6 Working with others

There will be opportunities for you to interact with fellow students during your course. Although many students find such forums helpful and supportive, they are usually not compulsory.

6.1 Tutorials, day schools and e-learning

Working with others face to face

Your course may have some tutorials or day schools, so give some thought to whether you might have specific requirements for attendance because of your mental health difficulties. Some students like to be accompanied. You might find that the prospect of a two-hour tutorial is daunting.

‘I arranged with my tutor to sit near the door at tutorials and to leave the room if I feel over-anxious.’

Working with others online

Many courses have online forums. Some are designed for sharing information and for social networking purposes. Others are led by a course tutor and include teaching and learning activities. You might find that communicating online is a useful way of keeping in touch.

6.2 Residential school

Working with others at residential school

Some courses have a compulsory residential element to meet certain award requirements. If you plan to attend residential school, make sure you have disclosed your mental health difficulties to the OU, and you will be sent a copy of Meeting Your Residential School Needs. The OU will work with you to put arrangements in place to make your stay a beneficial and effective study experience.

If it is too difficult for you to attend residential school in person, an online alternative learning experience (ALE) may be the answer. It’s essential to discuss this possibility with your regional or national disability team as early in your course as possible.