

Accessible and Inclusive Reading List

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This reading list draws together a range of information resources held both physically within the UoB Library collection and links to external, useful, virtual resources. It includes topic areas that provide students and staff with self-help, support and information. In turn we hope this will promote greater understanding of diversity within and beyond our academic community. We aim to include practical 'how to' resources and more general thought provoking reading.

- Accessible and Inclusive Library Advisory Group

100 items

Autism Spectrum Disorder (3 items)

Top tips for Asperger students: how to get the most out of university and college, by Rosemary Martin; Leslie Ilic; Tas Cooper; Caitlin Cooper, 2011

Book

An Aspie's guide to improving empathetic attunement, edited by Tony Attwood; Craig R. Evans; Anita Lesko, 2015

Book

Managing Asperger Syndrome at college and university: a resource for students, tutors and support services, by Juliet Jamieson; Claire Jamieson, 2007

Book

Disability (8 items)

A day in the life of an Oxford wheelchair user - Oxford Accessibility Project (Jan 2017), 29/1/2017

Audio-visual document

Disability report: Being disabled in Britain | Equality and Human Rights Commission

Webpage

Notes on blindness: a journey through the dark, by John M. Hull; Wellcome Collection, 2017

Book

Notes On Blindness [DVD]

Audio-visual document

Delivered from distraction: getting the most out of life with attention deficit disorder, by Edward M. Hallowell; John J. Ratey, 2006

Book

Cognitive-behavioural therapy for ADHD in adolescents and adults: a psychological guide to practice, by Susan Young; Jessica Bramham, 2012

Book

Cognitive-behavioral therapy for adult ADHD: targeting executive dysfunction, by Mary V. Solanto, ©2011

Book

Taking charge of adult ADHD, by Russell A. Barkley; Christine M. Benton, 2010

Book

Dyslexia (5 items)

Managing dyslexia at university: a resource for students, academic and support staff, by Claire Jamieson; Ellen Morgan, 2008

Book

Study skills for students with dyslexia: support for specific learning differences (SpLDs), edited by Sandra Hargreaves; Jamie Crabb, 2016

Book

Use your head, by Tony Buzan, 1989

Book

Dyslexia: surviving and succeeding at college, by Sylvia Moody, 2007

Book

Gifted - Emily Mantell, 9/3/2010

Audio-visual document

Gender (7 items)

Transgender (7 items)

Transgender warriors: making history from Joan of Arc to Dennis Rodman, by Leslie Feinberg, 1996

Book

Trans bodies, trans selves: a resource for the transgender community, edited by Laura Erickson-Schroth, 2014

Book

I am transgender: Allyson Robinson at TEDxNightingaleBamfordSchool, 1/6/2014

Audio-visual document

My true gender identity: Niklaus Fluetsch at TEDxZUG, 2/7/2013

Audio-visual document

theyismypronoun.com

Website

Being a Trans Mathematician: A Q&A with Autumn Kent - Scientific American Blog Network

Webpage

Trans 101 - The Basics, 30/3/2017

Audio-visual document

International Students (3 items)

International students' experience in UK higher education: a research based investigation of the academic, personal, social and cultural experience of undergraduate and postgraduate international students, with recommendation [sic] for coping strategies, by Eunice Okorochoa, 2010

Book

Problems and difficulties of studying in a foreign academic environment: how do British students of science & engineering cope with the ups and downs of academia on the Continent?, by Gilles Couzin, 1995

Book

Communicating effectively with the Chinese, by Ge Gao and Stella Ting-Toomey, 1998

Book

Mature Students (10 items)

Studying as a parent: a handbook for success, by Helen Owton, 2014

Book

Never too late: a mature student's guide to going to university, by Joanne M. Weselby, 2014

Book

The mature student's study guide: essential skills for those returning to education or distance learning, by Catherine Dawson; dawsonera, 2007

Book

Learning how to study again: a practical guide to study skills for mature students returning to education or distance learning, by Catherine Dawson, 2004

Book

The mature student's handbook, by Lucinda M. Becker, c2009

Book

How to write essays: a guide for mature students who have forgotten how, by Kate Scott, 2016

Book

The mature student's guide to writing, by Jean Rose, 2012

Book

E Learning (1 items)

e-Learning skills, by Alan Clarke, 2004

Book

Part Time Study (1 items)

Studying part time without stress, by Teresa De Fazio, 2002

Book

Postgraduate Research (1 items)

The postgraduate research handbook: succeed with your MA, MPhil, EdD and PhD, by Gina Wisker, 2001

Book

Mental Health (25 items)

Crisis management (1 items)

Crisis: how to help yourself and others in distress or danger, by Lee Ann Hoff, 2014

Book

Stress (8 items)

Stress, by Tom Cox, 1978

Book

Stress in academic life: the mental assembly line, by Shirley Fisher; Society for Research into Higher Education, 1994

Book

Managing the pressures in teaching: practical ideas for tutors and their students, by Stephen Cox; Ruth Heames, 1999

Book

Coping with stress at university: a survival guide, by Stephen Palmer; Angela Puri, 2006

Book

Conquer study stress!: 20 problems solved, by Peter Levin, 2007

Book

The laid back guide to exams and stress, by Jennie Caswell; Naseem Ahsun; Rodge David; Justin Sachs, 2016

Book

The stress cure: how to resolve stress, build resilience and boost your energy, by Patrick Holford; Susannah Lawson, 2015

Book

The stress-free guide to studying at university: a student's guide towards a better life, by Gordon Rugg; Sue Gerrard; Susie Hooper; dawsonera, 2008

Book

Depression; Low mood (4 items)

Depression: its causes and how to overcome it, by Caroline Shreeve, 1984

Book

Women and depression: a practical self-help guide, by Deidre Sanders, 1984

Book

Coping with depression, by Ivy Marie Blackburn, c1987

Book

Beyond blue: surviving depression & anxiety and making the most of bad genes, by Therese Johnson Borchard, 2010

Book

Anxiety (5 items)

Language anxiety: from theory and research to classroom implications, by Elaine K. Horwitz; Dolly J. Young, c1991

Book

Managing examination anxiety through groupwork, by Pamela C. Prentice, 1995

Book

English language anxiety sources and coping strategies: a case study of Chinese senior high school students' foreign language anxiety, by Jiewen Qian, 2005

Book

Do you panic about maths?: coping with maths anxiety, by Laurie Buxton, 1981

Book

University music students' experiences of performance anxiety and how they cope with it, by Owen Thomas, 2009

Thesis

Mindfulness; relaxation (7 items)

Self-soothing: coping with everyday and extraordinary stress, by Gerrilyn Smith; ProQuest (Firm), 2013

Book

Self-care for introverts: 17 soothing rituals for peace in a hectic world, ©

Book

The flourishing student: every tutor's guide to promoting mental health, well-being and

resilience in Higher Education, by Fabienne Vailes, 2017

Book

Mind maps for medical students, by Olivia Smith; Colin H. Jones, 2015

Book

Relaxation techniques, by Alice Jane Muir, 2010

Book

Mindfulness: be mindful, live in the moment, by Gill Hasson, 2013

Book

The mindful medical student: a psychiatrist's guide to staying who you are while becoming who you want to be, by Jeremy Spiegel; Bernie S. Siegel, 2009

Book

Race (11 items)

Why I'm no longer talking to white people about race, by Reni Eddo-Lodge, 2018

Book

Natives: race and class in the ruins of empire, by Akala, 2018

Book

Slay In Your Lane: The Black Girl Bible, by Yomi Adegoke, 2020, 2019

Book

BRIT(ISH): on race, identity and belonging, by AFUA. HIRSCH, 2018

Book

How to Argue With a Racist: History, Science, Race and Reality, by Adam Rutherford, 2020

Book

Black and British: a forgotten history, by David Olusoga, 2017

Book

Asians in Britain : 400 years of history, by Rozina Visram, 2002

Book

Ta-Nehisi Coates Revisits the Case for Reparations | The New Yorker

Webpage

Framing intersectionality: debates on a multi-faceted concept in gender studies, edited by Helma Lutz; Maria Teresa Herrera Vivar; Linda Supik, 2016

Book

Amandla Stenberg: Don't Cash Crop On My Cornrows, 15/4/2015

Audio-visual document

Kimberlé Crenshaw - On Intersectionality - keynote - WOW 2016, 14/3/2016

Audio-visual document

Sexuality (27 items)

LGBT+ and its intersections; Stage 1: Crash Course in LGBT + Identities (8 items)

Yes, you can be non-binary AND a woman | Riley J. Dennis, 2016-12-15

Audio-visual document

What Does it Mean to be Queer?, 13/3/2016

Audio-visual document

"What It's Like to Be Intersex" - BuzzFeed - March 28, 2015, 23/6/2015

Audio-visual document

Pronouns

Webpage

Intersex 101 | Lambda Legal

Webpage

Intersex 101 | This is a Thing, 6/11/2014

Audio-visual document

Asexuality For Dummies, 15/3/2017

Audio-visual document

The ABC's of LGBT+, by Ashley Mardell, 2016

Book

Stage II: LGBT+ Issues (19 items)

ILGA meets... Sabah Choudrey, activist

Webpage

World Autism Awareness Week: Living as a transgender adult with autism | Metro News

Webpage

The Persistent desire: a femme-butch reader, by Joan Nestle, 1992

Book

Life is wonderful, people are terrific, by Meliza Bañales, 2015

Book

Dirty river: a queer femme of color dreaming her way home, by Leah Lakshmi
Piepzna-Samarasinha, 2015

Book

The collected poems of Audre Lorde, by Audre Lorde, c1997

Book

The Women Widowed to Themselves, by Lora Mathis, 2015

Book

The wicked + the divine: Vol. 1: The Faust act, by Kieron Gillen; Jamie Mckelvie; Matthew Wilson; Clayton Cowles, 2014

Book

Black Girl Dangerous

Website

Gay Pride & Capitalism: What is Pinkwashing?, 19/6/2016

Audio-visual document

Coming Home: Queer South Asians and the Politics of Family. | middle east revised

Webpage

Online Harrassment of GNC/Transfeminine People — ALOK VAID-MENON

Webpage

The Politics of Queer Sex, 2016-12-18

Audio-visual document

Queer: a graphic history, by Meg-John Barker; Julia Scheele, 2016

Book

Bi: notes for a bisexual revolution, by Shiri Eisner, 2013

Book

WHAT CAUSED THE STONEWALL RIOTS, 16/8/2015

Audio-visual document

What's R(ace) Got To Do With It?: White Privilege & (A)sexuality - Media Diversified

Webpage

Meg-John & Justin - Sex, love & relationships

Website | A website of sex and relationship advice, ideas, and education.

Rewriting The Rules

Website | Website of Meg-John Barker, author of a number of popular books on sex, gender, and relationships

Study Skills (1 items)

Resources are also available via the Study Skills webpage:

<http://www.bristol.ac.uk/students/study/skills-development/study-skills/>

How to succeed in exams & assessments, by Kathleen McMillan; Jonathan D. B. Weyers, 2011

Book