



Pro-Study and Project Assist App

Interactive Assessor Recommendations Guide

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Introduction - What is Pro-Study?

Pro-Study is an online **complete** research solution, which has been designed to simplify the assignment research process, by allowing the student to effortlessly collect and organise research material into a centralised database.

- Students can use **Pro-Study** to capture and organise other important information such as text, graphs, charts, and images into a dedicated colour coded centralised database that is easily accessible.
- As **Pro-Study** is predominantly online, it can be accessed across all platforms and multiple devices. The support application **Project Assist** allows students to capture, store, and organise research using their mobile device or tablet.
- **Pro-Study** allows students to capture information from multiple sources including websites, journals, as well as textbooks, and then store all the information in the programme's dedicated centralised database.

The idea of **Pro-Study** is for the student to read the essay question or assignment brief, identify the key discussion points, before conducting relevant research on each point in isolation. It is important to note, **Pro-Study** is a research tool, and not to be confused with planning tools such as mind mapping softwares. Students of Pro-Study can revisit and re-use captured content with ease by logging into their account.

Pro-Study allows students to automatically create references, and bibliographies throughout the research process, thereby making the referencing process more efficient, and manageable.

Key Features of Pro-Study

Pro-Study can be used for Extracting, organising, and storing digital research material. This can be achieved by simply selecting text or an image, and using the secondary click to open the capture menu. Each piece of information captured in the programme's dedicated centralised database, will automatically produce a direct hyperlink back to the original source, as well as automatically capturing the reference information.

Pro-Study's searchable database allows the student to effectively re-visit and re-use important information from previous projects for new assignments.

Pro-Study uses powerful integration with Microsoft Word and PDF to produce a full report containing all of the research and references, as well as an Interactive Contents Page, Titles, Headers, and Footers. Students also have the option to export to Excel for further content analysis.

Pro-Study integrates with mind mapping software, allowing a seamless transition from the research phase to the planning process.

Pro-Study users can collaborate with each other by sharing projects. Uploading projects to the major cloud platforms allows colleagues and peers to also have access to the research.

Pro-Study's powerful OCR Feature can capture information from multiple sources including websites, journals, books and PDF's.

Pro-Study is connected to a database of over 9500+ referencing styles.

Pro-Study's bookmark feature helps students keep their open internet tabs down to a minimum.

Pro-Study's accessibility features allow the student to change the background and text colour, as well as change the font to the student's preferred style. E.g. Comic Sans or Open Dyslexic.

Pro-Study incorporates accessibility features where the student can enlarge or magnify the screen, without distorting the text. This feature is of benefit for students who use magnification or screen reading software such as Jaws, Dolphin Supernova, or ZoomText Fusion.

The layout of **Pro-Study's** interface makes it much easier for students to view and navigate between research content, which is ideal for visual or kinesthetic learners.

Pro-Study and the **Pro-Study** web extension will help the student to search through research material to identify key information. The student can then extract and organise this information into their **Pro-Study** projects.

Key Features of the Project Assist App

Project Assist is the companion app to Pro-Study that links computer projects across multiple platforms, enabling the student to use their Smartphone or Tablet to quickly collect, organise, and access research in all scenarios.

Students can use **Project Assist** to easily collect important information from multiple sources, and store all the information into the colour coded categories within their projects. All students projects will be synced with the cloud, and can therefore be accessed across multiple devices, and their computer. **Project Assist** allows students to capture research on the go, whilst keeping their research safe, and organised.

The **Project Assist app** can be used during field research, to work alongside new or existing projects.

The **Project Assist app** can be used during collaborative work, as other members of the group can contribute via the app without needing to pay for a **Pro-Study** licence.

Who will benefit from Pro-Study?

Pro-Study has been designed to simplify the research process, by allowing the student to effortlessly collect, and organise research, as well as other important information.

By simplifying the process, **Pro-Study** supports students who have been diagnosed with conditions which impact on executive functioning, and neurological pathways, such as flexible thinking, and organisation, or for students who find the research process overwhelming.

For example: *(Click on the links below to jump straight to the recommendations guide)*

- **Specific Learning Difference (SpLD)**
 - Dyslexia
 - Dyspraxia or Developmental Coordination Disorder (DCD)
 - Dyscalculia
 - Dysgraphia
 - Speech and language difficulties
 - Attention deficit hyperactivity disorder (ADHD)
 - Attention deficit disorder (ADD)
- **Autistic Spectrum Disorder (ASD) / Aspergers**
 - Childhood disintegrative disorder
 - Pervasive developmental disorder
 - q22 deletion syndrome
- **Mental Health**
 - Anxiety
 - Depression
 - Post Traumatic Stress Disorder (PTSD)
 - Obsessive Compulsive Disorder (OCD)
 - Borderline Personality Disorder (BPD)

- Dissociative disorder
- Attention deficit hyperactivity disorder (ADHD)
- Attention deficit disorder (ADD)

- **Physical /Unseen / Other**

- Arthritis
- Scoliosis
- Sciatica
- Raynaud's syndrome
- Fibromyalgia
- ME / Chronic Fatigue Syndrome (CFS)
- Sickle cell anaemia
- Long Covid
- Multiple Sclerosis (MS)
- Brain injury
- Sickle cell anaemia
- Postural orthostatic tachycardia syndrome (POTS)

- **Visual Impairment**

- Glaucoma
- Keractaconus
- Migraine (with aura)
- Diabetic retinopathy
- Multiple sclerosis
- Strabismus

- **Hearing Impairment**

- Bilateral hearing loss
- Tinnitus
- Misophonia
- Phonophobia

Areas of study where Pro-Study can be recommended

Specific Learning Difference (SpLD)

- Dyslexia
- Dyspraxia or Developmental Coordination Disorder (DCD)
- Dyscalculia
- Dysgraphia
- Auditory Processing Disorder
- Attention deficit hyperactivity disorder (ADHD)
- Attention deficit disorder (ADD)

Students with an SpLD often struggle with:

- Reading large volumes of text.
- Structuring academic writing.
- Maintaining focus.
- Organising research for assignments.
- Keeping track of deadlines.
- Preparing for presentations and assessments.
- Using multiple computer packages simultaneously.

Pro-Study can help students who have difficulties with identifying, collating, and organising research material.

By reducing the steps required to read and evaluate articles, **Pro-Study** makes the research process more manageable for students, and therefore less daunting.

Research and Reading

- Due to the presence of an SpLD, there are challenges identifying and retaining key points from complex academic texts arising from working memory and information-processing difficulties. It is difficult to categorise information under relevant research themes, and where other AT tools/applications can be used to overcome disability-related challenges with reading, and breaking down dense academic text, **Pro-Study's** strength lies in its ability to reduce the cognitive overload associated with managing and organising research. This can help with working memory deficits, poor processing and concentration by keeping track of academic sources from different formats (books, websites, journals and PDFs). Using colour-coded categories and hyperlinked source capture, and with exportable summaries to MS Word (and other applications), Pro-Study automatically captures reference details (as well as DOI/ISBN capture and OCR via the Assist app for print sources). This enables students to organise research into structured projects, supporting executive-function, memory, processing and organisational difficulties. In this way, Pro-Study adds scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible, creating a link between research and assignment themes.

Referencing and reading are distinct study and support areas. Pro-Study specifically supports referencing and research and complements other assistive technologies without duplication. As a result of direct disability-related needs, support is required with referencing and research organisation. Pro-Study, classified by SLC as a referencing tool is therefore recommended to assist with this aspect of study:

[<https://www.practitioners.slc.co.uk/media/1457/product-list-software.xlsx>]

- Pro-Study's Capture tool extracts text and citations from PDFs, web pages, and journals quickly and easily, and coupled with automatic source referencing this can help to reduce cognitive load and improves referencing accuracy to aid the completion of writing tasks.
- The OCR functionality within **Pro-Study** means information can also be extracted from hardcopy, as the student can scan

textbooks using the Project Assist App. Barcodes can be scanned for quick reference capture, helpful on research heavy and traditional courses.

- The use of structured folders to organise research into essay-relevant sections, for example, Introduction, Literature Review, can overcome difficulties with planning and structuring essays. It is possible to transfer research into structured documents to begin writing
- **Pro-Study's** web extension will help students who have difficulty identifying key information, by highlighting the key discussion points directly within text. The student can then extract and easily organise this information into their **Pro-Study** projects.
- **Pro-Study** can help students with short term memory or organisational issues, as research can be quickly and easily stored before it is either lost, or forgotten.
- **Pro-Study** can also help students who have long term memory issues, as the dedicated centralised database makes it easier to locate research materials.
- For students who have a slow reading speed, or difficulties with comprehension, the **Pro-Study** web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- For students with organisational difficulties, **Pro-Study** integrates organisation and archiving into the research workflow. Colour coding encourages a thematic approach, linking themes to visual cues. Ideal for visual learners.
- The student can use **Pro-Study** to collect and organise research, as well as other important information from multiple sources (text, graphs, charts, images etc.) in one centralised database.
- The **Project Assist** companion app can be used in the library, or at home where a scanner is not available, to capture, store, and organise hardcopy research material immediately. This improves organisation, and reduces the risk of students misplacing information.

- The **Pro-Study** accessibility features can convert text into alternate fonts, such as (Comic Sans, Open Dyslexic)
- For students who respond better to visual cues, **Pro-Study's** colour coding features, and layout of coloured topics makes research much less stressful and more approachable. **Pro-Study** encourages a more thematic approach, which is ideal for visual learners.

Writing and Reviewing Academic Work

- Students with an SpLD can often struggle to integrate references into academic writing. Problems of working memory and challenges sequencing ideas can make it hard to plan and structure ideas in writing. Step-by-step preparation using Pro-Study can assist. Gathered annotated references and notes can be easily exported to MS Word or other writing platforms to create a skeleton assignment framework, ensuring nothing is missed and arguments are well supported. Using Pro-Study in both the research and writing phases of study helps to create a logical structure for assignments, ensuring all research is used appropriately to support coherent writing. While other applications are available to support differing aspects of the writing process, including reviewing academic work, Pro-Study offers assistance by adding scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible. It can facilitate the transition from reading and research to writing.
- It is also possible to export projects seamlessly from Pro-Study to mind mapping software, thereby making the transition from research to planning more efficient. Pro-Study is an efficiency tool, which helps students to compensate for extra time spent in other areas of study.

- **Pro-Study** can also help students who have long term memory issues, as the dedicated centralised database makes it easier to locate research materials during the writing process.
- **Pro-Study** automates the generation of referencing into any style, helping make this process more streamlined, and manageable.

Note-taking in Lectures and Seminars

- Whether the student is using a laptop to take notes, or has access to their mobile phone or tablet device, they can use **Pro-Study** or the **Project Assist** app to quickly search and log any suggested readings highlighted by the tutor during taught sessions.
- Integration with other support strategies is possible, including TextAid, Read&Write or other text to speech apps, or a digital recorder such as the OM System LS-P5 to help reinforce learning through audio and text formats.

Time management and organisation

- As **Pro-Study** captures and categorises information quickly, this helps speed up the research process, thereby compensating for time spent in other areas of study.
- Pro-Study offers a distraction-free workspace. This helps students to stay focused by streamlining and structuring research into manageable chunks
- Where a student has poor time estimation, can feel overwhelmed or procrastinate, Pro-Study can help to break down large assignments into smaller and more manageable stages.
- Integration with other support strategies is possible, for example MeisterTask can aid task management. Pro-Study can structure academic research while MeisterTask, Boost and Global Tasks can help to plan and track the individual tasks required, e.g., a

task to check citations.

Practical Sessions, Placements, Field Trips and Additional Course Activities

- The **Project Assist** app can be used during field research to quickly capture information, when working alongside new, or existing projects.

Examinations and Timed Assessments

- **Pro-Study** can be used as a revision aid, as the web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- This is particularly useful where students have a slow reading speed, or find it difficult to identify key information.

Social Interaction and Communication

- To help with assessed oral presentation delivery, **Pro-Study** can be used to organise research points from associated readings and online material and create a clear storyboard or sequence for a slide deck. Colour-coded categories can help to guide the practice/rehearsal and delivery of the presentation. Accessible speaker's notes can be created from collected research.
- Where students find group work difficult, the **Project Assist** app (included) can be installed by all group members, which then allows all members to collaborate and organise research in one centralised database.

Autistic Spectrum Disorder (ASD) / Aspergers

- Childhood disintegrative disorder
- Pervasive developmental disorder
- q22 deletion syndrome

Students with ASC often experience:

- Difficulty filtering and organising information from large reading tasks;
- Problems connecting information across differing sources or across a single text, making it harder to integrate ideas;
- Challenges with sequencing tasks and academic planning;
- Anxiety around communication, group work, and social situations/communication;
- A preference for routine, visual organisation, and predictable workflows;
- Sensory sensitivity or sensory overload, and distraction during teaching sessions.

Pro-Study offers a structured, colour-coded, and visual workspace that can help reduce cognitive overload and support independent study skills, while reinforcing executive functioning and reducing anxiety.

Pro-Study can help students who have difficulties with identifying, collating, and organising research material. This problem is usually associated with students who experience considerable issues with prioritisation of information, organisation, cognitive processing, or executive functioning skills.

By reducing the steps required to read and evaluate articles, **Pro-Study** makes the research process more manageable for students, and therefore less overwhelming.

Research and Reading

- Due to the nuances of the diagnosis, it is possible to feel overwhelmed by large volumes of information resulting in sensory or cognitive overload. It can prove challenging to identify and group key ideas from reading material/research sources and to save this information as a structured resource to draw upon for writing tasks and/or for revision. Where other AT tools/applications can be used to overcome disability-related challenges with reading, and breaking down dense academic text. **Pro-Study's** strength lies in its ability to reduce the cognitive overload associated with managing and organising research. Where there is difficulty identifying relevant information Pro-Study extracts and organises key information and references from web pages, books, journals, PDFs, and academic databases, helping to keep track of academic sources from different formats. Using colour-coded categories, hyperlinked source capture, and with exportable summaries to MS Word (and other applications), Pro-Study automatically captures reference details (as well as DOI/ISBN capture and OCR via the Assist app for print sources). This allows students to organise research into structured projects, supporting executive-function, memory, processing and organisational difficulties. In this way, Pro-Study adds scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible, creating a link between assignment briefs and research.

Referencing, reading, and writing are distinct support areas. Pro-Study specifically supports referencing and research and complements other assistive technologies without duplication.

Pro-Study is categorised by SLC as a Referencing tool; it addresses the referencing/research element and does not duplicate reading or writing tools. Where a product appears on this list, that product "fulfils an essential need that the student is obliged to incur", in this instance, with regard to Pro-Study, that need is referencing support:

[<https://www.practitioners.slc.co.uk/media/1457/product-list-software.xlsx>]

- **Pro-Study's** web extension will help students who have difficulty prioritising or identifying key information, by highlighting the key discussion points directly within text. The student can then

extract and easily organise this information into their **Pro-Study** projects.

- **Pro-Study** can help students with short term memory or organisational issues, as research can be quickly and easily stored before it is either lost, or forgotten. This can also help to reduce sensory and cognitive overload by simplifying research into a visual and structured format.
- **Pro-Study** can also help students who have long term memory issues, as the dedicated centralised database makes it easier to locate research materials.
- For students who have a slow reading speed, or difficulties with comprehension, the **Pro-Study** web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- For students with organisational difficulties, **Pro-Study** integrates organisation and archiving into the research workflow. Colour coding encourages a thematic approach, linking themes to visual cues, which is ideal for visual learners.
- The student can use **Pro-Study** to collect and organise research, as well as other important information from multiple sources (text, graphs, charts, images etc.) in one centralised database. As Pro-Study automatically records referencing information this can help to reduce cognitive demand.
- The OCR functionality within **Pro-Study** means information can even be extracted from hardcopy, as the student can scan textbooks using the Project Assist App. Barcodes can be scanned for quick reference capture, helpful on research heavy and traditional courses.

- The **Project Assist** companion app can be used in the library, or at home where a scanner is not available, to capture, store, and organise hardcopy research material immediately. This improves organisation, and reduces the risk of students misplacing information.
- The **Pro-Study** accessibility features can convert text into an alternate fonts, such as (Comic Sans, Open Dyslexic)
- For students who respond better to visual cues, **Pro-Study's** colour coding features, and layout of coloured topics makes research much less stressful and more approachable. **Pro-Study** encourages a more thematic approach, which is ideal for visual learners.
- Students who experience social anxiety are often unable to use the library facilities at University or College. **Pro Study** supports these students who are only able to conduct research online.
- **Pro-Study** is also beneficial for those students who are studying an online course.

Writing and Reviewing Academic Work

- Where there are difficulties transitioning from one task to another, for example from research to structured writing, **Pro-Study** can assist by grouping information/research by section (e.g., Introduction, Literature review, Discussion chapter). This method can also support the logical sequencing of ideas in writing through colour-coded visual themes.
- Problems structuring written content, arising directly from the nuances of the diagnosis can be aided with step-by-step preparation

using **Pro-Study**. Gathered annotated references and notes can be exported to MS Word or other writing platforms to create a skeleton assignment framework, ensuring nothing is missed and arguments are well supported. While other applications are available to support differing aspects of the writing process, including reviewing academic work, Pro-Study offers assistance by adding scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible. It can facilitate the transition from reading and research to writing. As a result of the ASC diagnosis, there can be struggles linking research to assignment questions and/or organising academic evidence under key headings

- Where anxiety is present, clear, step-by-step preparation using **Pro-Study** can help to alleviate this. Exporting structured content and citations into MS Word for example, helps to form the foundation of written assignments. Helpful where a student has a fear of the blank page, or struggles to get started.
- The student is able to export projects seamlessly from **Pro-Study** into Word, or mind mapping software, thereby making the transition from research to planning more efficient. **Pro-Study** is an efficiency tool, which helps students to compensate for extra time spent in other areas of study.
- **Pro-Study** can also help students who have long term memory issues, as the dedicated centralised database makes it easier to locate research materials during the writing process.
- **Pro-Study** automates the generation of referencing into any style helping make this process more streamlined, and manageable.

Note-taking in Lectures and Seminars

- Where there are difficulties processing spoken language, **Pro-Study** can be used to organise materials into pre-set topic folders, helping with recall and revision by extracting notes from lecture slides and PDFs. This can compensate for any simultaneous processing issues during lectures. This strategy can

help to turn lecture reading into structured study content to support writing and revision. The use of visual aids can help with an understanding of complex concepts.

- Whether the student is using a laptop to take notes, or has access to their mobile phone or tablet device, they can use **Pro-Study** or the **Project Assist** app to quickly search, and log any suggested readings highlighted by the tutor during taught sessions.

Time management and organisation

- Inflexible and rigid thinking can make it difficult to manage time and organise work. Project overviews used in **Pro-Study** can help to structure workload and support task organisation. The use of a familiar 'folder-based' approach can also aid routine and help to break work down into manageable stages, with clear visual progress. Tools such as MeisterTask, Global Tasks or Booost can complement this approach, and help with planning deadlines.
- As Pro-Study captures and categorises information quickly, this helps speed up the research process, thereby compensating for time spent in other areas of study.

Practical Sessions, Placements, Field Trips and Additional Course Activities

- Where there are difficulties with real-time information capture, **Pro-Study** allows for structured post-session reflection.
- Notes from practical sessions or placement reflections can be saved into categories, by topic. It is also possible to add photos, screenshots, or text to aid memory and recall.
- This is helpful where there are problems with in-the-moment processing and/or sensory sensitivities which can impact performance. When Pro-Study is used across several areas of study, it offers a predictable learning environment.
- The **Project Assist** app (included) can be used during field research, to quickly capture information, when working alongside new, or existing projects.

Examinations and Timed Assessments

- **Pro-Study** can be used as a revision aid, as the web extension assists in the prioritisation of key points, ultimately reducing overall text volume. The use of colour coding can support memory and reduce overload when revising. Structured folders help students revise by topic or subject area. This can make revision seem less overwhelming.
- This is particularly useful where students have a slow reading speed, or find it difficult to prioritise and identify key information.

Social Interaction and Communication

- Where students find communication or collaboration difficult, the **Project Assist** app can be installed by all group members, which then allows all members to collaborate and organise research in one centralised database, minimising the need for regular communication.
Pro-Study can be used in preparation for group work or group study events by using the application to plan verbal contributions or oral presentations. This type of preparation can reduce anxiety around unpredictable conversations.
- **Pro-Study** is helpful in these scenarios, particularly for students who have difficulty working closely with others.

Mental Health

- Anxiety
- Depression
- Post Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Borderline Personality Disorder (BPD)
- Dissociative disorder
- Attention deficit hyperactivity disorder (ADHD)
- Attention deficit disorder (ADD)

Mental health conditions can affect concentration, memory, and information processing, making it harder to engage with and comprehend large volumes of text and to keep pace with academic readings. Additional difficulties may include:

- Low motivation or concentration (e.g. due to depression or anxiety);
- Mental health challenges can decrease overall motivation and make it difficult to initiate or sustain effort on reading, research and writing tasks;
- Study can be impacted by fatigue, brain fog, and/or emotional overwhelm;
- Poor concentration in lectures can make note-taking challenging;
- Symptoms can make it difficult to organise and prioritise tasks. Procrastination and avoidance can occur;
- Additional stress can be experienced during exams and/or managing deadlines;
- Social withdrawal may occur;
- Disrupted routines, can impact time management, and affect engagement with placements or fieldwork.

Pro-Study can help students who have difficulties with identifying, collating, and organising research material. This problem is usually associated with conditions which have an impact on cognitive processing, or executive functioning skills.

By reducing the steps required to read and evaluate articles, Pro-Study makes the research process more manageable for students, and therefore less overwhelming.

Research and Reading

- As a result of a mental health diagnosis, a range of challenges can present that affect research tasks including reduced concentration, poor focus, and problems of memory. This can make it difficult to identify and retain key points from academic texts and to keep research materials organised. **Pro-Study** enables key information to be captured quickly and stored in structured project folders, providing a visual overview of progress and reducing feelings of overwhelm. This supports improved organisation, motivation, and confidence. Where other AT tools/applications can be used to overcome disability-related challenges with reading, and breaking down dense academic text, **Pro-Study's** strength lies in its ability to reduce the cognitive overload associated with managing and organising research. This can help with working memory deficits and overwhelm by keeping track of academic sources from different formats (books, websites, journals and PDFs). Using colour-coded categories and hyperlinked source capture, and with exportable summaries to MS Word (and other applications), Pro-Study automatically captures reference details (as well as DOI/ISBN capture and OCR via the Assist app for print sources). This allows students to organise research into structured projects, supporting executive-function, memory, processing and organisational difficulties. In this way, Pro-Study adds scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible. This can reduce the cognitive and emotional load by creating a link between research and writing, allowing for clearer organisation when progressing to the writing stage of study.

Referencing and reading are distinct study and support areas. Pro-Study specifically supports referencing and research and complements other assistive technologies without duplication. As a result of direct disability-related needs, support is required with referencing and research organisation. Pro-Study, classified by SLC as a referencing tool is therefore recommended to assist with this aspect of study:

[<https://www.practitioners.slc.co.uk/media/1457/product-list-software.xlsx>]

- If a student becomes easily overwhelmed by large volumes of reading, through the use of Pro-Study content can be digested far more easily to categorise information from multiple online and PDF sources with minimal effort. A student can simply highlight the content they wish to capture, and right click to save. Annotation Tools can also be used to mark up documents and highlight key information.
- Simplifying the research gathering and organising process can reduce anxiety and stress. Symptoms can make it difficult to multi-task and to work with multiple browser tabs.
- Pro-Study's Research Assistance (within its web extension) will help students who have difficulty identifying key information, by highlighting the key discussion points directly within text. The student can then extract and easily organise this information into their Pro-Study projects.
- Pro-Study can help students who experience short term memory or organisational issues, due to elevated levels of fatigue and anxiety, as research can be quickly and easily stored before it is either lost, or forgotten. Mental health challenges can make it difficult to concentrate and/or sustain attention.
- Pro-Study can also help students who have long term memory

issues linked to impaired cognitive performance, as the dedicated centralised database makes it easier to locate research materials.

- For students who have a slow reading speed, or difficulties with comprehension due to impaired cognition, the **Pro-Study** web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- For students with organisational difficulties, **Pro-Study** integrates organisation and archiving into the research workflow. Colour coding encourages a thematic approach, linking themes to visual cues. Ideal for visual learners.
- The student can use **Pro-Study** to collect and organise research, as well as other important information from multiple sources (text, graphs, charts, images etc.) in one centralised database, thereby improving organisation, and thereby compensating for time spent in other areas of study.
- The OCR functionality within **Pro-Study** means information can even be extracted from hardcopy, as the student can scan textbooks using the Project Assist App. Barcodes can be scanned for quick reference capture, helpful on research heavy and traditional courses. Essentially, **Pro-Study** can access all text based material, reducing the overall need to use multiple devices or programs to extract and store research material.
- The **Project Assist** companion app can be used in the library, or at home where a scanner is not available, to capture, store, and organise hardcopy research material immediately. This improves organisation, and reduces the risk of students misplacing information.
- The **Pro-Study** accessibility features can convert text into an alternate font, which is easier for the student to access, process, and retain to memory.
- For students who respond better to visual cues, **Pro-Study's** colour coding features, and layout of coloured topics makes research a much less stressful, and more approachable task. **Pro-**

Study encourages a more thematic approach, which is ideal for visual, or

kinesthetic learners.

- Students who experience social anxiety are often unable to use the library facilities at University or College. **Pro Study** supports these students who are only able to conduct research online.
- **Pro-Study** is also beneficial for those students who are studying an online course.

Writing and Reviewing Academic Work

- Individuals with a mental health diagnosis may experience a range of challenges when completing written assignments and reviewing their work effectively. For students who find it hard to get started on an assignment or structure written work, **Pro-Study** helps with writing structure by linking research directly to essay plans. Gathered annotated references and notes can be exported to MS Word or other writing platforms to create a skeleton assignment framework, ensuring nothing is missed and arguments are well supported. While other applications are available to support differing aspects of the writing process, including reviewing academic work, Pro-Study offers assistance by adding scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible. There is therefore an easy transition from research to writing, helpful to ease anxiety. Pro-Study reduces time spent searching for sources, helping students focus on content development, thereby aiding assignment completion and time management.
- This strategy can be used alongside mind mapping tools (e.g., MindMeister, MindView, Ayoa etc.) to support planning for a visual overview.
- The student is able to export projects seamlessly from **Pro-Study** to Word, or mind mapping software, thereby making the transition from research to planning more efficient. **Pro-Study** is an efficiency tool, which helps students to compensate for extra time spent in other areas of study. Exporting structured content and citations into MS Word for example, helps to form the foundation of written assignments. Helpful where a student has a fear of the

blank page, or struggles to get started.

- **Pro-Study** can also help students who have long term memory issues, as the dedicated centralised database makes it easier to locate research materials during the writing process.
- **Pro-Study** automates the generation of referencing into any style helping make this process more streamlined, and manageable.

Note-taking in Lectures and Seminars

- Poor concentration in lectures due to anxiety or fatigue can make it difficult to listen and take notes at the same time. There are difficulties filtering key information or writing while listening. This can lead to gaps in notes or an inability to make sense of notes taken when reviewed at a later date. **Pro-Study** can help by allowing a student to add notes from PDF resources directly into projects. This allows for organised note categories helpful to support writing tasks and/or revision.
- This strategy can be augmented through the use of audio recorders like the OM LS-P5 digital recorder to record lectures and personal reflections, as well as through the use of speech-to-text tools like Dragon.
- Whether the student is using a laptop to take notes, or has access to their mobile phone or tablet device, they can use **Pro-Study** or the **Project Assist** app to quickly search and log any suggested readings highlighted by the tutor during taught sessions.

Time management and organisation

- Procrastination and negative self-talk can impact productivity. Avoidance of tasks and a tendency to feel overwhelmed can mean working on assignments up to the last-minute. When symptoms fluctuate, maintaining a consistent routine can prove challenging. **Pro-Study** can help by creating visually trackable

projects with milestones and deadlines. This can make assignments feel more manageable, by breaking down activities. Pro-Study can act as a form of digital organiser, reducing the need to juggle multiple tools.

Can integrate well with Lernabl or other planners such as Global Tasks or Boost to manage time blocks.

- As Pro-Study captures and categorises information quickly, this helps speed up the research and writing process, thereby compensating for time spent in other areas of study.

Practical Sessions, Placements, Field Trips and Additional Course Activities

- Where there are difficulties remaining engaged and focused, and remembering details from practical teaching, **Pro-Study** can help by gathering pre-session reading efficiently. This content can be coupled with notes and reflections post-placement. This can reduce the pressure of memorising information, as it's stored in a structured way. This strategy supports preparation and review with low cognitive demand. When Pro-Study is used across multiple areas of study, this also adds consistency and can help to link the theoretical with the practical course elements.
- The **Project Assist** app (included) can be used during field research, to quickly capture information, when working alongside new, or existing projects.

Examinations and Timed Assessments

- Due to the impact of the diagnosis, heightened anxiety before or during exams is common. This can also impact effective revision. **Pro-Study** can be utilised to support exam preparation by collating focused research and key notes. This can help to manage stress through a visually ordered revision plan or project. This can encourage active engagement with material in manageable chunks.
- This strategy can work well with **TextAid** or other text-to-speech

tools for auditory revision.

- Pro-Study can therefore be used as a revision aid, as the web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- This is particularly useful where students have a slow reading speed, or find it difficult to identify key information.

Social Interaction and Communication

- Symptoms can bring anxiety in relation to group work presentation delivery, volunteering information, or speaking to teaching staff. **Pro-Study** can be used to prepare talking points or group project materials. This content can also be shared with an NMH support tutor or teaching staff to outline progress.
- Where students find group work difficult, the **Project Assist** app can be installed by all group members, which then allows all members to collaborate and organise research in one centralised database.
- **Pro-Study** is helpful in these scenarios, particularly where students who have difficulty working closely with others.

Physical / Unseen / Other

- Arthritis
- Diabetes (Type 1 or Type 2)
- Scoliosis
- Sciatica
- Raynaud's syndrome
- Fibromyalgia
- ME / Chronic Fatigue Syndrome (CFS)
- Sickle Cell Anaemia
- Long Covid
- Multiple Sclerosis (MS)
- Brain injury
- Sickle cell anaemia
- Postural orthostatic tachycardia syndrome (POTS)

Pro-Study can help students who have difficulties with identifying, collating, and organising research material. This problem is usually associated with students who have been diagnosed with conditions which affect neurological pathways, cognitive processing, or executive functioning skills.

By reducing the steps required to read and evaluate articles, **Pro-Study** makes the research process more manageable for students, and therefore less overwhelming.

Research and Reading

- Symptoms such as fatigue, pain, and/or fluctuating concentration that can make research tasks challenging. Limited physical stamina can impact progress and this brings a risk of losing key information due to cognitive fatigue. There can be reduced endurance for manual tasks like copying and pasting information or switching between resources making it difficult to work with multiple research sources, browser tabs and documents which can often lead to overwhelm. Where other AT tools/applications can be used to overcome disability-related challenges with reading, and breaking down dense academic text. **Pro-Study's**

strength lies in its ability to reduce the cognitive overload associated with managing and organising research. This can help with concentration deficits and fatigue and potential overwhelm by keeping track of academic sources from different formats (books, journals, websites, PDFs). Using colour-coded categories and hyperlinked source capture, Pro-Study automatically captures reference details (as well as DOI/ISBN capture and OCR via the Assist app for print sources). This enables students to organise research into structured projects, supporting executive-function, memory, processing and organisational difficulties. In this way, Pro-Study adds scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible.

Referencing, reading, and writing are distinct study and support areas. Pro-Study specifically supports referencing and research and complements other assistive technologies without duplication. Pro-Study is categorised by SLC as a Referencing tool; it addresses the referencing/research element and does not duplicate reading or writing tools". Where a product appears on this list, that product "fulfils an essential need that the student is obliged to incur", in this instance, with regard to Pro-Study, that need is referencing support:

[<https://www.practitioners.slc.co.uk/media/1457/product-list-software.xlsx>]

- **Pro-Study's** Research Assistant (within the web extension) will help students who have difficulty identifying key information due to impaired cognitive performance, by highlighting the key discussion points directly within text. The student can then extract and easily organise this information into their Pro-Study projects.
- Pro-Study can help students who experience short term memory or organisational issues, due to elevated levels of fatigue and tiredness (brain fog / fibro fog), as research can be quickly and

easily stored before it is either lost, or forgotten. Pro-Study allows for 'one-click' capture of information from website, PDFs and documents.

- **Pro-Study** can also help students who have long term memory issues linked to impaired cognitive performance (brain fog / fibro fog), as the dedicated centralised database makes it easier to locate research materials.
- For students who have a slow reading speed, or difficulties with comprehension due to impaired cognition, the **Pro-Study** web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- For students who experience organisational difficulties as a result of executive functioning issues, **Pro-Study** integrates organisation and archiving into the research workflow. Colour coding encourages a thematic approach, linking themes to visual cues. Ideal for visual learners.
- The student can use **Pro-Study** to collect and organise research, as well as other important information from multiple sources (text, graphs, charts, images etc.) in one centralised database, thereby improving organisation, and thereby compensating for time spent in other areas of study.
- The OCR functionality within **Pro-Study** means information can even be extracted from hardcopy, as the student can scan textbooks using the Project Assist App. Barcodes can be scanned for quick reference capture, helpful on research heavy and traditional courses. Essentially, **Pro-Study** can access all text based material, reducing the overall need to use multiple devices or programs to extract and store research material.
- The **Project Assist** companion app (included) can be installed on the students mobile phone or tablet to scan text in the library, or at home where a scanner is not available. This can be helpful where there are physical limitations that can make it difficult to handle printed material and books.

- The **Project Assist** companion app will capture, store, and organise hardcopy research material immediately. This improves organisation, and reduces the risk of students misplacing information.
- The **Pro-Study** accessibility features can convert text into an alternate font, which is easier for the student to access, process, and retain to memory.
- For students who respond better to visual cues, **Pro-Study's** colour coding features, and layout of coloured topics makes research a much less stressful, and more approachable task. **Pro-Study** encourages a more thematic approach, which is ideal for visual, or kinesthetic learners.
- **Pro Study** supports students who experience physical limitations, which make it hard for them to access or use the library facilities at their HEI, and are only able to conduct research online. Physical limitations can also lead to limited dexterity and there can be problems scrolling and using a mouse. With Pro-Study information can be saved easily, reducing manual effort and fatigue. This strategy can be used in combination with tools such as TextAid, Read&Write or other text to speech applications, helpful where reading is tiring or where memory and concentration difficulties arise from the diagnosed condition.

Writing and Reviewing Academic Work

- Where there are problems structuring written content, arising directly from the nuances of the diagnosis, step-by-step preparation using Pro-Study can assist. Gathered annotated references and notes can be exported to MS Word or other writing platforms to create a skeleton assignment framework, ensuring nothing is missed and arguments are well supported. While other applications are available to support differing aspects of the writing process, including reviewing academic work, Pro-Study offers assistance by adding scaffolding to the thinking and planning processes making the structure of an assignment easier to visualise and more tangible. It can facilitate the transition from reading and research to writing.
- It is possible to export projects seamlessly from **Pro-Study** into Word, or mind mapping software, thereby making the transition from research to planning more efficient. **Pro-Study** is an efficiency tool, which helps students to compensate for extra time spent in other areas of study.
- Pro-Study can help where there are problems with the mechanics of writing or typing by reducing the physical effort required and allowing fast digital clipping of text from research sources. This can help to organise research in preparation for dictation-based writing, e.g. using **Dragon Professional** or MS Word.

- Exporting content to MS Word also reduces physical workload; all of the information is stored in one central location. This can aid time management where a slow pace of working is necessary due to disability related needs.
- **Pro-Study** can also help students who have long term memory issues, as the dedicated centralised database makes it easier to locate research materials during the writing process.
- **Pro-Study** automates the generation of referencing into any style helping make this process more streamlined, and manageable.

Note-taking in Lectures and Seminars

- Difficulty typing or writing make note-taking challenging, and can lead to gaps in notes or an inability to make sense of notes taken when reviewed at a later date. **Pro-Study** can help by allowing a student to add notes or PDF resources directly into projects. This allows for organised note categories helpful to support writing tasks and/or revision.
- This strategy can be augmented through the use of audio recorders like the OM LS-P5 to record lectures and personal reflections, as well as through the use of speech-to-text tools like Dragon.
- It is possible to add additional notes after a lecture, and colour code to aid understanding using university lecture capture recordings, or tools such as ivvi Notes or Genio can also be used in combination to review recordings.
- Notes from peers or from a support worker can also be added and managed centrally via Pro-Study.
- Whether the student is using a laptop to take notes, or has access to their mobile phone or tablet device, they can use **Pro-Study** or the **Project Assist** app (included) to quickly search and log any suggested readings highlighted by the tutor during taught sessions.

Time management and organisation

- Unpredictable health patterns or flare ups can affect the ability to complete work to schedule. There can also be problems with pacing activities. Energy levels may also fluctuate making it hard to adhere to a plan. **Pro-Study** can help to break tasks down into more manageable units with an easy to use and simple layout. Tools like Learnbl can be used alongside for more in-depth planning and to set reminders.
- As Pro-Study captures and categorises information quickly, this helps speed up the research and writing process, thereby compensating for time spent in other areas of study and allowing for more efficient study patterns.

Practical Sessions, Placements, Field Trips and Additional Course Activities

- The **Project Assist** app can be used during field research, to quickly capture information, when working alongside new, or existing projects.
- Key points can be noted and added to **Pro-Study** for reflection. This can help if feeling overwhelmed or cognitively overburdened. Content from Pro-Study can be accessed on various devices, helpful if learning away from the usual place of study.

Examinations and Timed Assessments

- **Pro-Study** can be used as a revision aid, as the web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- This is particularly useful where students have a slow reading speed, or find it difficult to identify key information.

Social Interaction and Communication

- Where students find group work difficult, the **Project Assist** app can be installed by all group members, which then allows all members to collaborate and organise research in one centralised database.
- **Pro-Study** is helpful in these scenarios, particularly where students who have difficulty collaborating on a regular basis, due to limitations related to their condition.

Visual Impairment

- Glaucoma
- Keractaconus
- Migraine (with aura)
- Diabetic retinopathy
- Multiple sclerosis
- Strabismus

Pro-Study can help students who have been diagnosed with a visual impairment which affects their ability to access text based research material.

Pro-Study's accessibility features allow it to work alongside screen reading software such as Jaws, Dolphin Supernova, or ZoomText Fusion.

Pro-Study helps visually impaired students quickly and easily identify, collate, and organise research into a centralised database.

By reducing the steps required to read and evaluate articles, **Pro-Study** makes the research process more manageable for students, and therefore less overwhelming.

Research and Reading

- Some online content and/or journal articles and material in PDF format can be inaccessible. **Pro-Study** allows information to be gathered digitally, and this content can be read aloud using screen readers. Being able to easily save source information in a single interface, removes the need to visually scan multiple documents or browser tabs. This will be less tiring, and magnification software or keyboard navigation can be used for easier viewing. This can help with visual fatigue also. Content reviewed in Pro-Study can be less overwhelming than re-reading full text articles.
- Where other AT tools/applications can be used to overcome disability-related challenges with reading, and breaking down dense academic text. Pro-Study's strength lies in its ability to

reduce the cognitive overload associated with managing and organising research. When vision is poor, this can help with visual fatigue, eye strain and tracking, by easily keeping track of academic sources from different formats (books, journals, websites, PDFs). Using colour coded categories, and hyperlinked source capture, with exportable summaries to MS Word, Pro-Study adds scaffolding the thinking and planning processes making the structure of an assignment easier to visualise and more tangible.

- **Pro-Study's** Research Assistant within the web extension will help students who have difficulty identifying or extracting key information, by highlighting the key discussion points directly within text.
- It's possible to then capture and easily organise this information into their **Pro-Study** projects.
- **Pro-Study** can help students quickly and easily store information before it is either lost, or misplaced.
- **Pro-Study** is particularly useful for students who have difficulty navigating the screen, where magnification is used for example, and between multiple tabs or programmes, as information can be stored immediately for future reference.

- **Pro-Study** offers a dedicated centralised database, making it easier to locate research materials, as students do not need to search through multiple sources to locate information.
- For students who have a slow reading speed, the **Pro-Study** web extension assists in the prioritisation of key points, ultimately reducing overall text volume, thereby speeding up the research process.
- The student can use **Pro-Study** to collect and organise research, as well as other important information from multiple sources (text, graphs, charts, images etc.) in one centralised database.
- The OCR functionality within **Pro-Study** means information can even be extracted from hardcopy, as the student can scan textbooks using the Project Assist App. Barcodes can be scanned for quick reference capture, helpful on research heavy and traditional courses.
- The **Project Assist** companion app can be used in the library, or at home where a scanner is not available, to capture, store, and organise hardcopy research material immediately. This improves organisation, and reduces the risk of students misplacing information.
- The **Pro-Study** accessibility features can convert text into larger or alternate fonts. Ideal for students who have difficulty reading small text, or text printed in particular fonts.

Writing and Reviewing Academic Work

- Using **Pro-Study** it is possible to export projects seamlessly from Pro-Study into Word, or mind mapping software, thereby making the transition from research to planning more efficient. Pro-Study is an efficiency tool, which helps students to compensate for extra time spent in other areas of study.
- **Pro-Study** can also help students who have difficulty locating information, as the dedicated centralised database makes it easier to locate research materials during the writing process.
- **Pro-Study** automates the generation of referencing into any style, helping make this process more streamlined, and manageable.

Note-taking in Lectures and Seminars

- Where there are difficulties with note-taking due to problems viewing the whiteboard or blackboard, and missed content due to visual barriers, **Pro-Study** can be used to revisit lecture content. Coloured folders can support notes management for students with low vision /partially sighted.

Notes from peers or from a support worker (note-taker) can also be added and managed centrally via Pro-Study.
- Whether the student is using a laptop to take notes, or has access to their mobile phone or tablet device, they can use **Pro-Study** or the **Project Assist** app to quickly search and log any suggested readings highlighted by the tutor during taught sessions.

Time management and organisation

- As **Pro-Study** captures and categorises information quickly, this helps speed up the research process, thereby compensating for additional time spent in other areas of study.

Practical Sessions, Placements, Field Trips and Additional Course Activities

- **Pro-Study** can be used in advance of practical teaching, Key points can be noted and added to Pro-Study for reflection. This can help with preparation, and can be especially useful if feeling overwhelmed or cognitively overburdened when accessing a new teaching environment, for example. Content from Pro-Study can be accessed on various devices, helpful if learning away from the usual place of study.
- The **Project Assist** app can be used during field research to quickly capture information when working alongside new, or existing projects.

Examinations and Timed Assessments

- **Pro-Study** can be used as a revision aid, as the web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- This is particularly useful where students have a slow reading speed, and find it difficult to identify key information.

Social Interaction and Communication

- Where students find group work difficult, the **Project Assist** app can be installed by all group members, which then allows all members to collaborate and organise research in one centralised database.
- Research materials can then be easily accessed through **Pro-Study**, where the student can use the screen reading or magnification software to read through this information.

Hearing Impairment

- Bilateral hearing loss
- Tinnitus
- Misophonia
- Phonophobia

Pro-Study can help students who have been diagnosed with a hearing impairment which affects their ability to process text based research material.

Pro-Study helps hearing impaired students quickly and easily identify, collate, and organise research into a centralised database.

By reducing the steps required to read and evaluate articles, **Pro-Study** makes the research process more manageable for students, and therefore less overwhelming.

Research and Reading

- For students who have difficulties with their command of written English, which has an impact on comprehension, the **Pro-Study** Research Assistant within the web extension assists in the prioritisation of key points, ultimately reducing overall text volume. The student can then extract and easily organise this information into their **Pro-Study** projects. Where other AT tools/applications may be used to overcome disability-related challenges with reading, and breaking down dense academic text. Pro-Study's strength lies in its ability to reduce the cognitive overload associated with managing and organising research. It can help by keeping track of academic sources from different formats (books, journals, websites, PDFs). Using colour coded categories, and hyperlinked source capture, with exportable summaries to MS Word, Pro-Study adds scaffolding the thinking and planning processes making the structure of an assignment easier to visualise and more tangible.
- **Pro-Study** can help students with their command of written english or memory formation, as research can be quickly and easily stored

before it is either lost, or forgotten.

- For students with organisational difficulties, **Pro-Study** integrates organisation and archiving into the research workflow. Colour coding encourages a thematic approach, linking themes to visual cues. Ideal for visual learners.
- The student can use **Pro-Study** to collect and organise research, as well as other important information from multiple sources (text,

Writing and Reviewing Academic Work

- The student is able to export projects seamlessly from **Pro-Study** into Word, or mind mapping software, thereby making the transition from research to planning more efficient. **Pro-Study** is an efficiency tool, which helps students to compensate for extra time spent in other areas of study.

Content from research sources and lectures can also be organised by topic using Pro-Study to assist with assignment completion. This strategy can be combined with Speech to Text technology to transcribe lectures for later integration.

- **Pro-Study** can also help students who have memory formation issues, as the dedicated centralised database makes it easier to locate research materials during the writing process.
- **Pro-Study** automates the generation of referencing into any style helping make this process more streamlined, and manageable.
- **Pro-Study** helps students to compensate for additional time spent in other areas of study (e.g. reading and researching).

Note-taking in Lectures and Seminars

- Due to hearing loss, a student can miss out on real-time spoken content and may also experience fatigue from multi-tasking e.g. lipreading, reading slide/presentation content, writing notes). **Pro-Study** can be used to review and annotate notes, complemented by captioned recordings if available. Using Pro-Study, notes from peers or NMH support (note-taker), and transcripts or converted speech to text notes can be combined with research to consolidate learning and help with assignment preparation.
- Whether the student is using a laptop to take notes, or has access to their mobile phone or tablet device, they can use Pro-Study or the **Project Assist** app to quickly search and log any suggested readings highlighted by the tutor during taught sessions.

Time management and organisation

- As **Pro-Study** captures and categorises information quickly, this helps speed up the research process, thereby compensating for time spent in other areas of study.

Practical Sessions, Placements, Field Trips and Additional Course Activities

- Pro-Study can store pre-session preparation and visual instructions in one central location. Captions or transcripts created using the OM Systems LS-P5 recorder can be used alongside this strategy, this can make practical learning more accessible with a reduced reliance on recalling aural information alone. The **Project Assist** app (included) can also be used during field research, to quickly capture information, including photos/images when working alongside new, or existing projects.

Examinations and Timed Assessments

- **Pro-Study** can be used as a revision aid, as the web extension assists in the prioritisation of key points, ultimately reducing overall text volume.
- This is particularly useful for students who experience issues with their command of writing English, or memory formation.

Social Interaction and Communication

- Where students find group work difficult due to communication difficulties, the **Project Assist** app can be installed by all group members, which then allows all members to collaborate and organise research in one centralised database.