



# Guide to UBC 2022/2023

The guide for ALL disabled students

I can learn how to  
navigate the CFA

I can find a  
supportive  
community



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## **Credits**

*This guide has been developed with the support and careful guidance of the UBC Disabilities United Collective team.*

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**A Special Thank You to Our Student Perspectives Contributors.**

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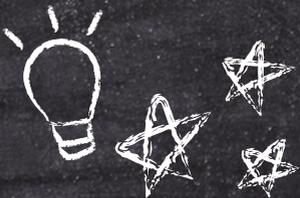
# WELCOME

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Welcome to the Guide to UBC 2022/2023 for all disabled students, created and maintained by the members of UBC Disabilities United Collective (DUC).

DUC, founded in 2012 by Adrian Cheng, is an advocacy and support resource group for disabled students at UBC.

We aim to increase accessibility on campus and provide a safe and empowering space for neurodivergent and physically disabled students. We achieve this by providing financial, emotional, and practical support.



-The Team at UBC  
Disabilities United  
Collective

## **Why read this guide?**

We know that it's not always easy navigating the services and resources that are available when you have a disability(s).

We also recognize that knowing where to start when reaching out for help can be confusing, whether you have a diagnosed or undiagnosed disability.

This guide was put together by students who have experienced many of these overwhelming feelings throughout their academic journeys to show other students with disabilities that they are not alone.

## **Who is this guide for?**

While we have tried to incorporate many intersections and highlight the uniqueness of living with a disability, we realize we still may miss things/ not represent everyone.

And whether you identify as disabled or not, we encourage you to read this guide as many of the services listed do not require you to identify as disabled.

# Student perspectives





**Farah Sadek is a 2nd year  
Chemical and Biological  
Engineering Student.**

“University was a wake up call to the reality of being a person with a physical disability. I went from an AP overachieving student in high school who was active in school extracurriculars, to someone struggling to maintain a single design team along with needing to reduce my course load.

This created a lot of resentment towards the fact of my disability and feelings of failure, burying any self esteem I had. It's only when I began to address the internalized ableism I had built up over the years was I able to find peace and pride with being a disabled person.”





## **Anonymous is a 4th year student in the Faculty of Science**

"Starting university was a learning curve in more ways than one for me. It was overwhelming to try and juggle classes on top of a chronic health condition.

I didn't know who to reach out to for resources and support or if there was a community of people who had similar experiences to mine.

Eventually I did find my community and thanks to the guidance of understanding professors who helped me navigate resources to help me with my disability, I feel confident in my abilities to succeed as a disabled student at UBC."





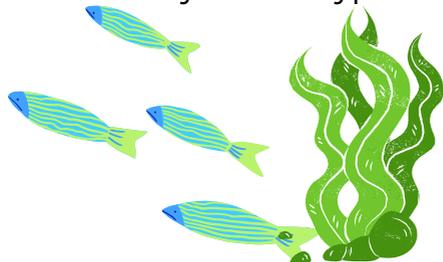
## Anonymous is Ph.D. Student Studying Oceanography

"As a Ph.D. Student studying Oceanography, I've learned a lot about how to navigate academia as a disabled student.

I certainly never saw myself pursuing higher education when I was an undergrad. As the first of my family to go to college, I was not only ignorant of the different academic degrees, but how to manage the cost of tuition, student loans, and financial aid.

I quickly learned that others were asking questions I didn't even know existed. But most of all, I was undiagnosed and grew frustrated by continually failing courses that I was giving my all. It felt like my all was not good enough.

Two years after graduating from my undergrad I was properly diagnosed, which allowed me to learn how my brain functioned and why I struggled as a neurodivergent in the university neurotypical system.





## **Anonymous is Ph.D. Student Studying Oceanography**

I focused on answering the following questions about myself: what were my skills? What did I like to do? and, what kind of work inspires me? This took a while, with a lot of trial and error, but soon enough, I took notice of the strengths I harbored because of my disabilities.

I pursued research for the first time when I began my master's because it checked all of my boxes. It allowed me the freedom to explore my curiosities, instill my creativity into writing and project development, as well as create a flexible schedule.

Sure, I had hard days where I often felt like an imposter, and to this day, in my PhD program, where I've continued with research, I still have hard days. Nonetheless, on these days, I try to remind myself that I am only capable of doing so much and that my abilities do not define the person that I am

School is meant to test and push a person to their limits. Having a disability pushes this to the extreme. Use the opportunity to learn more about yourself while you are expected to learn more in general. Don't leave yourself behind through the process.



## **Anonymous is Ph.D. Student Studying Oceanography**

My advice to you as a disabled student is to

1) Not compare yourself to others. We all have our own stories and our own struggles. You are where you are because of your strengths and abilities - try to tap into those and use them.

2) Don't be afraid to ask questions when you don't understand something. In my years of experience, there is always at least one other person in the room with the same question.

3) When you're trying your best but it feels like that isn't enough, remind yourself that there are many factors at play."

# ACADEMICS



# The Basics

## *Balancing your Course Load*

### Course planning

#### **1. To create and register for course timetables:**

**Create many worklists** prior to when you are due to register in your courses. This gives you a variety of options so if a Standard time table or course for your program is full, you have the quick option to register in another one that does not conflict with any other classes.

#### **2. Choose courses that best suit your lifestyle:**

No night owl becomes a morning bird when they enter university.

- Choose classes/ timetables that will best accommodate how you know to live your life.
- Choose times that best support your circadian rhythm so you are not exhausted and drained during classes.

Understand and learn if you prefer classes spread out throughout the day or back to back. (Especially with in person classes back in session, remember you will have to travel the distance between buildings).

Overall, University can create a lot of stressors, your timetable should not be one of them.

### 3. Understand the flexibility of your courses:

If you are registered in a course that is at an inconvenient time, or with a professor who has a teaching style that you find does not mesh well with your learning style, don't be dismayed!

Many courses have multiple sections throughout the day/week and if you find a section that better suits your time, you can go to that one instead. You can either remain in your section and just participate in the other, or if the professors permit, you can switch courses. This does depend on the style of the course and the professors as well.

If the course requires group work or certain locations, such as a lab, you would most likely have to either remain in your section or request a section switch early on in the term at the professor's discretion.

Understanding the course flexibility also goes beyond just its time of day. It also means understanding what course materials are mandatory and optional and additionally understanding what your professor will provide for learning material; powerpoint slides before or after the class, recorded lectures, online live classes, annotated notes etc.



#### **4. Balancing course load during the term:**

Take the first two weeks to assess if you can manage the course load, and maintain a healthy routine. Each year in university can be exciting, unpredictable, and overwhelming. It can be easy to fall into the trap of overloading your schedule and sacrificing sleep, proper eating habits, and self care, but this can not be sustainable long term for mental and physical health.

During the first two or three weeks it is useful to analyse how the course load and corresponding course work start affecting your day to day life and habits.

#### **Signs of you are being over extended by your course load include:**

- Only going on 4-5 hours of sleep regularly
- Missing assignments
- Not absorbing any information and being unable to catch up
- Skipping meals or primarily eating quick meals

#### **If you do find yourself being overextended, some solutions are:**

- Creating a Calendar (such as Google calendar) that you can use to block off times for when you have your classes, study times, prioritized office hours, meal times, chores, appointments, hobbies, and sleep.

- Consider speaking with your accessibility advisor and academic advisor on having a reduced course load. This would mean it may take longer to complete your degree but it would insure that you have a successful, positive learning experience.
- It can be difficult to accept requiring a reduced course load but it does not mean you are any less of a student. You face obstacles many do not and have different responsibilities. Although it is hard, try to avoid comparison, as the nuances of everyone's situation makes any comparison unfair.
- Try to register with the Centre for Accessibility (CFA) ASAP: Accommodations within your courses can make all the difference, when it comes to managing your course load. It allows you to better assess your limits and capabilities, advocate for yourself to professors, and overall time and work management.
- Prioritize your health: Above everything is prioritizing your health, both mental and physical. Eating well, sleeping well, and making time for yourself outside of your studies is imperative to do well in your studies, to stay motivated and energized, and prevent mental and physical health declines that can severely impact you for the rest of your life.



## Prioritizing your health can look like:

Exercising regularly

Making time for extracurricular activities you enjoy!

Accessing the health resources offered by UBC

Planning a time to chill with friends

Taking a break!

Having a schedule to organize your time for food shopping, doing chores, and relaxing

Handing in the assignment unfinished because you need to sleep at a reasonable time

# Excel at studying



Having a safe, accessible space is essential in order to be in the right mindset to complete your schoolwork.

However, as we live and study in a dynamic university environment, the ideal study spot does not exist. Noise, bright lights, and crowds are almost impossible to avoid on UBC campus

Fortunately, with personal adjustments, including the use of noise canceling headphones and other tools, you can get pretty close to creating the “perfect” study environment.

On the next page, we have included a table of suitable spots that meet your accessibility needs.



## Study spots on campus that meet YOUR accessible needs

Location	Accessibility features
Sensory rooms, 2nd floor AMS nest	<ul style="list-style-type: none"> <li>• Light dimmers</li> <li>• Toys</li> <li>• Bean bag chairs</li> <li>• Quiet space</li> <li>• Wheelchair friendly (room door is not automatic however)</li> </ul>
Library, H.R. MacMillan Building	<ul style="list-style-type: none"> <li>• Quiet space</li> <li>• Open area</li> <li>• Large desk space</li> <li>• Comfortable seating options</li> <li>• Wheelchair friendly</li> </ul>
Irving K. Barber Learning Centre, lower level classrooms and library	<ul style="list-style-type: none"> <li>• Wheelchair friendly</li> <li>• Quiet space(s)</li> <li>• Desk space</li> </ul>
Forest Sciences Centre	<ul style="list-style-type: none"> <li>• Wheelchair friendly</li> </ul>
Law Library at Allard Hall	<ul style="list-style-type: none"> <li>• Wheelchair friendly</li> </ul>

If you want to investigate the accessibility feature(s) of a particular building, use Wayfinding at UBC Vancouver:  
<http://www.maps.ubc.ca/PROD/index.php>

## Here's how to use it:

**Step 1:** Use the search function to find the building of interest.

**Wayfinding at UBC Vancouver - Search for Locations**  
Use the search box or click on a section of the map below.  
Searching by building / location name, address, keyword, or occupants.

Search

building / location name    address    keyword    short name / classroom code    occupants (Departments, Units)

**Step 2:** Select "Footprint map."

**HR MacMillan Building**  
2357 Main Mall V6T 1Z4

[E-mail Location](#) | [Link to Location](#)



Search Related Images on Flickr [flickr](#)

<a href="#">Locate on Campus Map (&amp; Plot Second Location)</a>	<a href="#">Road Map &amp; Directions (Google)</a>
<a href="#">Detailed Location &amp; Occupant Information</a>	<a href="#">Satellite Image (Google)</a>
<a href="#">Closest Parking</a>	<a href="#">Check UBC Wireless Availability</a>
<a href="#">Local Area Map</a>	<a href="#">Contact Facilities Manager (Maintenance &amp; Operations Issues)</a>
<a href="#">Footprint Map (Entrances and Accessibility Information)</a>	<a href="#">Show All</a>   <a href="#">Hide All</a>

*Last reviewed 13-Mar-17. Incorrect? [Let us know](#)*

## Step 3: Review the accessibility features.

**Footprint Map (Entrances and Accessibility Information)**
X

See [Accessibility](#) on the UBC Transportation website for additional information and assistance.

**Legend**

- number in circle: indicates entrance notes (below)
- large arrow: principal entrance
- small arrow: secondary entrance
- solid shaft: accessible entrance
- striped shaft: inaccessible entrance
- yellow arrowhead: power door
- blue arrowhead: manual door

- Bus Stop
- Parkade
- Food
- Under Construction
- Caution
- Manual Chair Path
- Power Chair Path
- Elevator
- Accessible Lift
- Designated Accessible Parking

**Entrance Notes**

(1) The main entrance to the H.R. MacMillan Building is located through the courtyard at the front of the building on the west side of Main Mall. This entrance includes a ramp and is level and accessible with a power door. The entrance leads to the main lobby of the building.

(2) The second entrance is on the west side (back) of the building. This entrance is accessible with a power door. This entrance leads to the Cafeteria only.

(3) The third entrance is also located at the back of the building, at the south end, behind Orchard Commons. This entrance is level and accessible with a manual door. On the opposite side of the building from entrance 3 (at the front of the building on Main Mall) is another entrance (not shown on the drawing above) but this side door is inaccessible due to stairs).

(4) The fourth entrance is located on the south side of the building west of the Landscape Architecture Annex. This entrance is level and accessible and has a manual door. This entrance leads to the lower floor of the building.

**Other Accessibility Features**

- External Accessible Ramp
- Accessible Elevator Available
- Accessible Washroom Available

**Closest Accessible Parking**

- B4 Lot

**Routing Notes**

Use the ramp in the front courtyard of the building to access the main entrance.

**Accessibility Notes**

None. This building is fully accessible.

**Caution Notes**

Use caution on the uneven pavement on the south and west sides of the building. There is also a steep hill on the south side of the building that has uneven pavement and requires caution.

to top

# FINANCE



# Scholarships and Bursaries Available for students with Disabilities at UBC

Each year, UBC offers a wide selection of scholarships and bursaries that specifically target disabled students. Scholarships are awarded on the basis of academic achievement, community involvement, or leadership, whereas bursaries are granted solely on the premise of financial need.

## Eligibility requirements:

- You are a Canadian citizen or permanent resident.
- You are a UBC Vancouver student with a permanent disability.
- You are considered a full-time student (or you are approved by the Centre for Accessibility to study at a reduced course load).
- You meet the terms for awards eligibility set out in UBC's Regulations Governing University Awards.
- If you are not registered with the Centre for Accessibility, you must also provide supporting documentation (see 'Before You Apply' instructions below).

Note that each award will have additional eligibility requirements that are unique, such as financial need, nature of disability, or demonstrated merit. Eligibility for specific awards can be determined by reading the award descriptions.

## Before You Apply:

1. Read the [award descriptions](#) to confirm eligibility.
2. To be considered for a disability bursary, you must also apply for the [UBC Bursary Program](#) by September 15, 2022.
3. If you aren't registered with the Centre for Accessibility, you'll need to provide medical documentation to confirm your eligibility for award consideration. Email your documentation before Sep 29, 2022 to Accessibility Advisor Chris Rambaran at [chris.rambaran@ubc.ca](mailto:chris.rambaran@ubc.ca). All medical information received by the Centre will be treated as confidential.

## Timeline:



Application opens:  
Early July



Application closes:  
Early September

## Submit Your Application:

[Click here to apply for disability awards now.](#)

## Additional notes for Bursary Consideration:

Eligibility for the UBC Bursary Program requires that you be receiving full-time Canadian government student loans for a study period that is a minimum of 12 consecutive weeks in length and matches the period for which you are applying for bursary support. It also requires that you receive confirmation of enrollment for your Canadian government student loan by the bursary deadline. Applying to the UBC Bursary Program is necessary for disability bursary consideration, but is not necessary for disability scholarship consideration.



### Quick Links:

- <https://students.ubc.ca/enrolment/finances/awards-scholarships-bursaries/awards-disabilities>
- <https://students.ubc.ca/enrolment/finances/awards-scholarships-bursaries/ubc-bursary-program>
- <https://students.ubc.ca/enrolment/finances/awards-scholarships-bursaries>

## **External Scholarships, Grants, Bursaries, and Assistive Technology for Students with Disabilities**

For more information on student aid from other provinces, [click here](#).

### **Disability Funding via StudentAidBC:**

When you apply for a student loan through StudentAidBC, you are automatically assessed for grants, such as the [Canada Student Grant for Full-time Students](#), which is awarded based on course load and financial need. However, as a student with one or more disabilities, you may also be assessed for grants that are disability-specific. If you have a documented permanent disability, or a persistent or prolonged disability, you may be eligible for the following programs:

- [Canada Student Grant for Students with Disabilities](#)
- [B.C. Access Grant for Students with Disabilities](#)
- [B.C. Supplemental Bursary for Students with Disabilities](#)

# Eligibility Requirements:

- You qualify for federal and provincial student financial assistance.
- You are enrolled in full-time or part-time studies.
- You have a permanent disability, or a persistent or prolonged disability.

## How to Apply:

- Apply for a full-time or part-time student loan through StudentAidBC.
- Complete Appendix 8 and upload it to your StudentAidBC dashboard.



Note: If you have previously submitted verification of your disability to StudentAidBC, you do not have to complete Step 2; you will be automatically assessed for disability grants and bursaries.

## StudentAidBC Programs with Additional Steps:

Although a separate manual application is required, you may also be eligible for up to \$20,000 per year for disability-related services and equipment through the Canada Student Grant for Services and Equipment.

This can help to cover the cost of necessities such as notetakers, tutors, interpreters, and technical aids. Note that hearing aids are not covered by this program.

If you have used up all available funds through the Canada Student Grant for Services and Equipment, you may be eligible for the B.C. Assistance Program for Students with Disabilities, which also provides grants for exceptional education-related services and adaptive equipment.

Finally, a manual application process is also required for the Learning Disability Assessment Bursary, which helps to offset the cost of conducting a formal diagnostic assessment for a learning disability. Contact the UBC Centre for Accessibility for more information.

## Disability Awards Database:

The Disability Awards website, created by the National Education Association of Disabled Students (NEADS), is a Canadian database containing an extensive repertoire of disability-specific awards.

Searches can be filtered by province, disability, and deadline, and there is also a province-specific section on government funding.

Some examples of scholarships listed on the Disability Awards website include the Canadian Hard of Hearing Association (CHHA) National Scholarship Program and the Canadian Mental Health Association (CMHA) Scholarships and Bursaries.

## Accessible hearing aids:

Hearing aids are not eligible for coverage under the Canada Student Grant for Services and Equipment - Students with Disabilities. Fortunately, there are a few non-profit groups that provide free or low-cost hearing aids to low-income B.C. residents.

## Lend An Ear Program

This program offered by Wavefront Centre for Communication Accessibility, provides refurbished hearing aids to those who cannot afford new ones. For a nominal fee of \$140, individuals can receive a hearing test, a permanent loan of one hearing aid, an earmold, and one year of repair service. To determine if you are eligible, you can complete a questionnaire by following [this link](#).

## The Sound of Change Initiative

Offered by the Island Deaf and Hard of Hearing Centre (IDHHC), this service provides free hearing assessments, refurbished hearing aids, and communication devices to vulnerable and at-risk populations including low-income seniors and adults. There is an intake process to determine how you might qualify for the Sound of Change Initiative. To inquire about those qualifications you can reach out to the IDHHC by phone at (250) 753-0999 or by email: [nanaimo@idhhc.ca](mailto:nanaimo@idhhc.ca).

## WorkBC Assistive Technology Services

This resource also provides equipment and devices (such as hearing aids) to help individuals thrive in the workplace. To find up-to-date listings for many disability services, including resources for assistive technology, the B.C. government offers the [BC211 Service Directory](#).

# STUDENT RESOURCES



# Centre for Accessibility (CFA)

## CFA Overview

The Centre for Accessibility handles all official accommodations and academic matters related to disability and ongoing medical conditions for UBC students. If you think you will require accommodations during your time at UBC, it is worthwhile to reach out to the CFA as soon as you can.



## Why You Should Reach Out

The CFA can help connect you with an advisor about disability-related accommodations. They are there to discuss any concerns that you have related to disability-considerations for housing, food, exams, or admission at UBC just to name a few.

## Conditions Supported

Below are some examples of the types of conditions supported by the CFA. This is not an exhaustive list and for any questions on whether your condition is supported or not, please contact the centre directly.

- Mental health conditions such as depression, anxiety disorders, or bipolar disorder
- Neurological disabilities such as attention deficit and hyperactivity disorder, learning disabilities, head injuries, and Autism Spectrum Disorder
- Chronic health conditions including ongoing medical conditions such as arthritis, chronic pain, Crohn's disease, or migraines
- Physical or sensory disabilities, such as visual impairment, hearing loss, or mobility impairments

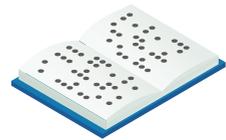


# Academic Accommodations

Below are some examples of the types of academic accommodation supported by the CFA. This is not an exhaustive list and for any questions on other academic accommodations, please contact the centre directly.

## Alternate format materials

- Digital audio
- Braille
- Electronic text



## More accommodations

- Captioning and ASL interpretation
- Extended time for exams
- Private writing spaces for exams
- Notetakers for lectures

## Assistance technology

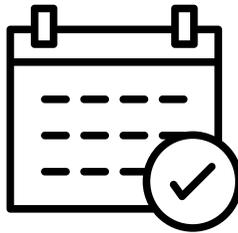
- Software and specialized equipment



## The Registration Process

In order to request disability-related accommodations, as a UBC student, you must first register with the CFA. If this is your first time reaching out to the CFA the best way to go about this is to contact them to set up an appointment to inquire about the Centre's services and the options available to you.

If you are already registered with the CFA, you can contact your accessibility advisor directly to book a 30 minute appointment through their direct email or the CFA's contact information.



✓ **Student Tip:** If you are ever experiencing an urgent matter, you are able to book same-day 15 minute appointments with any advisor during the drop-in advising period.

Here is a detailed breakdown of steps you can take to make the registration process smoother:

### **Step 1. Is this right for me?**

Research and review the Centre for Accessibility website (link) to determine if registration is right for you and to determine your eligibility.

### **Step 2. Time to gather documentation**

Gather all relevant medical documentation. In order to register with the CFA, you must provide medical documentation that meets certain standards. All medical documentation must be provided by a qualified professional with the appropriate expertise to diagnose and provide recommendations regarding your specific disability or medical condition. Student

 **Student Tip:** If you suspect you have a learning disability, the Centre for Accessibility encourages you to book an appointment with an advisor before any medical assessment.

 **Student Tip:** Usually, if you do not have appropriate medical documentation, you may not be able to schedule an advising appointment. But if securing medical documentation is a barrier for you, there is space to explain this on the information form you have to submit to book an appointment.

### **Step 3. You're ready to book your appointment.**

Complete and submit the Centre for Accessibility Information Form, making sure to upload your medical documentation.

### **Step 4. Take a deep breath and wait.**

Your form and documentation will be sent to the CFA for review and once review is complete, you will be contacted to book your first appointment with an Accessibility Advisor to speak about eligibility and the accommodation options available to you.

✓ **Student tip:** If you are unable to meet on campus, alternate meeting arrangements such as a phone or Zoom appointment may be available to you. For all phone appointments, you must initiate the call, you will not receive the call.

### **So I'm registered...What now?**

Once your registration with the Centre is complete, you now have access to the Centre for Accessibility Online Services Portal.

Welcome to the Centre for Accessibility Online Services Portal

Please select an option from the menu below:



[Request Accommodation Letter](#)



[Schedule a Test or Exam](#)



[Upcoming Tests or Exams](#)



[Course Notes](#)



[Note takers](#)

## What to expect for your first exam with the CFA:

1

**Know the location of your exam and bring your student ID.** The CFA will notify you where your exam is located. It is best to know beforehand to avoid last minute stress! Also, be sure to bring anything you may need including pencils or a calculator.

2

**Show up early!** Make sure to show up 15 minutes before your exam if scheduled to start. The invigilators may allow you to begin early.

3

**Check-in.** At the check in desk, you will be asked for your student ID and which exam you are writing. You will then have to read a short document outlining the process and rules which will require your signature. If you are using a computer for your exam and need access to an outlet, make sure to tell the person who checks you in.

4

**Lock up your belongings.** This includes anything you do not need for the exam. Pencils, erasers, pens, water and earplugs are permitted. Anything else requires special permission, such as fidget toys.

A green circle containing the white number 5.

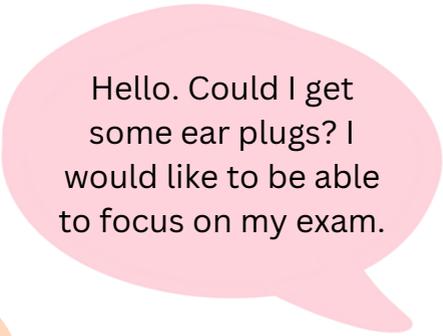
### **Find your seat in the exam room.**

Generally, you can choose any available cubicle. Once seated, an invigilator will bring you your exam and record the time you begin. There are clocks visible from the cubicles.

A green circle containing the white number 6.

### **Take a few breaths, then begin your exam!**

**If you have any questions during the exam, ASK. The invigilators are very kind and want to help you succeed.**

A pink speech bubble containing text.

Hello. Could I get some ear plugs? I would like to be able to focus on my exam.

An orange speech bubble containing text.

Hello! Yes, you can.

<https://students.ubc.ca/enrolment/academic-learning-resources/academic-accommodations-disabilities/exam-accommodation-guidelines-expectations>

✓ **Student Tip: Letting your professors and TA's know you are registered with the CFA**

Email each of your professors your accommodation letter during the first week of classes. Later is fine, but the sooner the better. There is no need to reveal your diagnosis or anything to your professors, simply send them the accommodation letter and encourage them to get in touch with your accessibility advisor if they have any questions. Include the name and email address of your accessibility advisor in your email with the accommodation letter.



# Contact Information

Phone: +1 604 822 5844

Fax: +1 604 822 6655

Email: [info.accessibility@ubc.ca](mailto:info.accessibility@ubc.ca)

Website: <https://students.ubc.ca/about-student-services/centre-for-accessibility>

## Address:

### Main office

Brock Hall

1874 East Mall

Room 1203

Vancouver, BC V6T 1Z1

### Accommodated Exam Writing Centre

Ponderosa C Annex

2021 West Mall

Vancouver, BC V6T 1Z2

### Drop in hours:

Monday: 10:00am to 4:00pm

Tuesday: 10:00am to 4:00pm

Wednesday: 10:00am to 4:00pm

Thursday: 10:00am to 4:00pm

Friday: 10:00am to 1:00pm



# Self Advocacy Tips

Self-advocacy is a skill that will take time to develop.

If you are dealing with the CFA or talking to your professor about accommodations, here are some things you can do:

- Keep a record of your discussions.
- Keep a trusted friend/family member in the loop.
  - This could involve asking them to come to appointments with you, bcc'd them to emails, etc.
- Write down what you plan to discuss.
  - Include all your questions and concerns.
- Take deep breaths.



## **Accessibility on Campus:**

This page lists several accessibility services including information on accessible transit and parking.

Follow this link for more information:

<https://planning.ubc.ca/transportation/accessibility-campus>

### **UBC Accessibility Shuttle**

The UBC Accessibility Shuttle is a free, shared ride service for people with conditions that impact their mobility.

### **Disability Access to UBC campus libraries**

This service provide maps, access information, and easy-to-use directions for students, faculty, staff, and visitors to UBC campus libraries

### **UBC Recreation**

UBC recreation offers a series of recreational program and events adapted and modified to allow all individuals with disabilities to participate in the best way possible.



# LGBTQ2SIA+ & Gender Diversity Resources

## UBC Pride Collective

<https://www.prideubc.com/>

A safe, supportive and empowering student-led resource group for the LGBTQ2SIA+ community at UBC.

## Trans, Two-Spirit, and Gender Diversity Task Force

<https://equity.ubc.ca/trans-two-spirit-and-gender-diversity-task-force/>

The Trans, Two-Spirit, and Gender Diversity task force exists to provide direction in the area of gender identity, gender expression and human rights to UBC leadership.

## Gender diversity on campus

<https://equity.ubc.ca/resources/gender-diversity/>

This website includes information help students, staff, and faculty learn about different aspects of gender diversity and about UBC's systems, policies, and practices related to gender diversity.

Get information on inclusive washrooms on campus, how to change your gender marker, health care for trans and gender-nonconforming people, and more.



## **UBC Women's Centre**

<https://womenscentre.ams.ubc.ca/about/>

The Women's Centre is a student-run resource group that serves as the voice for women's needs and issues and aims to create a safer space for those who need it. This student run organization has been the voice for women's needs and issues at UBC for over 40 years.

Access a safe space on campus complete with a microwave, snacks, and a library of feminist literature. There are also safer sex products, pregnancy tests, and free menstrual products for those that may need it.

## **General LGBTQ2SIA+ Resources**

<https://www.chius.ubc.ca/chius-resources/lgbtq-resources/>

Here are some other related resources that may interest you.



## **Student Resources for BIPOC & Religious Minorities**

### **UBC Indigenous Portal for students**

<https://indigenous.ubc.ca/students/>

Whether you're interested in research, looking for Indigenous student support, or seeking mentorship, there are resources to help you.

### **Hope for Wellness Helpline**

<https://www.hopeforwellness.ca/>

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week

### **UBC Black Caucus**

<https://blackcaucus.ubc.ca/>

The mission of the UBC Black Caucus is to promote a greater sense of community, advocate progress and maintain ongoing support for Black students, staff, and faculty at UBC in an effort to enhance anti-racism and cultural diversity within the University, and support the academic mission of the institution.

### **UBC Black Student Union**

<https://amscampusbase.ubc.ca/bsu/home/>

UBC Black Student Union is committed to fostering Black culture and Black leaders at UBC through advocacy, outreach opportunities, social, political, and academic-focused events and initiatives.

### **UBC Sikh Students' Association**

<https://amscampusbase.ubc.ca/ssa/home/>

The UBC Sikh Students' Association, established in 1985, strives to create a inclusive space for Sikh students on campus with a focus on community service, spirituality, and open dialogue.

### **UBC Muslim Students' Association**

<https://msaubc.org/>

UBC MSA's mission is to support Muslim students on campus to be the best versions of themselves, while fulfilling their spiritual, academic, and social needs. We achieve this by providing resources to address contemporary challenges through the duration of their time on campus.

### **UBC Jewish Students' Association**

<https://amscampusbase.ubc.ca/hjsa/home/>

The Hillel JSA strives to provide fun and inclusive social, cultural, and educational programming for all Jewish students of Vancouver's Jewish university community.

### **UBC Arts Undergraduate Society BIPOC Student Services**

<https://aus.ubc.ca/student-services/bipoc/>

UBC AUS are committed to ensuring that BIPOC students within the Faculty of Arts are safe, represented, and supported in all aspects of their UBC journey and that they feel seen, heard, and valued

### **Colour Connected Against Racism UBC**

<https://www.facebook.com/ubc.ccar/>

Colour Connected Against Racism is AMS resource group that provides support and information to students who feel alienated and disempowered due to discrimination.

### **Anti-Racism and Inclusive Excellence at UBC**

<https://antiracism.ubc.ca/resources/>

UBC offers a number of funds to support anti-racism initiatives by students, faculty and staff, including the Anti-Racism Initiatives Fund and the Equity Enhancement Fund.

## **Resources for International Students**

### **UBC International Student Guide**

<https://students.ubc.ca/international-student-guide>

Click here to view the official UBC International Student guide with resources, contact information, and services.

### **International Student Advising Office**

<https://students.ubc.ca/about-student-services/international-student-advising>

If you have questions about life as an international student, International Student Advising is here to help. International Student Advisors can support you in your experience as a UBC international student.

# Mental Health Resources at UBC

**Answer a few questions to find support options specific to your needs:**

<https://students.ubc.ca/health/finding-health-support>

## **UBC Counselling Service**

<https://students.ubc.ca/health/counselling-services>

Free virtual or in-person appointments to talk about feeling anxious, depressed, overwhelmed, or mental health declining. UBC Counselling Service can help with decision-making, navigating family and social relationships, coping with grief and loss, or adjusting to major life transitions.

## **Claim your student health benefit:**

### **AMS/GSS student health benefits for counselling**

[https://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS\\_Health\\_HealthCoverage\\_HealthPractitioners\\_Psychologists](https://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Health_HealthCoverage_HealthPractitioners_Psychologists)

If you access services from a licensed psychologist, registered clinical counsellor, or therapist with a Master's in Social Work, you can be reimbursed up to \$1,500 per policy year.

## **24/7 Support:**

### **UBC Student Assistance Program (UBC SAP)**

<https://students.ubc.ca/health/ubc-student-assistance-program-sap>

Accessible anywhere in the world

Receive free, 24/7 crisis counselling by phone, video counselling, and more.

### **Here2Talk**

<https://here2talk.ca/home>

Accessible anywhere in the world

Get started with free, 24/7 single-session counselling by phone or online chat for all UBC students, no matter where you are in the world.

### **Crisis Centre BC**

<https://crisiscentre.bc.ca/>

Accessible in British Columbia

If you or someone you know is feeling hopeless or at risk of harm, call or chat online with a crisis responder any time.

### **First Nations and Inuit Hope for Wellness Help Line**

<https://www.hopeforwellness.ca/>

Accessible anywhere in the world

Receive online and phone counselling and crisis support.

## On-campus support:

### **Student Health Service**

<https://students.ubc.ca/health/student-health-service>

Accessible in British Columbia

Book a telehealth or in-person appointment with a doctor or nurse for help with your health concerns. Appointments may be booked online or by phone.

### **Wellness Centre**

<https://students.ubc.ca/health/wellness-centre>

Accessible anywhere in the world

Ask the Info Desk for health-related resources, learn about health topics online through the Canvas course, and explore tips and strategies to support your wellbeing.

### **Nurse on Campus**

<https://students.ubc.ca/health/student-health-service/nurse-campus>

Accessible within UBC Vancouver campus

Visit a registered nurse during drop-in hours for confidential, free, and in-person support.



## **Off-Campus Mental Health Resources:**

### **Group counselling programs**

<https://students.ubc.ca/health/counselling-services/group-counselling-programs>

Accessible within British Columbia

Share your health and wellbeing concerns, such as stress, anxiety, or depression, in an encouraging and supportive environment with other UBC students going through similar experiences.

### **Medimap**

<https://medimap.ca/>

Accessible within British Columbia

Browse available walk-in clinics in British Columbia, including their wait times, and book an appointment before visiting.

### **Foundry BC counselling app**

<https://foundrybc.ca/virtual/>

Available in British Columbia

If you're aged 12 to 24, use the app to schedule a virtual counselling appointment, find peer support, or join a youth group or workshop.

### **MindHealth BC**

<http://www.mindhealthbc.ca/>

Accessible in British Columbia

Take an online assessment and find resources to support your mental health.

## **Online self-help tools:**

### **Mental health and substance use - Vancouver**

<http://www.vch.ca/your-care/mental-health-substance-use/mental-health-and-substance-use-vancouver>

Vancouver Coastal Health has a number of programs and services to support children, youth, adults, and older adults on mental health and substance use.

### **Therapy Assistance Online (TAO)**

<https://ca.taoconnect.org/register>

Accessible anywhere in the world

Manage your well-being with tools on stress, relationship problems, substance use, and more.

Register with a UBC email, which you can set up for free.

### **Wellness Together Canada**

<https://ca.portal.gs/>

Accessible anywhere in the world

Complete a free mental health online assessment and connect to online wellness resources or get counselling if you're Canadian by phone, text, or video.

# Mental Health Education

## **Suicide Awareness & Intervention Training (SAIT)**

<https://wellbeing.ubc.ca/sait>

This is a free, introductory course for any UBC Vancouver and Okanagan students, faculty, staff and alumni.

It is created from a post-secondary context, is trauma-informed, and has cultural context.

There are no prerequisites; while training will give you skills to help someone, you're not expected to become an expert.

## **Naloxone Training Online**

<https://www.naloxonetraining.com/>

This site will teach you how to tell when somebody is overdosing, and how to respond with a Take Home Naloxone kit.

Once you have completed this training, you will be provided with a completion certificate to download and save to your device.

You can show this completion certificate device to an attendant when you are at an approved site to receive your kit.

# **Sexual Health and Sexual Violence Assistance**

## **Sexual Assault Support Center (SASC)**

<https://www.amssasc.ca>

If you are struggling as a result of sexual assault, they will assign you a support worker.

These support workers can help with concessions if you CC them on emails to your professors and ensure that you will not need to provide documentation due to the university's trauma related compassionate grounds concession referral by SASC.

Located in the Nest - Room 3130

Walk ins are accepted, but consultations can be booked by email through [sasc@ams.ubc.ca](mailto:sasc@ams.ubc.ca)

### **Services provided include**

- Crisis and short-term emotional support
- Support groups
- Advocacy
- Safety Planning
- Education and Outreach

## **Sexual Violence Prevention and Response Office (SVPRO)**

<https://svpro.ubc.ca>

If you are struggling as a result of sexual assault, they will assign you a counsellor/specialist - more long term emotional support than SASC.

Located in Orchard Commons - Room 4071

Consultations can be booked by email through [svpro.vancouver@ubc.ca](mailto:svpro.vancouver@ubc.ca).

### **Services provided include:**

- Help finding a place to stay
- Academic concessions/extensions
- Workplace accommodations/arranging leave
- Education of reportion options
- Support when going to hospital/court/police
- Coordination of support services on/off campus



# Other Resources

## **AMS student clubs**

<https://equity.ubc.ca/get-involved/community-networks/>

Consider joining one of many student-led clubs that work with the UBC Equity and Inclusion Office to support UBC's diverse communities.

## **Career resources for historically marginalized students**

<https://students.ubc.ca/career/career-resources/career-resources-historically-marginalized-students>

Read the FAQ and list of resources written for Indigenous students, students of colour, students with disabilities, and LGBTQ2SIA+ students.

## **Inclusive Initiatives Fund**

<https://equity.ubc.ca/resources/inclusive-initiatives-fund/?login>

UBC offers funding for student-led projects that positively impact students from equity-deserving groups.



# Other Resources

## **Students who are parents**

<https://students.ubc.ca/campus-life/equity-diversity-inclusion-resources/resources-who-are-parents>

Caring for a child during your studies can be challenging. Find childcare options, rental or food assistance programs, and more.

## **UBC Equity, Diversity, & Inclusion Resources**

<https://students.ubc.ca/campus-life/equity-diversity-inclusion-resources>

Click here to learn about equity, diversity, and inclusion resources available at UBC

## **UBC First Generation Students Union**

<https://www.ubcfgsu.org/>

Provide supports for first generation and low-income college students as well as work to demystify the stigma that comes along with these identities.



# CONTACT US



For any questions, feedback, concerns, or to get involved...



## Office

Room 2107, Resource Groups Centre,  
AMS nest



## Website

<https://www.ubcduc.ca/>



## Email

[ubcduc@gmail.com](mailto:ubcduc@gmail.com)

## General Meetings & Discussion Groups

Alternating weekly on Thursdays from 7-8 PM  
over Zoom

Scan this code to  
access our Linktree  
to stay updated on  
all things DUC!

