



January 2017

Studying with Mental Health Difficulties

In this group students who have mental health difficulties from depression, anxiety or panic disorder, eating disorder, to personality disorder or borderline personality disorder.

Due to various aspects of mental health difficulties, their impact on study-related activities is different for everyone. Required support is individual, which will be clarified at the Disability Office- see attachment.

How Lecturers Can Support

When asked, please take some time for a meeting with students with mental health difficulties.

In the Seminar/Lecture

- Student assistants for taking notes or doing literature research may be needed. The costs arising from this will be covered by the Disability Office or Disability Insurance. You can support us to find suitable assistants.
- In case of absence due to illness, we may ask for recording of sessions (audio or video). To protect the copy right, the Disability Office will issue a copy right agreement between you and the students.

Others

- For an obligatory internship, your personal involvement in finding a position that fits students' needs will be helpful.

Possible Adjustments in Coursework Assessment (Other arrangements are possible)

- Deadline extension for written works, an alternative assessment
- Exams: using PC/Laptop to write answers, extra time, a break during a long exam, a reserved seat (at the edge close to the door), etc.

For questions and organizational matters, please contact the Disability Office.

Attachment

Process for clarification of individual adjustments

According to paragraph 17 "Studying with Disability" in the regulation of admission at University of Zurich stated below, the impact on study-related activities caused by health problems or impairments will be clarified at the Disability Office.

In complex situations, the lecturers and/or program coordinators concerned will join in the clarification process.

The Disability Office will document individual adjustments in the form of CIRA¹. Depending on the faculty, either the Disability Office or the student will request for implementation of the adjustments to a responsible person according to each faculty's regulation.

After the proposition has been authorized, the lecturer, the Disability Office or the student him/herself will inform of the accommodations to the responsible person.

The Disability Office will eagerly support in carrying out the measures.

¹ CIRA stands for "Certificate of Individual Reasonable Accommodation".



§ 17. Studium und Behinderung

¹ Bei Vorliegen einer ärztlich bescheinigten Behinderung oder chronischen Krankheit (gemäss UNO-Behindertenrechtskonvention, UNO-BRK, Art. 1) ist während des Immatrikulationsverfahrens bei der Beratungsstelle Studium und Behinderung ein Gesuch zur Prüfung der Auswirkung auf studienrelevante Aktivitäten einzureichen.

² Allfällig den Nachteil ausgleichende Massnahmen können nur nach erfolgter Prüfung semesterweise gewährt werden.

Verordnung über die Zulassung zum Studium an der Universität (VZS) vom 18. April 2011

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