

## 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

View Online



'A Day in the Life of an Oxford Wheelchair User – Oxford Accessibility Project (Jan 2017)', 29AD <<https://www.youtube.com/watch?v=gTyXqP9Mwxs>>

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

Akala, Natives: Race and Class in the Ruins of Empire (London: Two Roads, 2018)

'Amandla Stenberg: Don't Cash Crop On My Cornrows', 15AD <[https://www.youtube.com/watch?v=O1KJRRSB\\_XA](https://www.youtube.com/watch?v=O1KJRRSB_XA)>

'Asexuality For Dummies', 15AD <<https://www.youtube.com/watch?v=85GCB2V3AZM>>

Attwood, Tony, Craig R. Evans, and Anita Lesko, eds., An Aspie's Guide to Improving Empathetic Attunement (London: Jessica Kingsley Publishers, 2015) <<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=1883933>>

Bañales, Meliza, Life Is Wonderful, People Are Terrific (Portland, OR: Ladybox Books, 2015)

Barker, Meg-John, and Julia Scheele, Queer: A Graphic History (London: Icon Books, 2016)  
Barkley, Russell A., and Christine M. Benton, Taking Charge of Adult ADHD (New York: The Guilford Press, 2010)

Becker, Lucinda M., The Mature Student's Handbook (Basingstoke: Palgrave Macmillan, 2009), Palgrave study skills

'Being a Trans Mathematician: A Q&A with Autumn Kent - Scientific American Blog Network' <<https://blogs.scientificamerican.com/roots-of-unity/q-a-with-autumn-kent/>>

'Black Girl Dangerous' <<https://www.bgdblog.org/>>

Blackburn, Ivy Marie, Coping with Depression (Edinburgh: Chambers, 1987)

Borchard, Therese Johnson, *Beyond Blue: Surviving Depression & Anxiety and Making the Most of Bad Genes* (New York: Center Street, 2010)

Buxton, Laurie, *Do You Panic about Maths?: Coping with Maths Anxiety* (London: Heinemann Educational, 1981)

Buzan, Tony, *Use Your Head*, [New] rev. ed (London: BBC books, 1989)

Caswell, Jennie, Naseem Ahsun, Rodge David, and Justin Sachs, *The Laid Back Guide to Exams and Stress* (Melbourne, Florida: Motivational Press, 2016)

Clarke, Alan, *E-Learning Skills* (Basingstoke: Palgrave Macmillan, 2004), Palgrave study guides

'Coming Home: Queer South Asians and the Politics of Family. | Middle East Revised'  
<<https://middleeastrevised.com/2014/10/17/coming-home-queer-south-asians-and-the-politics-of-family/>>

Couzin, Gilles, *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?*, 1995

Cox, Stephen, and Ruth Heames, *Managing the Pressures in Teaching: Practical Ideas for Tutors and Their Students* (London: Falmer Press, 1999)

Cox, Tom, *Stress* (London: Macmillan, 1978)

Dawson, Catherine, *Learning How to Study Again: A Practical Guide to Study Skills for Mature Students Returning to Education or Distance Learning* (Oxford: How To Books, 2004)

Dawson, Catherine and dawsonera, *The Mature Student's Study Guide: Essential Skills for Those Returning to Education or Distance Learning*, Second edition, electronic format (Oxford: How To Content, 2007)  
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=1159095>>

De Fazio, Teresa, *Studying Part Time without Stress* (Crows Nest, N.S.W.: Allen & Unwin, 2002)

'Disability Report: Being Disabled in Britain | Equality and Human Rights Commission'  
<<https://www.equalityhumanrights.com/en/disability-report-being-disabled-britain>>

Eddo-Lodge, Reni, *Why I'm No Longer Talking to White People about Race*, Expanded edition (London: Bloomsbury Publishing, 2018)

Eisner, Shiri, Bi: *Notes for a Bisexual Revolution* (Berkeley, California: Seal Press, 2013)

Erickson-Schroth, Laura, ed., *Trans Bodies, Trans Selves: A Resource for the Transgender Community* (Oxford: Oxford University Press, 2014)

Feinberg, Leslie, *Transgender Warriors: Making History from Joan of Arc to Dennis Rodman* (Boston: Beacon Press, 1996)

Fisher, Shirley and Society for Research into Higher Education, *Stress in Academic Life: The Mental Assembly Line* (Buckingham: Society for Research into Higher Education & Open University Press, 1994)

'Gay Pride & Capitalism: What Is Pinkwashing?', 19AD  
<<https://www.youtube.com/watch?v=J4LP0z493oY>>

Ge Gao and Stella Ting-Toomey, *Communicating Effectively with the Chinese* (Thousand Oaks, Calif: Sage Publications, 1998)  
<<https://sk-sagepub-com.bris.idm.oclc.org/books/communicating-effectively-with-the-chinese>>

'Gifted - Emily Mantell', 9AD <<https://www.youtube.com/watch?v=biq5hEgeCLs>>

Gillen, Kieron, Jamie Mckelvie, Matthew Wilson, and Clayton Cowles, *The Wicked + the Divine: Vol. 1: The Faust Act* (Berkeley, CA: Image Comics, Inc, 2014)

Hallowell, Edward M., and John J. Ratey, *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*, Ballantine Books trade pbk. ed (New York: Ballantine Books, 2006)

Hargreaves, Sandra, and Jamie Crabb, eds., *Study Skills for Students with Dyslexia: Support for Specific Learning Differences (SpLDs)*, 3rd edition (Los Angeles: SAGE, 2016), Sage study skills

Hasson, Gill, *Mindfulness: Be Mindful, Live in the Moment* (Chichester: Capstone, 2013)

HIRSCH, AFUA., *BRIT(ISH): On Race, Identity and Belonging* ([Place of publication not identified]: VINTAGE, 2018)

Hoff, Lee Ann, *Crisis: How to Help Yourself and Others in Distress or Danger* (Oxford: Oxford University Press, 2014)

Holford, Patrick, and Susannah Lawson, *The Stress Cure: How to Resolve Stress, Build Resilience and Boost Your Energy* (London: Piatkus, 2015)

Horwitz, Elaine K., and Dolly J. Young, *Language Anxiety: From Theory and Research to Classroom Implications* (Englewood Cliffs, N.J.: Prentice Hall, 1991)

Hull, John M. and Wellcome Collection, *Notes on Blindness: A Journey through the Dark* (London: Profile Books, 2017)

'I Am Transgender: Allyson Robinson at TEDxNightingaleBamfordSchool', 1AD  
<<https://www.youtube.com/watch?v=SCpHCGniGil>>

'ILGA Meets... Sabah Choudrey, Activist'  
<<http://ilga.org/ilga-meets-sabah-choudrey-activist/>>

'Intersex 101 | Lambda Legal' <[http://www.lambdalegal.org/blog/20151026\\_intersex-101](http://www.lambdalegal.org/blog/20151026_intersex-101)>

'Intersex 101 | This Is a Thing', 6AD <<https://www.youtube.com/watch?v=iKcdHhT-PAM>>

Jamieson, Claire, and Ellen Morgan, *Managing Dyslexia at University: A Resource for Students, Academic and Support Staff* (London: Routledge, 2008)

Jamieson, Juliet, and Claire Jamieson, *Managing Asperger Syndrome at College and University: A Resource for Students, Tutors and Support Services* (Abingdon: Routledge, 2007)

'Kimberlé Crenshaw - On Intersectionality - Keynote - WOW 2016', 14AD  
<<https://www.youtube.com/watch?v=-DW4HLgYPIA>>

Levin, Peter, *Conquer Study Stress!: 20 Problems Solved* (Maidenhead: Open University Press, 2007), Student-friendly guides

Lorde, Audre, *The Collected Poems of Audre Lorde* (New York: Norton, 1997)

Lutz, Helma, Maria Teresa Herrera Vivar, and Linda Supik, eds., *Framing Intersectionality: Debates on a Multi-Faceted Concept in Gender Studies* (London: Routledge, Taylor & Francis Group, 2016), Feminist imagination, Europe and beyond

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

Martin, Rosemary, Leslie Ilic, Tas Cooper, and Caitlin Cooper, *Top Tips for Asperger Students: How to Get the Most out of University and College* (London: Jessica Kingsley, 2011)

Mathis, Lora, *The Women Widowed to Themselves* (lulu.com, 2015)

McMillan, Kathleen, and Jonathan D. B. Weyers, *How to Succeed in Exams & Assessments*, Second edition (Harlow: Pearson Education Limited, 2011)  
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=5173839>>

'Meg-John & Justin - Sex, Love & Relationships' <<https://megjohnandjustin.com/>>

Moody, Sylvia, *Dyslexia: Surviving and Succeeding at College* (London: Routledge, 2007)

Muir, Alice Jane, *Relaxation Techniques* (London: Hodder Headline, 2010), Teach yourself  
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=647831>>

'My True Gender Identity: Niklaus Fluetsch at TEDxZUG', 2AD  
<<https://www.youtube.com/watch?v=KQ2qHO93EY0>>

Nestle, Joan, *The Persistent Desire: A Femme-Butch Reader* (Boston: Alyson, 1992)

'Notes On Blindness [DVD]'

Okorocho, Eunice, *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, 2010)

Olusoga, David, *Black and British: A Forgotten History*, Paperback edition (London: Pan Books, 2017)

- 'Online Harrassment of GNC/Transfeminine People — ALOK VAID-MENON'  
<<https://www.alokvmenon.com/blog/2017/1/17/online-harrassment-of-gnctransfeminine-pe>  
>
- Owton, Helen, *Studying as a Parent: A Handbook for Success* (Houndmills, Basingstoke: Palgrave Macmillan, 2014), Palgrave student to student
- Palmer, Stephen, and Angela Puri, *Coping with Stress at University: A Survival Guide* (London: Sage, 2006)
- Piepzna-Samarasinha, Leah Lakshmi, *Dirty River: A Queer Femme of Color Dreaming Her Way Home* (Vancouver: Arsenal Pulp Press, 2015)
- Prentice, Pamela C., *Managing Examination Anxiety through Groupwork*, 1995
- 'Pronouns' <<https://minus18.org.au/index.php/resource-packs/pronouns>>
- Qian, Jiewen, *English Language Anxiety Sources and Coping Strategies: A Case Study of Chinese Senior High School Students' Foreign Language Anxiety*, 2005
- 'Rewriting The Rules' <<https://www.rewriting-the-rules.com/>>
- Rose, Jean, *The Mature Student's Guide to Writing*, 3rd ed (Basingstoke: Palgrave Macmillan, 2012), Palgrave study skills
- Rugg, Gordon, Sue Gerrard, Susie Hooper, and dawsonera, *The Stress-Free Guide to Studying at University: A Student's Guide towards a Better Life* (Los Angeles: SAGE, 2008)  
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=439145>>
- Sanders, Deidre, *Women and Depression: A Practical Self-Help Guide* (London: Sheldon Press, 1984), Healthcare for women series
- Scott, Kate, *How to Write Essays: A Guide for Mature Students Who Have Forgotten How* ([North Charleston, SC?]: [CreateSpace Independent Publishing Platform?], 2016)
- Self-Care for Introverts: 17 Soothing Rituals for Peace in a Hectic World
- Shreeve, Caroline, *Depression: Its Causes and How to Overcome It* (Wellingborough: Turnstone, 1984), A life crisis book
- Smith, Gerrilyn and ProQuest (Firm), *Self-Soothing: Coping with Everyday and Extraordinary Stress* (Hove: Pavilion, 2013)  
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=3384810>>
- Smith, Olivia, and Colin H. Jones, *Mind Maps for Medical Students* (Boca Raton: CRC Press, 2015)
- Solanto, Mary V., *Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction* (New York: Guilford Press)
- Spiegel, Jeremy, and Bernie S. Siegel, *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, 2009)

'Ta-Nehisi Coates Revisits the Case for Reparations | The New Yorker'  
<<https://www.newyorker.com/news/the-new-yorker-interview/ta-nehisi-coates-revisits-the-case-for-reparations>>

'The Politics of Queer Sex', 2016 <<https://www.youtube.com/watch?v=LDgQz61IM3Q>>

'Theyismypronoun.Com' <<http://theyismypronoun.com/>>

Thomas, Owen, 'University Music Students' Experiences of Performance Anxiety and How They Cope with It', 2009 <<https://doi.org/10.14288/1.0053866>>

'Trans 101 - The Basics', 30AD <<https://www.youtube.com/watch?v=-3ZzpTxjgRw>>

Vailes, Fabienne, *The Flourishing Student: Every Tutor's Guide to Promoting Mental Health, Well-Being and Resilience in Higher Education* ([Great Britain]: Practical Inspiration Publishing, 2017)

Visram, Rozina, *Asians in Britain: 400 Years of History* (London: Pluto Press, 2002)  
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Weselby, Joanne M., *Never Too Late: A Mature Student's Guide to Going to University* (North Charleston, S.C.: CreateSpace, 2014)

'WHAT CAUSED THE STONEWALL RIOTS', 16AD  
<<https://www.youtube.com/watch?v=zLbaS9lejM>>

'What Does It Mean to Be Queer?', 13AD  
<<https://www.youtube.com/watch?v=RDO2-sNF2s4>>

'"What It's Like to Be Intersex" - BuzzFeed - March 28, 2015', 23AD  
<[https://www.youtube.com/watch?v=Ax0KAnY\\_j3k](https://www.youtube.com/watch?v=Ax0KAnY_j3k)>

'What's R(Ace) Got To Do With It?: White Privilege & (A)Sexuality - Media Diversified'  
<<https://mediadiversified.org/2014/05/03/whats-race-got-to-do-with-it-white-privilege-asequality/>>

Wisker, Gina, *The Postgraduate Research Handbook: Succeed with Your MA, MPhil, EdD and PhD* (Basingstoke: Palgrave, 2001), Palgrave study guides

'World Autism Awareness Week: Living as a Transgender Adult with Autism | Metro News'  
<<http://metro.co.uk/2017/03/28/world-autism-awareness-week-living-as-a-transgender-adult-with-autism-6537944/>>

'Yes, You Can Be Non-Binary AND a Woman | Riley J. Dennis', 2016  
<<https://www.youtube.com/watch?v=BkZnFVbSKKo>>

Yomi Adegoke, *Slay In Your Lane: The Black Girl Bible* (Fourth Estate, 2020)

Young, Susan, and Jessica Bramham, *Cognitive-Behavioural Therapy for ADHD in Adolescents and Adults: A Psychological Guide to Practice*, 2nd ed (Oxford:

Wiley-Blackwell, 2012)