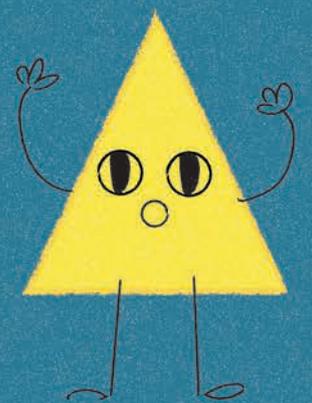
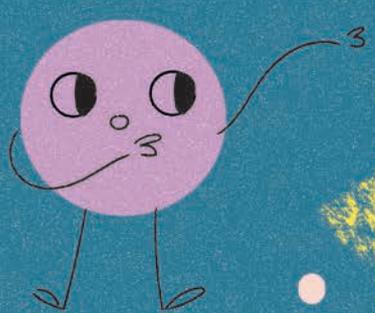
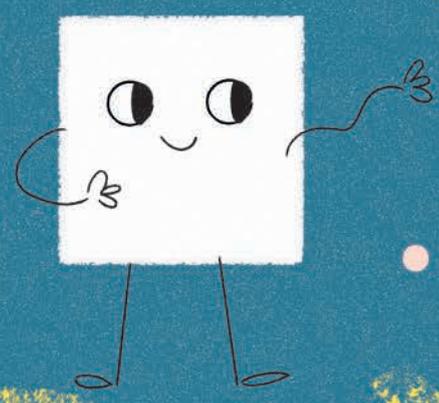
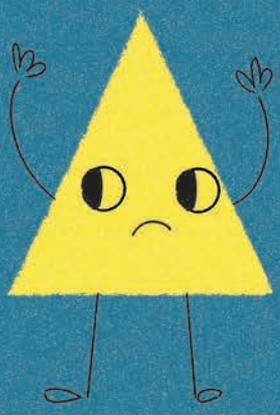
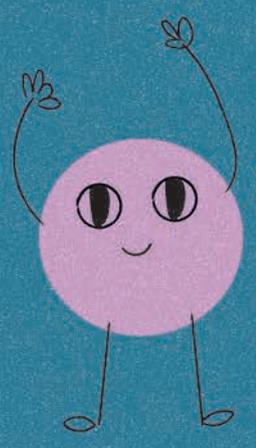
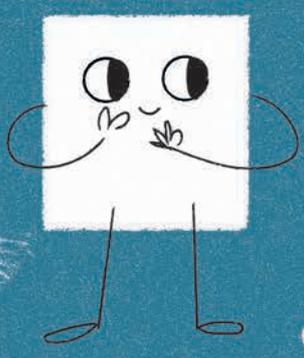
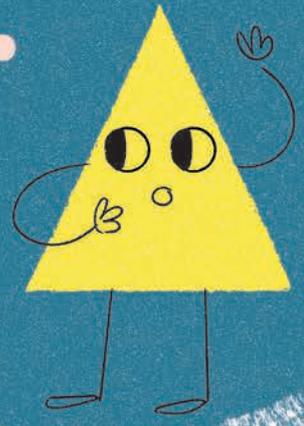
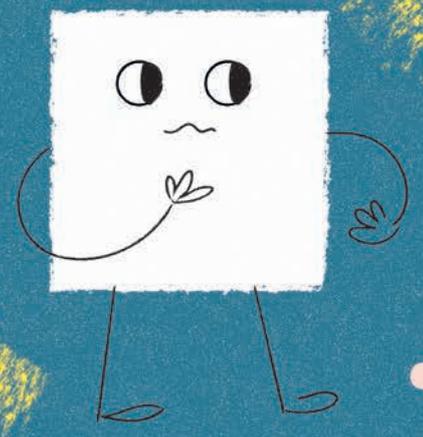
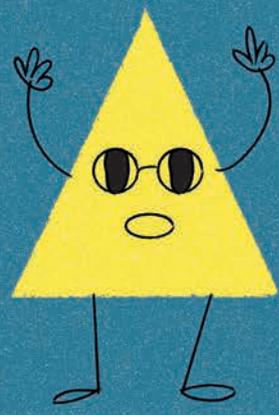


FITNESS TO STUDY

(A VERY HELPFUL
GUIDE)



You will probably be reading this because you have been asked to attend a Fitness to Study meeting. This guide is designed to talk you through what you could expect with Fitness to Study and the support that is out there. For the full policy of Fitness to Study refer to page 55 in the rules and regulations handbook.

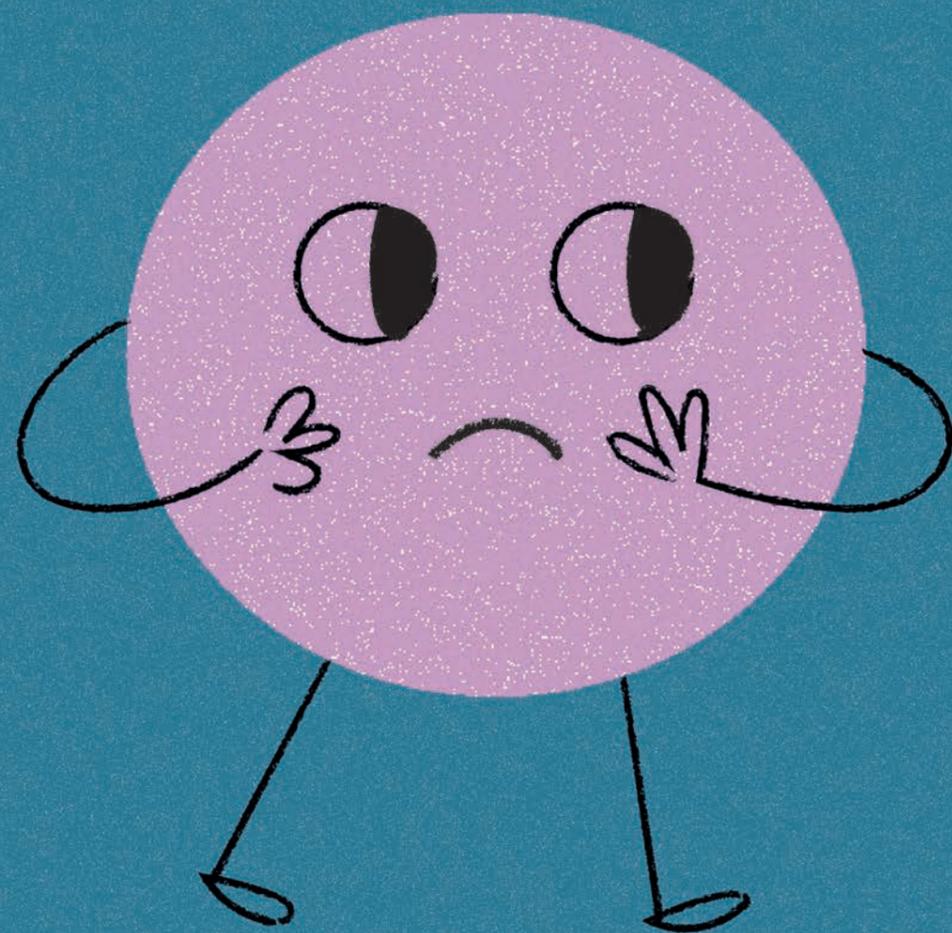
What you should always remember is that the SU can be there for you throughout the Fitness to Study process.

WHAT IS FITNESS TO STUDY?

Fitness to Study is when the Conservatoire believes there is a risk of harm to the health, safety or wellbeing of a student or other student(s) or where a student's behaviour is causing serious disruption to others.

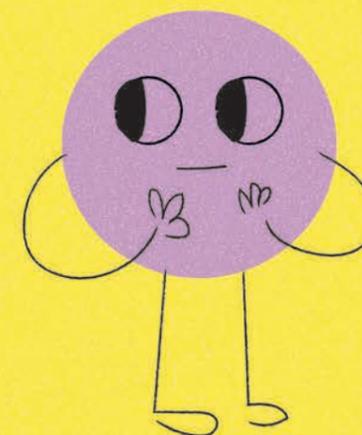
The idea behind Fitness to Study is for the Conservatoire to get to know the issue(s) better that are causing this concern so that they can make reasonable adjustments where possible and to ensure that you take responsibility for your own health and wellbeing.

In some circumstances the outcomes of Fitness to Study may result in suspension of study.



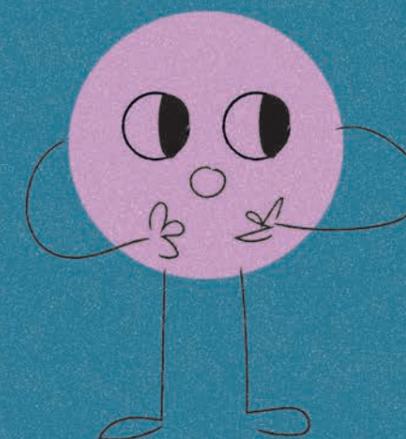
FITNESS TO STUDY HAS THREE STAGES THAT ARE BASED ON HOW CONCERNED THE CONSERVATOIRE IS:

1



**EMERGING AND/OR
INITIAL CONCERNS**

2



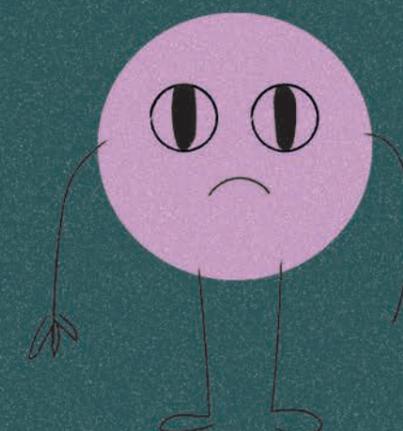
**CONTINUING AND/OR
SIGNIFICANT CONCERNS**

3

**PERSISTENT AND/
OR GRAVE
CONCERNS**

The Fitness to Study procedure can begin at any of these stages. If you are asked back to a meeting you can stay on the same stage or go up through the stages.

It's important to know that you are allowed to have a representative with you through all of this. This can be a friend, classmate or can be someone from the Students' Union like the President. In some circumstances you might want a legal representative or mental health worker along with you. It's easy to get in touch with the SU – just message su@rcs.ac.uk



WHY AM I ON FITNESS TO STUDY?



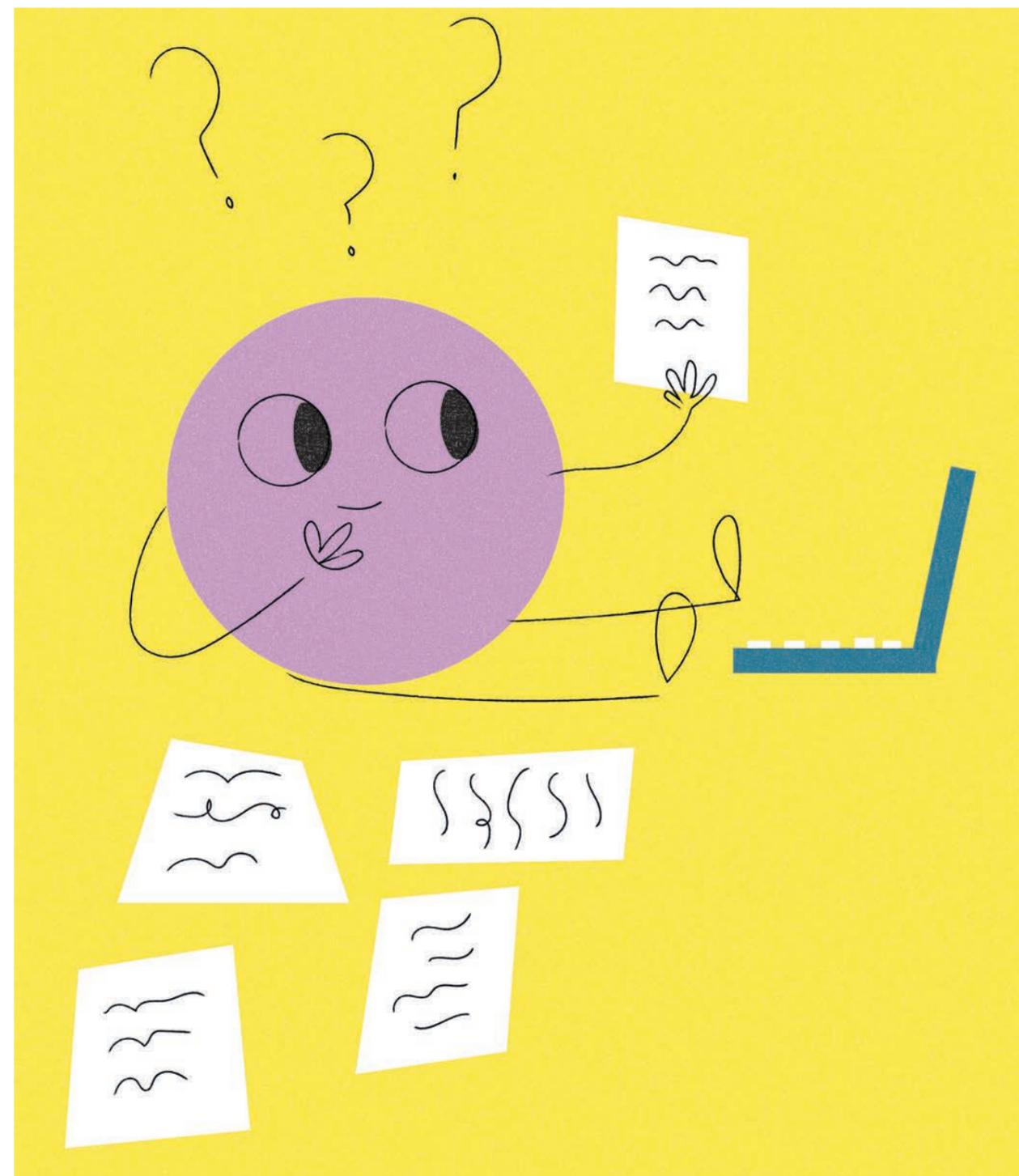
There are a number of reasons why you may have been asked to engage with Fitness to Study this can include:

- Consistent non-attendance or engagement
- Obvious signs of ill health e.g. dramatic weight loss or gain
- Obvious signs of substance or alcohol misuse
- Signs of or information about specific events e.g. self harm or suicidal thoughts

If you don't know why you've been asked into a Fitness to Study meeting:

- Consult the email you were sent inviting you to a meeting, this can provide some information about why you have been asked into a meeting
- send an email, either to the staff members who have called for the meeting or to Suzanne Daly the Academic Registrar who oversees the Fitness to Study procedure
- Get in touch with the Student Union, they can help you through this by getting the information for you and to bounce ideas off

HOW DO I PREPARE FOR A MEETING?



Sometimes it can feel like a daunting task. If you want to know more about the Fitness to Study meeting and you think you haven't been sent a relevant document send Suzanne Daly, the Academic Registrar, an email.

IF IT'S YOUR FIRST MEETING...

Have a look at the reasons why you're being asked to attend the meeting. It can be useful to do this with someone else like a friend or Student Union Officer. Ask these questions and get someone to write down your answers: what am I being called in for? Is there anything you disagree with? What support would you like from the Conservatoire? What are you doing to support your needs? Would pausing studies be good for you?

You're set! Go into the Fitness to Study meeting feeling prepared and ready to say what you need from the Conservatoire.

IF YOU'VE ALREADY ATTENDED A FITNESS TO STUDY MEETING...

If you have already attended a Fitness to Study Meeting you should have a look at your last Support Plan. It can be useful to go over this with someone else, either a friend or an officer in the Student Union. Ask questions such as "have you met the agreements in the Support Plan?" and "Has anything changed. Writing the answers to these down and bringing them with you to the meeting is a useful way to feel confident and prepared for the meeting ahead and any questions you may be asked.

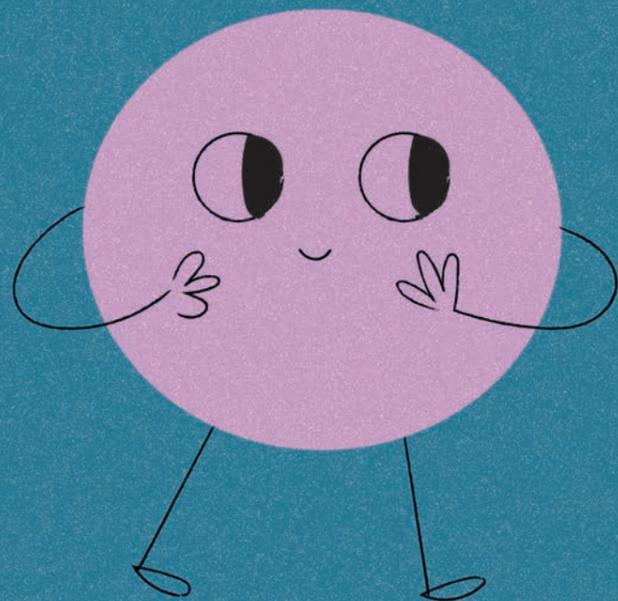
AFTER THE MEETING

There is one of three results that comes from a Fitness to Study Meeting:

1. NO LONGER CONCERN REGARDING YOUR FITNESS TO STUDY

2. A SUPPORT PLAN

3. A RECOMMENDATION FOR SUSPENSION OF STUDIES



THE SUPPORT PLAN

If following the meeting you are continuing on your studies and are remaining on Fitness to Study you will receive a support plan. After receiving that document it can be useful to arrange a meeting with a member of staff or the Student Union to have a check-in as to where the Student Action Points have got to, what else needs doing and if anything has changed. A draft version of the support plan can be seen at the back of this book!

SUSPENDING YOUR STUDIES



It can sometimes feel like a difficult decision to make, or one to hear, that you have had your studies suspended. Doing so allows you to pause in your studies and get yourself to the place where you can make the most out of studying at the Conservatoire.

In some circumstances you might want to appeal this decision. You have 14 days from the notification of suspension to launch an appeal.

APPEALS ARE ONLY CONSIDERED ON THE FOLLOWING GROUNDS:

- Fitness to study panel following a defective procedure or reached a wholly unreasonable decision.
- Exceptional personal circumstances that may warrant overturning of decision which were not reasonably possible to raise at the Fitness to Study panel meeting

If you are thinking of launching an appeal, you can talk to the AAS Office to find out more information

If you choose to suspend your studies or you have chosen not to appeal the decision there are a number of challenges that you may now have to think of, housing and finances amongst them. The SU can help you bounce ideas off and point you in the right direction. Support is also available from the Welfare and International area of the AAS office.

