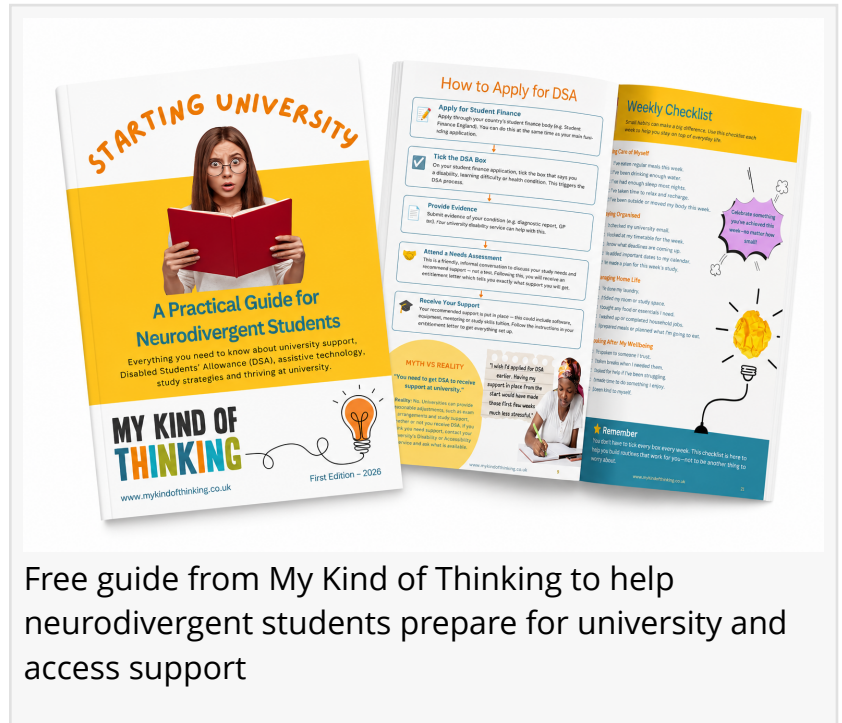


Free Guide Launched to Help Neurodivergent Students Prepare for University Ahead of A-Level Results Day

Free 30-page guide explains Disabled Students' Allowance, university support and practical strategies to help neurodivergent students prepare with confidence.

UNITED KINGDOM, August 10, 2026 /EINPresswire.com/ -- New resource aims to ensure students don't miss out on the support they are entitled to.

With thousands of students across the UK preparing to receive their A-level results and make the transition to university, specialist education company [My Kind of Thinking](https://www.mykindofthinking.co.uk) has launched a free 30-page guide to help neurodivergent students understand the support available to them in higher education.



Free guide from My Kind of Thinking to help neurodivergent students prepare for university and access support

According to the Higher Education Statistics Agency, around one in five higher education students report having a known disability, while more than 245,000 students have disclosed a learning difference such as dyslexia, dyspraxia or ADHD, or an autistic spectrum or social communication condition (HESA, 2024/25). As increasing numbers of neurodivergent students enter higher education, ensuring they understand the support available to them before they arrive on campus has never been more important.

“

We created this guide to answer the questions students are often too afraid to ask, helping neurodivergent students access support and start university with confidence.”

Vicki Angel

The Neurodivergent Student's Guide to University has been created to answer the questions many students ask before they start university, including:

- What support is available at university?
- Should I disclose my disability or neurodivergence?
- What is Disabled Students' Allowance (DSA)?
- Am I entitled to exam access arrangements?
- What evidence do I need?
- What technology can help me study?

The guide also covers practical topics such as managing money, making friends, coping with sensory overwhelm, self-advocacy, study strategies and what to do if things don't go to plan.

Despite increasing awareness of neurodiversity, many students still arrive at university unaware that they can access support through their university and apply for Disabled Students Allowance (DSA).

Many students with dyslexia, ADHD, autism, dyspraxia and other disabilities don't realise that they may be able to access reasonable adjustments, specialist support, assistive technology, study skills support or exam arrangements. Others mistakenly believe they need to have received support at school or college before they can ask for help at university.

The transition to higher education can be particularly challenging for neurodivergent students, making it even more important that they understand what support is available before their course begins.

Vicki Angel, Director of My Kind of Thinking, said:

"Starting university is exciting, but it can also feel overwhelming, particularly for neurodivergent students who are navigating a completely new environment. Having worked in schools, colleges and universities, it is surprising that we still regularly meet students who tell us they had no idea they could receive support at university or that funding such as Disabled Students' Allowance even existed. Sadly, many don't discover this until they're already struggling, leading to some leaving their course early or repeating a year.

We wanted to create a practical, reassuring guide that answers the questions students are often too afraid to ask and helps them access support as early as possible. Our message is simple: you don't have to wait until things become difficult before asking for help and try to apply for Disabled Students Allowance if you are entitled to it as soon as you secure your place."

The guide has been developed by specialist assessors who assess individuals for dyslexia, dyspraxia and ADHD, but also support neurodivergent learners in HE settings. It brings together practical advice, student experiences and trusted information into an easy-to-read resource designed to help students feel confident before arriving on campus.

My Kind of Thinking hopes the guide will be useful not only for students, but also for parents,

schools, colleges, SENCOs and careers advisers supporting young people as they prepare for university.

The guide is available to download free of charge from:

<https://mykindofthinking.co.uk/wp-content/uploads/Starting-University-Guide-for-Neurodivergent-Students-2026.pdf>

Notes to Editors

About My Kind of Thinking

My Kind of Thinking supports neurodivergent learners through educational assessments, specialist advice, training and practical resources. The organisation works with students, families, schools, colleges and universities to help neurodivergent learners understand their strengths, access appropriate support and achieve their potential.

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