Creating an inclusive learning environment

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TIPS AND TRICKS FROM THE CZECH REPUBLIC

How to help students to overcome various difficulties on the way to their dreamed degree

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ALFONS

a counseling center in Brno, University of Technology

helping students with various difficulties on the way to their degree. Our students are dealing with difficulties in these areas:

- Overwhelming feeling of school/life stuff
- Lack of concentration (ADHD, ADD)
- Mental health issues: Depression, anxiety, etc.
- Autistic spectrum Disorders: Autism, Asperger’s syndrome
- Specific learning difficulties (dyslexia, dysorthography, dysgraphia)
- Chronic somatic diseases and impairments (physical, hearing, visual)

SERVICES

- Extra time for exams
- Provision of study materials
- Interpreting into Czech Sign language, transcription service
- Language support services, Individual English courses
- Psychological diagnostics and counselling
- S-compas advisory social service
- EEG Biofeedback – therapy to alleviate specific learning difficulties, sleep, attention and speech difficulties, anxiety or depression
One in four people in the world will experience a mental health problem... and university students are no exception.
HOW

- Psychological consultation
- Extra time during exams
- Crisis intervention if needed

extended study plan

G
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HOW

**Student**
- Specific needs
- Sessions

**Environment**
- Place
- People

**Individual approach**
- Communication
- Listening/responding

TIPS

- **“Petra”**
  - Anxiety
  - Panic attacks

- **“John”**
  - Bipolar personality disorder
  - Psychotic periods

- **“Patrik”**
  - Depression
TIPS

WHAT CAN HELP?
Monthly consultations with a psychologist

Writing a "diary" to track:
- mood
- feelings/states
- study and life problems

I am OK TRACK PROGRESS in advance I need help
provides SENSE of control over studies and life
SUMMARY

Monthly sessions
Listening/ Responding
Diary – tracking mood
Way of communication
Thank you  Discussion