# 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

## 1.

Martin, R., Ilic, L., Cooper, T., Cooper, C.: Top tips for Asperger students: how to get the most out of university and college. Jessica Kingsley, London (2011).

## 2.

Attwood, T., Evans, C.R., Lesko, A. eds: An Aspie's guide to improving empathetic attunement. Jessica Kingsley Publishers, London (2015).

## З.

Jamieson, J., Jamieson, C.: Managing Asperger Syndrome at college and university: a resource for students, tutors and support services. Routledge, Abingdon (2007).

## 4.

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

## 5.

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

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

6.

Hull, J.M., Wellcome Collection: Notes on blindness: a journey through the dark. Profile Books, London (2017).

7.

Notes On Blindness [DVD].

8.

Hallowell, E.M., Ratey, J.J.: Delivered from distraction: getting the most out of life with attention deficit disorder. Ballantine Books, New York (2006).

9.

Young, S., Bramham, J.: Cognitive-behavioural therapy for ADHD in adolescents and adults: a psychological guide to practice. Wiley-Blackwell, Oxford (2012).

10.

Solanto, M.V.: Cognitive-behavioral therapy for adult ADHD: targeting executive dysfunction. Guilford Press, New York.

11.

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

12.

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

Hargreaves, S., Crabb, J. eds: Study skills for students with dyslexia: support for specific learning differences (SpLDs). SAGE, Los Angeles (2016).

#### 14.

Buzan, T.: Use your head. BBC books, London (1989).

## 15.

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

#### 16.

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

#### 17.

Feinberg, L.: Transgender warriors: making history from Joan of Arc to Dennis Rodman. Beacon Press, Boston (1996).

#### 18.

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

# 19.

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

#### 20.

My true gender identity: Niklaus Fluetsch at TEDxZUG, https://www.youtube.com/watch?v=KQ2qHO93EY0, (2)AD.

theyismypronoun.com, http://theyismypronoun.com/.

22.

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/.

#### 23.

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

#### 24.

Okorocha, 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, Bury St Edmunds (2010).

#### 25.

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).

#### 26.

Ge Gao and Stella Ting-Toomey: Communicating effectively with the Chinese. Sage Publications, Thousand Oaks, Calif (1998).

#### 27.

Owton, H.: Studying as a parent: a handbook for success. Palgrave Macmillan, Houndmills, Basingstoke (2014).

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Weselby, J.M.: Never too late: a mature student's guide to going to university. CreateSpace, North Charleston, S.C. (2014).

## 29.

Dawson, C., dawsonera: The mature student's study guide: essential skills for those returning to education or distance learning. How To Content, Oxford (2007).

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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, Oxford (2004).

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

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Scott, K.: How to write essays: a guide for mature students who have forgotten how. [CreateSpace Independent Publishing Platform?], [North Charleston, SC?] (2016).

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Rose, J.: The mature student's guide to writing. Palgrave Macmillan, Basingstoke (2012).

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

35.

De Fazio, T.: Studying part time without stress. Allen & Unwin, Crows Nest, N.S.W. (2002).

36.

Wisker, G.: The postgraduate research handbook: succeed with your MA, MPhil, EdD and PhD. Palgrave, Basingstoke (2001).

## 37.

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

## 38.

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

## 39.

Fisher, S., Society for Research into Higher Education: Stress in academic life: the mental assembly line. Society for Research into Higher Education & Open University Press, Buckingham (1994).

## 40.

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

## 41.

Palmer, S., Puri, A.: Coping with stress at university: a survival guide. Sage, London (2006).

#### 42.

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

## 43.

Caswell, J., Ahsun, N., David, R., Sachs, J.: The laid back guide to exams and stress. Motivational Press, Melbourne, Florida (2016).

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

#### 45.

Rugg, G., Gerrard, S., Hooper, S., dawsonera: The stress-free guide to studying at university: a student's guide towards a better life. SAGE, Los Angeles (2008).

#### 46.

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

#### 47.

Sanders, D.: Women and depression: a practical self-help guide. Sheldon Press, London (1984).

#### 48.

Blackburn, I.M.: Coping with depression. Chambers, Edinburgh (1987).

#### 49.

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

#### 50.

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

51.

Prentice, P.C.: Managing examination anxiety through groupwork. (1995).

#### 52.

Qian, J.: English language anxiety sources and coping strategies: a case study of Chinese senior high school students' foreign language anxiety. (2005).

## 53.

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

#### 54.

Thomas, O.: University music students' experiences of performance anxiety and how they cope with it, https://open.library.ubc.ca/cIRcle/collections/ubctheses/24/items/1.0053866, (2009). https://doi.org/10.14288/1.0053866.

#### 55.

Smith, G., ProQuest (Firm): Self-soothing: coping with everyday and extraordinary stress. Pavilion, Hove (2013).

#### 56.

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

# 57.

Vailes, F.: The flourishing student: every tutor's guide to promoting mental health, well-being and resilience in Higher Education. Practical Inspiration Publishing, [Great Britain] (2017).

## 58.

Smith, O., Jones, C.H.: Mind maps for medical students. CRC Press, Boca Raton (2015).

Muir, A.J.: Relaxation techniques. Hodder Headline, London (2010).

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

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Spiegel, J., Siegel, B.S.: 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, Hanover, New Hampshire (2009).

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

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

64.

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

65.

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

66.

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

Olusoga, D.: Black and British: a forgotten history. Pan Books, London (2017).

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Visram, R.: Asians in Britain : 400 years of history. Pluto Press, London (2002).

69.

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-ca se-for-reparations.

70.

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

71.

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

72.

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

73.

Yes, you can be non-binary AND a woman | Riley J. Dennis, https://www.youtube.com/watch?v=BkZnFVbSKKo, (2016).

74.

What Does it Mean to be Queer?, https://www.youtube.com/watch?v=RDO2-sNF2s4,

(13)AD.

## 75.

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

#### 76.

Pronouns, https://minus18.org.au/index.php/resource-packs/pronouns.

## 77.

Intersex 101 | Lambda Legal, http://www.lambdalegal.org/blog/20151026\_intersex-101.

#### 78.

Intersex 101 | This is a Thing, https://www.youtube.com/watch?v=iKcdHhT-PAM, (6)AD.

#### 79.

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

#### 80.

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

# 81.

ILGA meets... Sabah Choudrey, activist, http://ilga.org/ilga-meets-sabah-choudrey-activist/.

#### 82.

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/.

Nestle, J.: The Persistent desire: a femme-butch reader. Alyson, Boston (1992).

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

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Piepzna-Samarasinha, L.L.: Dirty river: a queer femme of color dreaming her way home. Arsenal Pulp Press, Vancouver (2015).

#### 86.

Lorde, A.: The collected poems of Audre Lorde. Norton, New York (1997).

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

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Gillen, K., Mckelvie, J., Wilson, M., Cowles, C.: The wicked + the divine: Vol. 1: The Faust act. Image Comics, Inc, Berkeley, CA (2014).

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Black Girl Dangerous, https://www.bgdblog.org/.

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

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-politi cs-of-family/.

## 92.

Online Harrassment of GNC/Transfeminine People — ALOK VAID-MENON, https://www.alokvmenon.com/blog/2017/1/17/online-harrassment-of-gnctransfeminine-peo ple.

93.

The Politics of Queer Sex, https://www.youtube.com/watch?v=LDgQz61IM3Q, (2016).

94.

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

95.

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

96.

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

97.

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-asexu ality/.

98.

Meg-John & Justin - Sex, love & relationships, https://megjohnandjustin.com/.

Rewriting The Rules, https://www.rewriting-the-rules.com/.

100.

McMillan, K., Weyers, J.D.B.: How to succeed in exams & assessments. Pearson Education Limited, Harlow (2011).