

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)' <<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 (Two Roads 2018)

'Amandla Stenberg: Don't Cash Crop On My Cornrows' <https://www.youtube.com/watch?v=O1KJRRSB_XA>

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

Attwood T, Evans CR and Lesko A (eds), An Aspie's Guide to Improving Empathetic Attunement (Jessica Kingsley Publishers 2015) <<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=1883933>>

Bañales M, Life Is Wonderful, People Are Terrific (Ladybox Books 2015)

Barker M-J and Scheele J, Queer: A Graphic History (Icon Books 2016)

Barkley RA and Benton CM, Taking Charge of Adult ADHD (The Guilford Press 2010)

Becker LM, The Mature Student's Handbook, vol Palgrave study skills (Palgrave Macmillan 2009)

'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 IM, Coping with Depression (Chambers 1987)

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

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

Buzan T, *Use Your Head* ([New] rev ed, BBC books 1989)

Caswell J and others, *The Laid Back Guide to Exams and Stress* (Motivational Press 2016)
Clarke A, *E-Learning Skills*, vol Palgrave study guides (Palgrave Macmillan 2004)

'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 G, *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 S and Heames R, *Managing the Pressures in Teaching: Practical Ideas for Tutors and Their Students* (Falmer Press 1999)

Cox T, *Stress* (Macmillan 1978)

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

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

De Fazio T, *Studying Part Time without Stress* (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 R, *Why I'm No Longer Talking to White People about Race* (Expanded edition, Bloomsbury Publishing 2018)

Eisner S, *Bi: Notes for a Bisexual Revolution* (Seal Press 2013)

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

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

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

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

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

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

Gillen K and others, *The Wicked + the Divine: Vol. 1: The Faust Act* (Image Comics, Inc 2014)

Hallowell EM and Ratey JJ, *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* (Ballantine Books trade pbk ed, Ballantine Books 2006)

Hargreaves S and Crabb J (eds), *Study Skills for Students with Dyslexia: Support for Specific Learning Differences (SpLDs)*, vol Sage study skills (3rd edition, SAGE 2016)

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

HIRSCH AFUA, *BRIT(ISH): On Race, Identity and Belonging* (VINTAGE 2018)

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

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

Horwitz EK and Young DJ, *Language Anxiety: From Theory and Research to Classroom Implications* (Prentice Hall 1991)

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

'I Am Transgender: Allyson Robinson at TEDxNightingaleBamfordSchool'
<<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>

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

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

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

'Kimberlé Crenshaw - On Intersectionality - Keynote - WOW 2016'

<<https://www.youtube.com/watch?v=-DW4HLgYPIA>>

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

Lorde A, The Collected Poems of Audre Lorde (Norton 1997)

Lutz H, Herrera Vivar MT and Supik L (eds), Framing Intersectionality: Debates on a Multi-Faceted Concept in Gender Studies, vol Feminist imagination, Europe and beyond (Routledge, Taylor & Francis Group 2016)

Mardell A, The ABC's of LGBT+ (Mango Media Inc 2016)

Martin R and others, Top Tips for Asperger Students: How to Get the Most out of University and College (Jessica Kingsley 2011)

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

McMillan K and Weyers JDB, How to Succeed in Exams & Assessments (Second edition, Pearson Education Limited 2011)

<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=5173839>>

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

Moody S, Dyslexia: Surviving and Succeeding at College (Routledge 2007)

Muir AJ, Relaxation Techniques, vol Teach yourself (Hodder Headline 2010)

<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=647831>>

'My True Gender Identity: Niklaus Fluetsch at TEDxZUG'

<<https://www.youtube.com/watch?v=KQ2qHO93EY0>>

Nestle J, The Persistent Desire: A Femme-Butch Reader (Alyson 1992)

'Notes On Blindness [DVD]'

Okorocho E, 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 (arima publishing 2010)

Olusoga D, Black and British: A Forgotten History (Paperback edition, 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-ople>>

Owton H, Studying as a Parent: A Handbook for Success, vol Palgrave student to student (Palgrave Macmillan 2014)

Palmer S and Puri A, Coping with Stress at University: A Survival Guide (Sage 2006)

- Piepzna-Samarasinha LL, *Dirty River: A Queer Femme of Color Dreaming Her Way Home* (Arsenal Pulp Press 2015)
- Prentice PC, *Managing Examination Anxiety through Groupwork* (1995)
- 'Pronouns' <<https://minus18.org.au/index.php/resource-packs/pronouns>>
- Qian J, *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 J, *The Mature Student's Guide to Writing*, vol *Palgrave study skills* (3rd ed, Palgrave Macmillan 2012)
- Rugg G and others, *The Stress-Free Guide to Studying at University: A Student's Guide towards a Better Life* (SAGE 2008)
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=439145>>
- Sanders D, *Women and Depression: A Practical Self-Help Guide*, vol *Healthcare for women series* (Sheldon Press 1984)
- Scott K, *How to Write Essays: A Guide for Mature Students Who Have Forgotten How* ([CreateSpace Independent Publishing Platform?] 2016)
- Self-Care for Introverts: 17 Soothing Rituals for Peace in a Hectic World*
- Shreeve C, *Depression: Its Causes and How to Overcome It*, vol *A life crisis book* (Turnstone 1984)
- Smith G and ProQuest (Firm), *Self-Soothing: Coping with Everyday and Extraordinary Stress* (Pavilion 2013)
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=3384810>>
- Smith O and Jones CH, *Mind Maps for Medical Students* (CRC Press 2015)
- Solanto MV, *Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction* (Guilford Press)
- Spiegel J and Siegel BS, *The Mindful Medical Student: A Psychiatrist's Guide to Staying Who You Are While Becoming Who You Want to Be* (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' <<https://www.youtube.com/watch?v=LDgQz61IM3Q>>
- 'Theyismypronoun.Com' <<http://theyismypronoun.com/>>
- Thomas O, 'University Music Students' Experiences of Performance Anxiety and How They Cope with It' (2009)

<<https://open.library.ubc.ca/cIRcle/collections/ubctheses/24/items/1.0053866>>

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

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

Visram R, *Asians in Britain : 400 Years of History* (Pluto Press 2002)
<<https://ebookcentral.proquest.com/lib/bristol/detail.action?docID=3386434>>

Weselby JM, *Never Too Late: A Mature Student's Guide to Going to University* (CreateSpace 2014)

'WHAT CAUSED THE STONEWALL RIOTS'
<<https://www.youtube.com/watch?v=zLbaS9lejmm>>

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

""What It's Like to Be Intersex"" - BuzzFeed - March 28, 2015'
<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 G, *The Postgraduate Research Handbook: Succeed with Your MA, MPhil, EdD and PhD*, vol Palgrave study guides (Palgrave 2001)

'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'
<<https://www.youtube.com/watch?v=BkZnFVbSKKo>>

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

Young S and Bramham J, *Cognitive-Behavioural Therapy for ADHD in Adolescents and Adults: A Psychological Guide to Practice* (2nd ed, Wiley-Blackwell 2012)