## Accessible and Inclusive Reading List

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

'A day in the life of an Oxford wheelchair user – Oxford Accessibility Project (Jan 2017)' (29AD). Available at: https://www.youtube.com/watch?v=gTyXqP9Mwxs.

Adam Rutherford (2020) How to Argue With a Racist: History, Science, Race and Reality. W&N; 01 edition.

Akala (2018) Natives: race and class in the ruins of empire. London: Two Roads.

'Amandla Stenberg: Don't Cash Crop On My Cornrows' (15AD). Available at: https://www.youtube.com/watch?v=O1KJRRSB\_XA.

'Asexuality For Dummies' (15AD). Available at: https://www.youtube.com/watch?v=85GCB2V3AZM.

Attwood, T., Evans, C.R. and Lesko, A. (eds) (2015) An Aspie's guide to improving empathetic attunement. London: Jessica Kingsley Publishers. Available at: https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=1883933.

Bañales, M. (2015) Life is wonderful, people are terrific. Portland, OR: Ladybox Books.

Barker, M.-J. and Scheele, J. (2016) Queer: a graphic history. London: Icon Books.

Barkley, R.A. and Benton, C.M. (2010) Taking charge of adult ADHD. New York: The Guilford Press.

Becker, L.M. (2009) The mature student's handbook. Basingstoke: Palgrave Macmillan.

Being a Trans Mathematician: A Q&A with Autumn Kent - Scientific American Blog Network (no date). Available at:

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Black Girl Dangerous (no date). Available at: https://www.bgdblog.org/.

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Borchard, T.J. (2010) Beyond blue: surviving depression & anxiety and making the most of bad genes. New York: Center Street.

Buxton, L. (1981) Do you panic about maths?: coping with maths anxiety. London: Heinemann Educational.

Buzan, T. (1989) Use your head. [New] rev. ed. London: BBC books.

Caswell, J. et al. (2016) The laid back guide to exams and stress. Melbourne, Florida: Motivational Press.

Clarke, A. (2004) e-Learning skills. Basingstoke: Palgrave Macmillan.

Coming Home: Queer South Asians and the Politics of Family. | middle east revised (no date). Available at:

https://middleeastrevised.com/2014/10/17/coming-home-queer-south-asians-and-the-politics-of-family/.

Couzin, G. (1995) 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?

Cox, S. and Heames, R. (1999) Managing the pressures in teaching: practical ideas for tutors and their students. London: Falmer Press.

Cox, T. (1978) Stress. London: Macmillan.

Dawson, C. (2004) Learning how to study again: a practical guide to study skills for mature students returning to education or distance learning. Oxford: How To Books.

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De Fazio, T. (2002) Studying part time without stress. Crows Nest, N.S.W.: Allen & Unwin. Disability report: Being disabled in Britain | Equality and Human Rights Commission (no date). Available at:

https://www.equalityhumanrights.com/en/disability-report-being-disabled-britain.

Eddo-Lodge, R. (2018) Why I'm no longer talking to white people about race. Expanded edition. London: Bloomsbury Publishing.

Eisner, S. (2013) Bi: notes for a bisexual revolution. Berkeley, California: Seal Press.

Erickson-Schroth, L. (ed.) (2014) Trans bodies, trans selves: a resource for the transgender community. Oxford: Oxford University Press.

Feinberg, L. (1996) Transgender warriors: making history from Joan of Arc to Dennis Rodman. Boston: Beacon Press. Fisher, S. and Society for Research into Higher Education (1994) Stress in academic life: the mental assembly line. Buckingham: Society for Research into Higher Education & Open University Press.

'Gay Pride & Capitalism: What is Pinkwashing?' (19AD). Available at: https://www.youtube.com/watch?v=J4LP0z493oY.

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'Gifted - Emily Mantell' (9AD). Available at: https://www.youtube.com/watch?v=biq5hEgeCLs.

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Hasson, G. (2013) Mindfulness: be mindful, live in the moment. Chichester: Capstone.

HIRSCH, AFUA. (2018) BRIT(ISH): on race, identity and belonging. [Place of publication not identified]: VINTAGE.

Hoff, L.A. (2014) Crisis: how to help yourself and others in distress or danger. Oxford: Oxford University Press.

Holford, P. and Lawson, S. (2015) The stress cure: how to resolve stress, build resilience and boost your energy. London: Piatkus.

Horwitz, E.K. and Young, D.J. (1991) Language anxiety: from theory and research to classroom implications. Englewood Cliffs, N.J.: Prentice Hall.

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'I am transgender: Allyson Robinson at TEDxNightingaleBamfordSchool' (1AD). Available at: https://www.youtube.com/watch?v=SCpHCGniGil.

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Intersex 101 | Lambda Legal (no date). Available at: http://www.lambdalegal.org/blog/20151026\_intersex-101.

'Intersex 101 | This is a Thing' (6AD). Available at:

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Jamieson, C. and Morgan, E. (2008) Managing dyslexia at university: a resource for students, academic and support staff. London: Routledge.

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'Kimberlé Crenshaw - On Intersectionality - keynote - WOW 2016' (14AD). Available at: https://www.youtube.com/watch?v=-DW4HLgYPIA.

Levin, P. (2007) Conquer study stress!: 20 problems solved. Maidenhead: Open University Press.

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Lutz, H., Herrera Vivar, M.T. and Supik, L. (eds) (2016) Framing intersectionality: debates on a multi-faceted concept in gender studies. London: Routledge, Taylor & Francis Group.

Mardell, A. (2016) The ABC's of LGBT+. [Coral Gables]: Mango Media Inc.

Martin, R. et al. (2011) Top tips for Asperger students: how to get the most out of university and college. London: Jessica Kingsley.

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McMillan, K. and Weyers, J.D.B. (2011) How to succeed in exams & assessments. Second edition. Harlow: Pearson Education Limited. Available at: https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=5173839.

Meg-John & Justin - Sex, love & relationships (no date). Available at: https://megjohnandjustin.com/.

Moody, S. (2007) Dyslexia: surviving and succeeding at college. London: Routledge.

Muir, A.J. (2010) Relaxation techniques. London: Hodder Headline. Available at: https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=647831.

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'Notes On Blindness [DVD]' (no date).

Okorocha, E. (2010) 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. Bury St Edmunds: arima publishing.

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Books.

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https://www.alokvmenon.com/blog/2017/1/17/online-harrassment-of-gnctransfeminine-people.

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Self-care for introverts: 17 soothing rituals for peace in a hectic world (no date).

Shreeve, C. (1984) Depression: its causes and how to overcome it. Wellingborough: Turnstone.

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Spiegel, J. and Siegel, B.S. (2009) The mindful medical student: a psychiatrist's guide to staying who you are while becoming who you want to be. Hanover, New Hampshire: University Press of New England.

Ta-Nehisi Coates Revisits the Case for Reparations | The New Yorker (no date). Available at:

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'WHAT CAUSED THE STONEWALL RIOTS' (16AD). Available at: https://www.youtube.com/watch?v=zLbaS9lejmM.

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'"What It's Like to Be Intersex" - BuzzFeed - March 28, 2015' (23AD). Available at: https://www.youtube.com/watch?v=Ax0KAnY\_j3k.

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