



TOOLS & RESOURCES

DSA Readiness Checklist



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WORKSHEET

DSA Readiness Checklist

If you're thinking about applying for Disabled Students' Allowance (DSA), or preparing for a support assessment, this planner is for you.



It's designed to help you:

- Understand your learning preferences
- Identify any challenges you might face with your studies
- Feel more confident about the kind of support that could help

You don't have to fill out every section - just use what feels helpful to you.

You can keep this planner for your own reference, or bring it along to your assessment to support the conversation. Assessors will appreciate the extra insight, and it might help you feel more prepared too.

Section 1: About Me as a Learner

This section helps you explore how you like to learn and what kind of study environment works best for you. There's no right or wrong - it's just about what suits you personally.

A. My Learning Environment Preferences

Tick anything that applies to how you focus and feel most comfortable while studying:

- ☐ I prefer quiet spaces with minimal distractions
- ☐ I focus better with background noise or music
- ☐ I find large group sessions overwhelming
- ☐ I benefit from regular breaks during study
- ☐ I work best with a routine or structured schedule
- ☐ I find it helpful to have a clear workspace

Other notes about my preferred study environment:

Section 1: About Me as a Learner

B. My Learning Style

We all take in information in different ways. Tick the options that best describe how you learn:

- ☐ I learn best by seeing things (diagrams, charts, visual prompts)
- ☐ I learn best by hearing (lectures, discussions, recordings)
- ☐ I learn best through doing (hands-on, trial and error)
- ☐ I remember things when I write or draw them out
- ☐ I prefer written instructions
- ☐ I prefer verbal explanations
- ☐ I use technology (e.g. speech-to-text, mind mapping) to support how I learn

Other ways I like to learn:

Section 2: What I Find Difficult at School or College

This section helps you think about any academic or study-related challenges you've experienced. Identifying these now can make it easier to talk about them during your DSA assessment.

A. Academic Challenges

Tick anything that you've struggled with:

- ☐ Concentrating for long periods
- ☐ Taking useful notes during lectures
- ☐ Understanding or processing information
- ☐ Organising my thoughts for essays or presentations
- ☐ Reading large amounts of text
- ☐ Starting or completing assignments
- ☐ Keeping with deadlines or timetables
- ☐ Retaining information from lectures or reading

Other academic challenges I've experienced:

Section 2: What I Find Difficult at School or College

B. Study-Related Challenges

Beyond coursework, are there other parts of student life that feel difficult? Tick any that apply:

- ☐ Managing my time across multiple modules
- ☐ Balancing my studies with my mental health or wellbeing
- ☐ Managing stress or anxiety around academic work
- ☐ Navigating university systems (timetables, emails, accessing support)
- ☐ Attending in-person lectures or seminars regularly
- ☐ Asking for help when I need it

Other things I find challenging:

Section 3: What Has Helped or Might Help Me

This section helps you reflect on any support you've already used, and think ahead about what might work for you now.

A. Support I've Used Before (If Any)

If you've had support at school, college, or university, tick any options that apply. But don't worry if you haven't had any yet - that doesn't mean you can't request them now. Your DSA assessment is your chance to explore what could help moving forward.

- ☐ Extra time in exams
- ☐ Study skills support
- ☐ Assistive software (e.g., mind mapping, text-to-speech)
- ☐ Mentoring or counselling
- ☐ Extension requests / coursework adjustments
- ☐ Recorded lectures / alternative formats

Other support I've tried or found helpful:

Section 3: What Has Helped or Might Help Me

B. What I Think Might Help Me Now

Now's a great time to jot down what kind of support you'd like going forward. These examples might help you get started:

I think I'd benefit from help with:

e.g., staying focused, organising my notes, managing deadlines

I'd feel more confident in my studies if:

e.g., I had regular check-ins, clearer instructions, more flexible deadlines

I'd like support that focuses on:

e.g., breaking tasks down into steps, managing stress, using assistive tech

Section 4: Preparing for My DSA Assessment

This final section is all about feeling ready for your assessment. Whether you're just starting or almost there, these steps can help you feel prepared and in control.

My Preparation Checklist

Before your DSA assessment, you might want to tick off the following:

- ☐ I've thought about my learning challenges
- ☐ I've noted what kind of support could help
- ☐ I've researched DSA and how it works
- ☐ I know I can choose my own support provider
- ☐ I've found a provider I'm interested in (like YorLinc!)
- ☐ I've prepared questions to ask in my assessment

Section 4: Preparing for My DSA Assessment

Questions I Want to Ask at my Assessment

If you need some ideas for that last checklist item, here are a few questions you might want to ask:

- Can I get support that fits my learning style?
- Do I have a choice between remote and face-to-face support?
- What kind of assistive technology might suit my needs?

Other questions I'd like to ask:

A Note from YorLinc

At YorLinc, we help students access the right support through face-to-face or remote study skills, mentoring, and assistive technology training.

We know the DSA process can feel overwhelming at first, but you don't have to go through it alone. We're here to help make things simple, clear, and tailored to you.

If you'd like to work with us, you can request YorLinc as your provider at your DSA Needs Assessment. Learn more at our www.yorlinc.com/student-services or get in touch at hello@yorlinc.com.