

To disclose Or Not To Disclose

PROs – to disclose

- Getting advice
- Self-awareness
- Raising awareness and understanding in others
- Getting any relevant support in place
- Increasing your confidence
- A part of having good mental health
- **Putting yourself in control of your studies**
- **Making the most of your time at university**

CONs – possible issues with disclosing

- Possibility of discrimination from those who aren't knowledgeable
- Could restrict independent
- May want a "fresh start"
- The system and bureaucracy can be frustrating
- May be seen as different
- Cost (if you are seeking a new, post-16, dyslexia / Specific Learning Difficulty diagnosis, *before* starting university, there is a cost involved)

Summary

- All disability / dyslexia support teams at university would encourage you to contact them and discuss your condition, even if you decide not to disclose it.
- We can discuss the pros and cons of disclosure – and you have control over what you disclose and to who.
- We never put in place support or adjustments that are not necessary or helpful
- Aim Higher have a useful resource with the contact details of all disability teams at different universities: <http://disability-directory.aimhigheronlondon.org.uk/>
- Be aware that disability teams can have different names – they may be some variation on:
 - Disability & Dyslexia Service / Support
 - Accessibility Service
 - Learning Support
 - Student Support
 - etc.