

STAART Workshops

The following workshops are available for any post-16 person considering university. The workshops can be delivered on campus or in schools/colleges/remotely by myself and/or or our STAART Ambassadors. All of the workshops are interactive utilising Mentimeter software.

Title	Content	duration
MyStudyBar	Introduction to free learning technology which includes mindmapping, speech-to-text, text-to-speech, colour overlays and bespoke databases of vocabulary.	60/90 mins.
Thrive not Strive	Academic, social and wellbeing tips for university	60/90mins.
STEMM@uni	Academic, social and wellbeing tips for STEMM subjects in university	60/90 mins.
Know your strengths	Fun quiz to determine your strengths and possibly career paths	45 mins.
Know your learning style	Know your learning style and strategies to accommodate your learning style.	45 mins.
University: If I can do it, so can some of you	Student life presentation from a disabled university student/graduate (or 2)	30/60 mins.
Top tips for disabled students	Academic, social and wellbeing tips for disabled learners in higher education	60/90 mins.
Neurodivergence	What is it? Which strategies support ND students	120 mins.
Postgrad@uni	Academic, social and wellbeing tips for postgraduate students	60/90 mins.
Introduction to Notetaking and Notemaking	Introduction to the 5 metaphors of notetakers and the NOTE notetaking template	60/90 mins.
Lifestyle for Learning	Academic, social and wellbeing tips for studying	60/90 mins.