

WHY IT MATTERS?

At Milton Keynes College we know it's important to create a welcoming space for all students, including those with ADHD and Autism Spectrum Conditions (ASC). ADHD and ASC can affect how people communicate, interact with others, behave and focus.

WHAT WE DO?

Milton Keynes College supports all students. We help those with ADHD, Autism or both (AuDHD) by offering:

- One-to-one help from trained staff
- Special resources to make learning easier
- Support with social skills and self-control
- Quiet spaces to relax
- Extra time and small, quiet rooms for exams
- Tips to stay focused and organised
- We are here to help students succeed!

for more
info scan
here



At Milton Keynes College, we strive to offer support and information aimed at fostering more inclusive environments.

Our team is committed to creating a safe space for LGBTQIA+ students, where everyone feels welcome and supported. Our Autism Specialist Mentor is proud to be the Chair of the LGBTQIA+ Network at Milton Keynes College.



OUR SERVICES



Green room (Sensory safe space)

Feeling overwhelmed? The Green Room at MK College is a quiet, safe space to relax. A mentor is there to help if you need support.



Mentoring

Get help from a mentor who can guide you with study skills, build your confidence, and help you make the most of your college experience.



Staff Training on Inclusion for ASC/ADHD

We give our staff the chance to learn and grow in their roles with great training on ASC/ADHD, so they can support students in the best way.

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CONTACT US!

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MILTON KEYNES COLLEGE ASC/ADHD SUPPORT TEAM



ABOUT COLLEGE LIFE WITH AUTISM, ADHD AND/OR AUDHD

At Milton Keynes College we know that students with Autism, ADHD or both (AuDHD) may experience college differently. They have unique strengths but may also face challenges with social skills, organisation and focus.

Students with Autism may find social situations and loud places hard. Quiet spaces, routines and support can help. Resources like schedules, sensory-friendly rooms and one-to-one help make things easier.

Students with ADHD may struggle to stay organised and focused. Extra time for work, quiet exam spaces and personal mentoring can help them stay on track.

At Milton Keynes College we support all students and celebrate their strengths. With the right help they can do well in college and beyond.

MYTHS AND REALITIES

At Milton Keynes College, we aim to break down myths about ASC and ADHD. We believe every student can do well with the right support. We offer help and create a welcoming space where all students feel valued and can succeed.



We use the term "Autism Spectrum Conditions" instead of "Autism Spectrum Disorder" (ASD) because it's more accepted and has less stigma. The word 'disorder' can often have a negative feeling.

START HERE

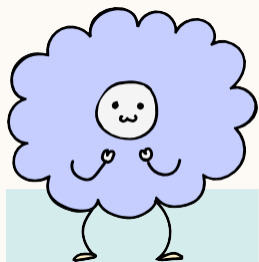
To learn more
about
Autism/ADHD

MYTH NO. 1

Students with ASC or ADHD will struggle too much to succeed in college.

REALITY NO. 1

Students with ASC or ADHD can succeed in college with the right support. They can do well, make friends, and share great ideas in class and the community.



REALITY NO. 3

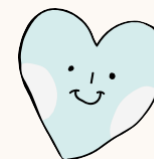
Students with ASC or ADHD may find socialising hard, but college has groups and activities to help them make friends in a supportive environment.

MYTH NO. 3

Students with ASC or ADHD struggle with socialising and making friends.

MYTH NO. 2

All students with ASC or ADHD need the same type of support.



REALITY NO. 2

Students with ASC or ADHD may need different types of support. Each student's needs are unique. Some may need quiet spaces, while others may need help with organisation or time. This support helps them feel confident and focused in college.