

*most importantly: remember,
whatever magnitude of shit's going
down, you are NOT ALONE.
for starters...*

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SURVIVING (AT) CAMBRIDGE

**a little
(dsc)
zine**

**of little
(not-just-
dsc) tips!**

CUSU

YOU DESERVE TO BE HERE.

YOU DESERVE TO BE **HAPPY** HERE.

YOU DESERVE TO MOVE THROUGH
THIS PLACE IN WHATEVER WAY IS
RIGHT FOR YOU.

(FUCK ANYONE WHO SAYS OTHERWISE.)

The goal of this zine is to tell you these things, and to give you some guidance on how to go through Cambridge as though they are true (even if it's hard to completely believe them yourself).

These are the things we wish we'd known.

Use them well!!! <3

**ASK FOR HELP (BEFORE
YOU BELIEVE YOU NEED IT)**

Don't wait til everything's broken down and you're completely buried. Ask for help when you're just 'managing' or 'ok-ish', or even if things are fine but you feel like at some point they might get not-fine. **The resources are there for you.** Don't worry you're 'using them up'/other people 'need' them more.

The earlier you talk to someone, the longer the paper-trail to provide evidence for if you end up needing study adjustments of any kind.

Talk to your tutor, your DoS, the college nurse, porters, welfare officers, the UCS, the DRC. Look up stuff about disabilities like ADHD, dyslexia, dyspraxia - even if you don't want/fit a diagnosis, you might find tailored support that helps you.

YOUR DEGREE IS YOUR DEGREE.

You have agency! It might not always feel like it, but you're not expected to be a passive recipient of your education. You & your supervisors/lecturers are partners.

If something doesn't work for you, don't suffer it just because it seems like the norm of how your course is set up.

You don't have to put time & effort into stuff that's not actually going to help YOU learn what YOU want to learn.

Change supervision times. Change supervision structures. Change supervisors! Choose the topics you want to study and study them, and skip the rest (if it's not necessary for the exam - check the specs at the start of the year).

Share work. Make google drives/fb groups to share notes, essays, answers.

You do not have to write all the essays. **You do not have to write all the essays.** Write plans. Read, & write notes. Stop & move on when you can't figure the problem-sheets out. Do no work at all sometimes cus you're ill/busy/tired/hate the topic & will never look at it again.

Go to the supervisions anyway - don't skip them out of embarrassment at not having everything/anything. They'll be useful anyway. Be honest re: what didn't work. If you don't get the explanation, say so. Don't feel you have to bullshit excuses, but you also don't have to spill your guts; say "I've been ill" if sharing "everything's gone to shit" isn't your jam.

Take shortcuts. Read intros, borrowed notes, summaries, model answers, wikis; skim read, read in your first language, keep the textbook open, get hold of digital versions and ctrl+f.

LOOK AFTER YOURSELF!!!!!!!!!!!!!!!!!!!!

Doing things that make you happy (and aren't "work"), or doing nothing at all, is not lazy, it's not slacking, it's not wasting time, it's not an unnecessary distraction.

It's more important than getting good marks, but it will also HELP you do so.

GET ENOUGH SLEEP. If you go to sleep late, skip your 9ams - someone can get notes for you. If you **want** to get up for something, go to bed early. (Really.)

Eat well - whatever that means for you (but it should include veg, and also food that makes you happy). **Drink water.**

There not only WILL realistically be days where you do no "work" at all, but there SHOULD be days where you do no "work" at all. **Be proud of those days.**

Gas yourself up!!! Make a list of Good Academic Things you've done, things that might seem like "small" victories. 'Got out of bed', 'read a page', 'went to a lecture', 'made a good decision NOT to go to a lecture'. Read it back to yourself.

Academia and learning goes beyond the classroom. The most important things you learn here will be at extra-curricular events; panels, discussion groups, protests, campaign events, socials, theatre shows. The CUSU liberation campaigns are great spaces for being both challenged and affirmed.

Surround yourself with people who nourish you. You're pretty unlikely to find those people on the first day of freshers' week, and that's okay! Keep looking - outside of your college, year group, department.