

Aspire Recommendations

‘Managing time and organising work’ for Student Finance England (SFE)

Disability specific recommendations: [Click on condition below to view](#)

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ADHD



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ASC



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SpLd's



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Dyspraxia



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Fatigue



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Mental Health
Condition



Condition:

ADHD



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Recommendation:

Aspire is recommended as a time management solution to help mitigate the impact of [NAME_FIRST]'s ADHD. ADHD can affect executive functioning skills, including organisation, prioritisation, time management, task initiation, and impact attention, which can make it more difficult for [NAME_FIRST] to effectively manage workload demands and meet deadlines consistently.

Aspire supports organisation and time management through its Project tool, which enables assignments to be broken down into manageable, step-by-step tasks with clear milestones. This can help [NAME_FIRST] to manage their workload more effectively, reduce feelings of overwhelm, and help maintain focus on individual stages of a task.

In addition, Aspire supports time management by enabling tasks to be tracked within a calendar system, providing reminders and highlighting 'Today's Focus' to support prioritisation and task completion. These features can help compensate for difficulties associated with [NAME_FIRST]'s ADHD and allow them to more effectively manage their workload.



Condition:

ASC



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Recommendation:

Aspire is recommended as a time management solution to help mitigate the impact of [NAME_FIRST]'s ASC. Difficulties with executive functioning, alongside challenges interpreting assignment expectations, transitioning between tasks, and adapting to changing priorities, may impact [NAME_FIRST]'s time management and ability to manage academic demands consistently.

Aspire supports organisation and time management through its Project tool, which enables assignments to be broken down into manageable, step-by-step tasks with clear milestones. This can help [NAME_FIRST] structure their workload with greater ease and less overwhelm, clarify assignment expectations and support transitions between stages of a task. In addition, Aspire enables tasks to be tracked within a calendar system, provides reminders, and highlights 'Today's Focus' to support prioritisation and task initiation. These features help compensate for cognitive difficulties associated with [NAME_FIRST]'s ASC, hence manage competing demands and support greater consistency.



Condition:

SpLD's



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Recommendation:

Aspire is recommended as a time management solution to help mitigate the impact of [NAME_FIRST]'s SpLD's. Difficulties with information processing and pace of working can affect time and workload management, including the ability to remain organised and effectively prioritise tasks.

Aspire supports organisation and time management through its Project tool, which enables assignments to be broken down into manageable, step-by-step tasks with clear milestones. This can help [NAME_FIRST] plan their workload more effectively and meet deadlines with greater ease and consistency. In addition, Aspire supports time management by enabling tasks to be tracked within a calendar system, providing reminders and highlighting 'Today's Focus' to support prioritisation and task initiation. These features help compensate for difficulties associated with executive functioning and support [NAME_FIRST] in managing their workload.



Condition:

Dyspraxia



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Recommendation:

Aspire is recommended as a time management solution to help mitigate the impact of [NAME_FIRST]'s dyspraxia. Difficulties with time estimation, sequencing time and tasks alongside information processing challenges can affect time and workload management.

Aspire supports organisation and time management through its Project tool, which enables assignments to be broken down into manageable, step-by-step tasks with clear milestones, supporting sequencing challenges. This can help [NAME_FIRST] plan their workload more effectively and meet deadlines with greater ease and consistency. In addition, Aspire supports time management by enabling tasks to be tracked within a calendar system, providing reminders and highlighting 'Today's Focus' to support prioritisation and task initiation. These features help compensate for difficulties associated with their dyspraxia and support [NAME_FIRST] in managing their workload.



Web: aspirestrategies.co.uk

Condition:

Fatigue

Energy-limiting conditions such as CFS/ Crohns/ Fibromyalgia



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Recommendation:

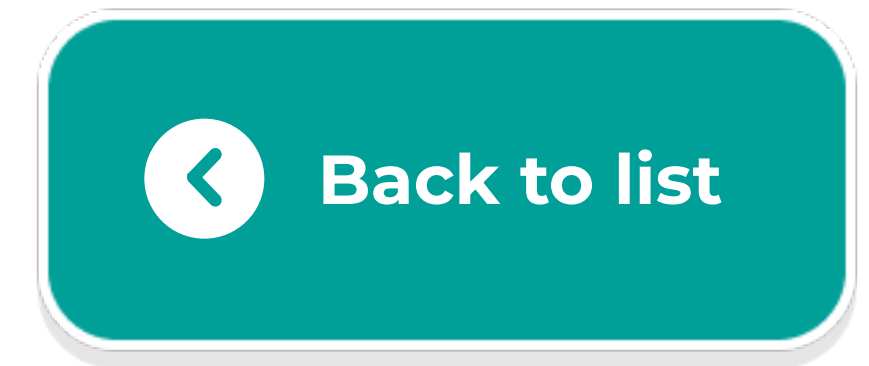
Aspire is recommended as a time management solution to help mitigate the impact of [NAME_FIRST]'s fatigue. Fluctuations in energy levels, stamina, and sustained cognitive and physical capacity may affect time management, pacing, consistency of study, and the ability to manage workload demands consistently.

Aspire supports organisation and time management through its Project tool, which enables assignments to be broken down into manageable, step-by-step tasks with clear milestones. This can help [NAME_FIRST] coordinate their workload more effectively, support appropriate pacing, and have manage their workload during periods of reduced energy. In addition, Aspire enables tasks to be tracked within a calendar system, provides reminders, and highlights 'Today's Focus' to support prioritisation and task completion. These features help compensate for difficulties associated with fatigue and reduced capacity arising from [NAME_FIRST]'s condition.



Condition:

Mental Health Condition



Recommendation:

Aspire is recommended as a time management solution to help mitigate the impact of [NAME_FIRST]'s mental health condition. Fluctuations in concentration and cognitive efficiency during periods of heightened anxiety/ low mood may affect time management and the ability to manage and coordinate workload demands consistently.

Aspire supports organisation and time management through its Project tool, which enables assignments to be broken down into manageable, step-by-step tasks with clear milestones. This can help [NAME_FIRST] coordinate their workload more effectively, clarify assignment expectations and reduce overwhelm. In addition, Aspire enables tasks to be tracked within a calendar system, provides reminders, and highlights 'Today's Focus' to support prioritisation and task completion. These features can help compensate for difficulties arising from [NAME_FIRST]'s mental health condition.

