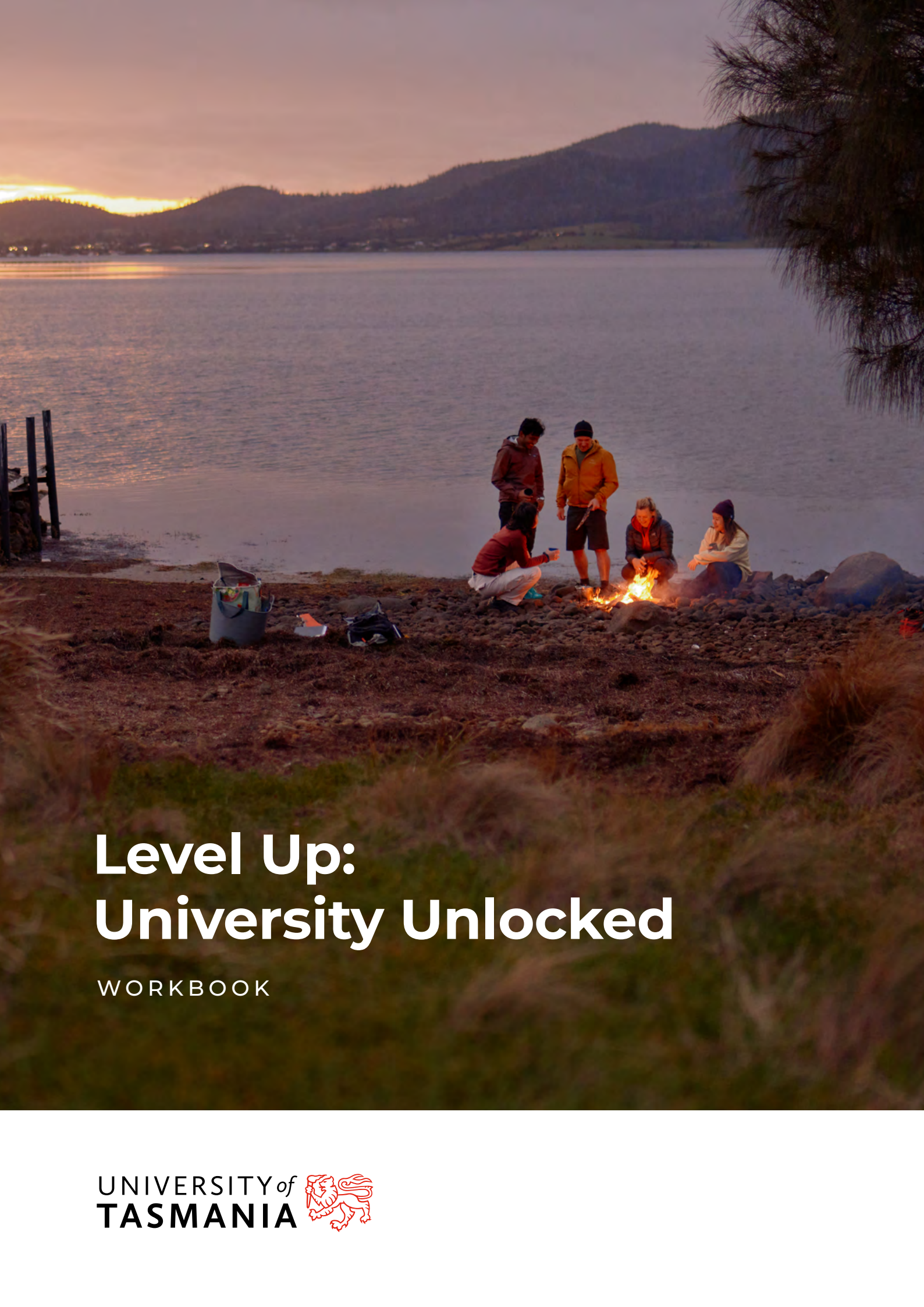




Level Up: University Unlocked

WORKBOOK



About

The program

Level Up: University Unlocked is a program designed to offer neurodivergent students a tailored transition from College to University. You can participate in all three parts of this program, or just the parts that appeal to you.

The program will be offered in three parts:

1. This workbook.
2. Q&A Sessions in October and January.
3. On-campus welcome session early February.

This workbook

This workbook will ask you questions about your needs and preferences before you start studying.

This workbook covers:

- dealing with change
- navigating campus life
- self-care
- managing independent study
- setting goals
- communicating your needs.
- university support services.

Within this workbook you will find:

- information about the Level Up: University Unlocked program
- brief summaries about aspects of university study
- insights from our neurodivergent students
- reflective questions for you to consider in preparing for university.





Q&A sessions (online)

Dates

- Thursday, 30 October, 2025, 3.30pm–5.00pm
- Wednesday, 21 January, 2026, 12pm–2pm

What to know

Current students, Speerment mentors, and Accessibility Advisers will be available to answer your questions about studying at university. You can ask questions during the event via our live chat or submit them anonymously in advance through **SLIDO: Level Up – University Unlocked**. Parents and caregivers are welcome to attend as well.

Please note: we will not be able to provide specific course information. Further details will be shared with registered participants in the weeks leading up to the event.



Scan here to register for the Q&A
or on-campus welcome session.

forms.office.com/r/AJGtfa3zzu





On-campus welcome session

Date

- Wednesday, 4 February, 2026

We are holding a welcome session on campus. During this event, you're invited to come and visit the campus to:

- become familiar with the environment
- meet key support staff
- prepare for the start of the semester
- complete administrative tasks with the support of a mentor.

This session will be held in small groups led by a Speerment mentor, offering you a chance to ask questions about university life.

You are welcome to bring a parent or caregiver along to this session with you.

Further information will be sent to those registered closer to the day.



Scan here to register for the Q&A
or on-campus welcome session.

forms.office.com/r/AJGtfa3zzu





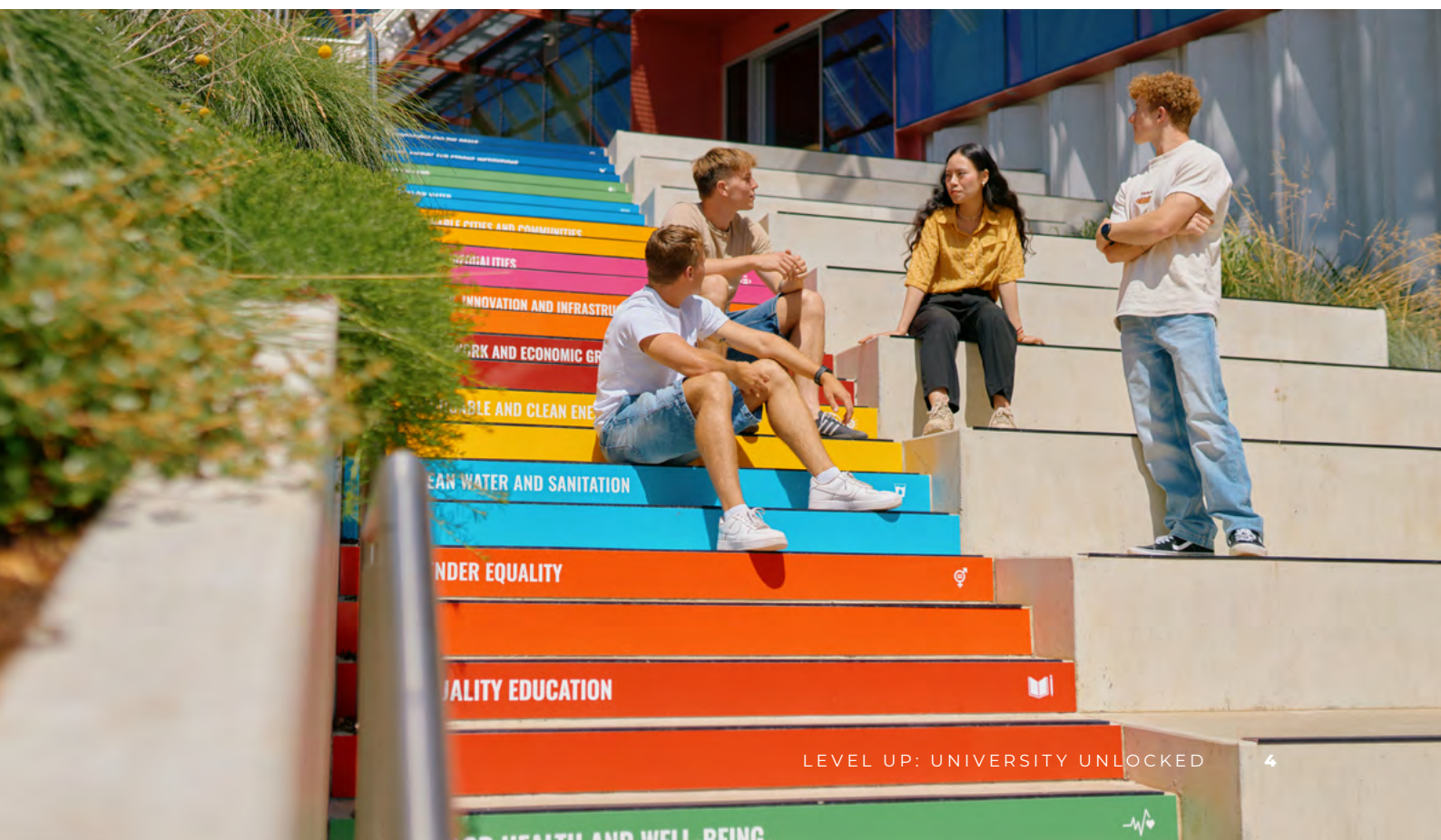
Reflective questions

The next section of this workbook contains summaries of different aspects of university study and reflective questions for you to think about.

Please read through these next few pages and answer each of the questions.

We encourage you to write (or draw) your answers to these question in the blank spaces provided.

If you would like, we also suggest that you talk about your answers with someone whose guidance you trust.





Dealing with change

Attending university for the first time can be both an exciting and challenging experience. The university environment and teaching styles can be quite different from college and high school.



Consider the questions below



How do you feel about change? What helps you manage change?



What strategies do you currently use to manage overwhelm, specially in new situations?

Understanding how you feel about starting uni, and what strategies you use to help adapt to new situations will help you prepare for your first semester.

"Routines are very helpful, as going from a very rigid high school routine to uni where there are no routines set for you, and you have to do a lot more things for yourself can be a very difficult adjustment. Finding those things every day that can provide that routine has helped."

– Current student



Navigating campus life

University is an adult learning environment with people from varied backgrounds and across all ages. You'll navigate various teaching and social spaces that vary in size, design, lighting, and noise, often across multiple campuses like Sandy Bay and Hobart city.



Consider the questions below



What makes you feel confident and comfortable in an environment?



What makes you feel overwhelmed or uncomfortable in an environment? How do you manage this?

Recognising when you might feel overwhelmed or bored, and knowing what strategies you have to manage these experiences is helpful in making study sustainable across the semester.

"There are a few students I chose to disclose my diagnosis to as we became close, who have totally accepted me, It is really helpful especially as you work with others so closely, they learn your language." – **Current student**



Self-care

Taking care of your body and mind is an important part of being a student. Studying at university can be rewarding, but it can also feel overwhelming at times. By looking after your wellbeing, you'll be able to study and learn better.



Consider the questions below



What recharges you and gives you energy for your studies?



**How do you currently manage your daily living demands?
i.e. meals, hygiene, sleep, hydration.**

A balance of study and activities that rest and revitalise you, and keeping your body healthy are skills that will support you across all areas of your life.

"Spending time alone decompressing, music, watching and engaging in my special interest, spending time with my partner... Routines have also been useful. I accommodate myself by allowing extra time to rest, which can be part of the routine or when I wake up and see how I feel each day." – **Former student**



Independent learning

At university, your interactions with teachers will differ from those at school – they'll specify what to learn and assign tasks, but may not tell you how to approach them. You'll also be expected to take charge of managing your own time, tasks, and focus.



Consider the questions below



What motivates you to study?



What study strategies have worked well for you?

Using study strategies that have worked well for you in the past, and knowing what keeps you motivated will help you to maintain focus and effort.

"[University] involves a lot more independent learning which I thrive on. I really enjoy finding the information for myself when researching." – **Current student**

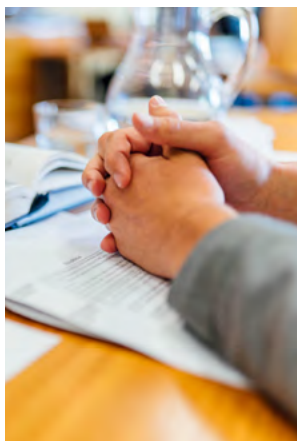


Setting goals

Studying at university gives you a great opportunity to explore interests, develop new skills and build your confidence. University study can also be an important first step towards many careers.



Consider the questions below



What do you want to get out of your university study?



What are your strengths? What are you good at?

Knowing the reasons why you are studying and building upon your existing strengths can make University study a more rewarding experience.

"Have an open mind for units that you may not necessarily think you'll enjoy, just based off the unit description. Some of my favourite units have been ones that I saw and thought "I don't want to do that". Give yourself time to find what you really want – what you start with doesn't have to be what you end with." – **Current student**



Communicating your needs

As a university student, you'll find a lot of free resources available to you. Your university teachers are more than willing to answer your questions and help you succeed. Staff are here to support you and work with you. It will be your responsibility to consider your needs and communicate these to staff.



Consider the questions below



What would help you to feel comfortable advocating for your needs or asking for support?



Are you planning to share your diagnosis with the university?

Advocating for yourself is an important skill to practice, and knowing how you prefer to be supported will assist us in helping you achieve your goals.

"Some project directives can be slightly ambiguous, which I find disabling. So, I have to ask a lot of questions for clarification... It's an uncomfortable process, but it is important that you accommodate to your needs, and do not feel bad for advocating for yourself." – **Current student**



Key information

Accessibility Services

Accessibility Services support students with health conditions or disabilities to reduce barriers to studying. An Accessibility Adviser offers expert guidance and advice on:

- Adjustments that can be made to your study.
- Supports and services that will help you meet your individual learning needs.
- Developing a Learning Access Plan, a document that you can use to communicate your learning needs and adjustments with teaching staff.

Speerment Program

The Specialist Peer Mentor Program (Speerment) matches neurodivergent students seeking support with mentors who they meet with regularly to talk about their studies. Some of the things a mentor might help with are:

- Breaking down and planning study and assessment tasks
- Establishing and maintaining a study routine
- Prioritising your tasks each week
- Communicating with teaching staff
- Using the library and its resources
- Finding your way around campuses
- Navigating and using online learning platforms

A Speerment mentor is a student who:

- Is a current, experienced student
- Is motivated to help you achieve success
- Understands neurodivergence

For further information, please contact Accessibility.Services@utas.edu.au



Next steps for you

- If you haven't already, answer the questions in this workbook.
- Register for the Q&A sessions and/or on-campus welcome sessions through the QR code on pages two and three.
- Consider what supports might be helpful for you and if you would like a Learning Access Plan.
- Ask your school for a copy of your current Individualised Education Plan (if you have one).

If you would like a Learning Access Plan, please contact Accessibility.Services@utas.edu.au





Final comments from current and former Neurodivergent students:

"Invest in yourself and take yourself seriously. And don't compare yourself to your friends – you will all go at different paces. Engage with your studies as much as possible and take all of the opportunities available." – **Current student**

"The best advice I can give to anyone that wants to enjoy the process is: do not wait until the last minute to start your projects! Plan your schedule, be realistic, and it is ok not to enrol in 4 units at a time, take on what you can manage and have the cognitive capacity to do so!" – **Current student**

"I didn't know until Week 3 that there is content each week, so check what it is that you have to do and ask questions if you don't know what to do. Check notifications and emails for things to do and fees etc so that you are organised." – **Current student**

"Take a step back think about your own ego and your own pride and realise that maintaining that is not worth it. If you have a problem, ask for help. You won't be the best in the world as soon as you start. Its ok to start off not that great." – **Current student**

"Focus on your strengths and try to enrol in subjects that you are good at. Get some confident units out of the way first. Don't try and do too many units to start with. Have a decent computer at home with good internet." – **Current student**

"My three pieces of advice are:

- Be kind to yourself.
- Get support when needed.
- Don't be afraid to ask for help."

– **Current student**

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► Students on a field trip to Cape Frederik Henry, Dunalley.