the support should set out clear goals and timescales for achieving these goals. A reducing level of support to enable independence should be agreed, where it is appropriate.