



THE ADHD REFRAMED: Self-Advocacy

Checklist

For Co-Creating Tailored Academic Adjustments

"Academic adjustments are not 'unfair advantages'—they are the scaffolding that allows neurodivergent intelligence to be measured on a level playing field."

1. Preparation: Define Your Needs

Before your meeting, check the boxes that apply to your specific learning style.

- **Audio Access:** Permission to use text-to-speech software (like Speechify) for all core reading materials.
- **Assistive Technology:** Formal approval to use AI-assisted research tools (Research Rabbit, Scholarly) and mind-mapping software (MindView) for assignments.
- **Recording Lectures:** Permission to record live sessions or access transcripts (Otter.ai) to prevent "information drop-out."
- **Deadline Flexibility:** A "grace period" or flexible deadline structure to account for ADHD burnout or executive dysfunction episodes.
- **Assessment Clarity:** The right to request a 1-on-1 "de-jargoning" session for every new assignment brief.

2. During the Meeting: The Self-Advocate's Script

Use these "Power Phrases" to stay professional and firm.

- **The Goal:** "I am achieving [or aiming for] 1st Class grades, and I want to ensure my environment supports that potential."
- **The Software:** "I use MindView to structure my thoughts. I need my tutors to be aware that my 'export to Word' method is my primary writing workflow."
- **The Accountability:** "I find that I thrive with external anchors. Can we formalise a process where I can check in on my weekly micro-goals?"
- **The Barrier:** "The current 'one-size-fits-all' format for [Exam/Essay] creates a barrier for my processing style. I want to discuss alternative ways to demonstrate my knowledge."

3. Closing the Gap: Ensuring Implementation

- **The Paper Trail:** Ask for a copy of your "Summary of Adjustments" to be sent to all your module leaders.
- **The "De-Jargon" Contact:** Identify a specific person (Personal Tutor or Mentor) who is your "go-to" for clarifying confusing academic language.

- [] **The Review Date:** Set a date to review these adjustments in 3-6 months to ensure they are actually working.

Note to University Staff

A section for the student to show the tutor/disability officer.

"As a **Neurodiversity Ambassador**, I advocate for these adjustments because they are evidence-based strategies for success. Neurodivergent students, like myself, often join dots in original and abstract ways. These tools (MindView, Research Rabbit, etc.) are essential for translating that original perspective into a 1st Class academic format." Emma Craven – Founder of the ADHD reframed project.