

Self-advocacy (Student) Survey Questions (APP PAR Project Cycle 3)

- **Do you have a mental health condition?**
 - I have been officially diagnosed (with one or more mental health conditions)
 - I am self-diagnosed, and I am currently pursuing or have previously pursued an official diagnosis
 - I am self-diagnosed, but I have never pursued an official diagnosis
 - I don't have a mental health condition and have never experienced significant mental ill-health
 - I prefer not to answer
- **Please indicate whether you have officially declared your condition(s)**
 - I have officially declared my mental health condition/all of my mental health conditions to the University of Cambridge
 - I have declared some of my mental health conditions to the University of Cambridge
 - I have not declared my mental health condition(s) to the University of Cambridge
- **Do you have any non-mental health related disability (e.g., physical impairment, chronic illnesses)**
 - Yes
 - No
 - I prefer not to answer
- **Do you identify as:**
 - Male:
 - Female:
 - Non-binary:
 - Other (please describe)
 - I prefer not to answer
- **I am aware of the academic and exam accommodations available to students and the processes of applying for them**
 - Yes
 - No
 - Unsure
- **Select whether the following statements are applicable to only academic needs or mental health needs, both, or none.**

	Yes, both for academic and mental health needs	Yes, but only for academic needs	Yes, but only for mental health related needs	No	I don't know	Not applicable
If required, I feel confident in advocating for myself.						
If required, I prefer someone else to advocate on my behalf.						
I know how and where to find the necessary resources and information that I need in order to advocate for myself at Cambridge.						
There is a member of staff from whom I can get timely and useful advice when advocating for myself.						
The University of Cambridge makes self-advocacy easy for students.						

- **Which of the following activities related to self-advocacy (with or without support of an advisor) related to academics have you undertaken or are considering undertaking for yourself at Cambridge?**
 - Developing a student support document (SSD) with a DRC advisor
 - Learning adjustments [e.g., note-taking, laboratory assistance, recording lectures etc]
 - Exam adjustments [e.g., extra time, location of exam, alternative modes of assessment etc]
 - Instigated the exam allowance process via the EAMC (Exam Access and Mitigation Committee)
 - Intermission:
 - Supervision related arrangements [e.g., location of supervisions, timing of supervisions, due dates of supervision tasks and more]
 - Double time
 - Not considered any of these
 - Others (please elaborate)
- **Approximately how much time do you think a student with mental health conditions spends in a week on advocating for themselves for reasonable adjustments (including and not limited to accessing information, applying for adjustments, speaking to committees and advisors).**
 - Less than 30 minutes
 - Less than 60 minutes
 - 60 – 120 minutes
 - Over 120 minutes
- **Approximately how much time do you spend in a week on advocating for reasonable adjustments (including and not limited to accessing information, applying for adjustments, speaking to committees and advisors)**
 - Less than 30 minutes
 - Less than 60 minutes
 - 60 – 120 minutes
 - Over 120 minute
- **Who do you approach or are likely to approach for help or advice about academic and / or pastoral matters?**

	Academic	Pastoral	Not sure	Never considered
Director of Studies				
Supervisor				
Tutor				
Department/Faculty member of staff				
College nurse / mental health advisor				
Disability Resource Centre Advisors				
Friends				
JCR officers				
Cambridge SU officers				
SU campaign committees (e.g., DSC, BME Campaign)				
Student Advice Service				
Others (please specify)				

- **Please reply to the following statements regarding exam adjustments:**

	Yes, successfully	Yes, unsuccessfully	No
I have previously suggested/ advocated /am currently suggesting/advocating for adjustments to my exam arrangements.			
Someone else has suggested/advocated / is currently suggesting/advocating for an application for adjustments to my exam arrangements on my behalf.			

- **Where did you get advice / information about exam adjustments (e.g., peers, supervisors, tutor, directors of studies, disability advisor)? How did you find the process? (prompts: what was helpful and unhelpful and why, was the support and advice timely?)**
- **Please reply to the following statements regarding supervisions:**

	Yes, successfully	Yes, unsuccessfully	No
I have previously asked for/am asking for adjustments to my supervision (e.g., due dates, location, one-on-one support)			
Someone else has previously asked for/is asking for adjustments to my supervision (e.g., due dates, location, one-on-one support) on my behalf			

- **Where did you get advice / information about adjustments in supervisions (e.g., peers, supervisors, tutor, directors of studies, disability advisor)? How did you find the process? (prompts: what was helpful and unhelpful and why, was the support and advice timely?)**
- **Are there any personal barriers (i.e., internally imposed) that you think impacts or can impact the pursuit for self-advocacy at Cambridge?**
- **Are there any systemic barriers (i.e., externally imposed) that you think impacts or can impact the pursuit for self-advocacy at Cambridge?**
- **Which practical measures that make the self-advocacy process (both for academic and pastoral matters) easier would you welcome?**
 - Opportunities to learn how to self-advocate (training/workshops)
 - Email templates (e.g., asking for essay deadline extensions)
 - Detailed step-by-step guides (e.g., for intermission applications)
 - A 'who is who' guide for colleges, departments, and other university organisations like the DRC (i.e., who to contact for what, plus their contact details)
 - Peer mentorship in Colleges
 - Peer mentorship in Department/Faculties
 - Other (please specify)
- **What topics and / or skills should a potential self-advocacy training or workshop cover?**

- **Finally, following this survey, has your own perception of what constitutes as self-advocacy changed? Do you have any further comments to add about self-advocacy at Cambridge?**