



# Supporting Autistic Students through the Transition to University and with University Life

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# High Anxiety levels in education



# Visual Learners

Focusing on the senses





- The Students
  - The Mentors
  - The Leaders
- The Team**

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# What was involved?

Becoming aware of sensory needs

Learning to use mindfulness and sensory strategies to reduce stress & social anxiety

Students with ASD meeting and interacting with existing university students

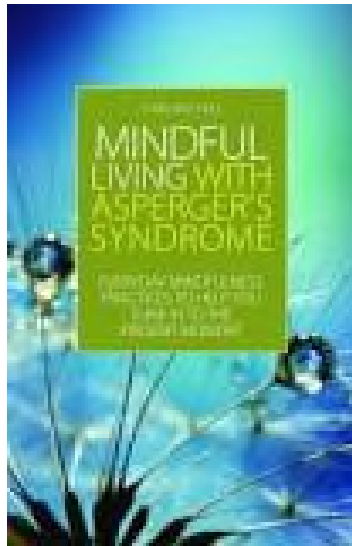
Experiencing the university setting

Involving parents in planning and evaluation

Trying out the online learning environment

# The Books

Chris Mitchell



McHenry & Moog





# *Sensory Strategies*





# Managing Sensory Issues Through Mindfulness



# Feel Solid In Your Body



# *Soles of your feet*



# *Snow Breathing*



# Instant Heart Rate App



# Outcomes

Testing heart rate pre and post intervention



Measuring Mindful Awareness (MAAS)

Sensory Profile

Video Diaries

Qualitative feedback

# *Student Testimonials*

“Just when the plastic was put in I thought of my mindfulness and the breathing through my nose since the airway to my mouth was nearly blocked. At the end of the procedure I was asked by the dental nurse how I kept calm and I explained of the mindfulness I had been practising: leading me to realise it may be more useful than I thought”.

<https://stream.ulster.ac.uk/ssdcms/ipublic.do?u=ada331a4e6ae4f7>





# *Student Testimonials*

“I learned from the presentation that I am a person of low sensory registration and that I am not a sensory seeker, rather an avoider, which I found useful as it shows that I am good at working in a low stimulus environment and that would benefit me in school, university and the workplace.”



# Mentors Feedback

## Seamus Hogan Student Mentor



# Parental Feedback



# Parental Feedback





# Future Developments

- A collaboration with the student support team to develop a 3 day residential summer scheme
- A collaboration with the foundation art degree students to develop personalised sensory kits as a therapeutic intervention
- Royal College of Occupational Therapy conference workshop on developing individualised sensory kits



*Thank you Any Question*

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