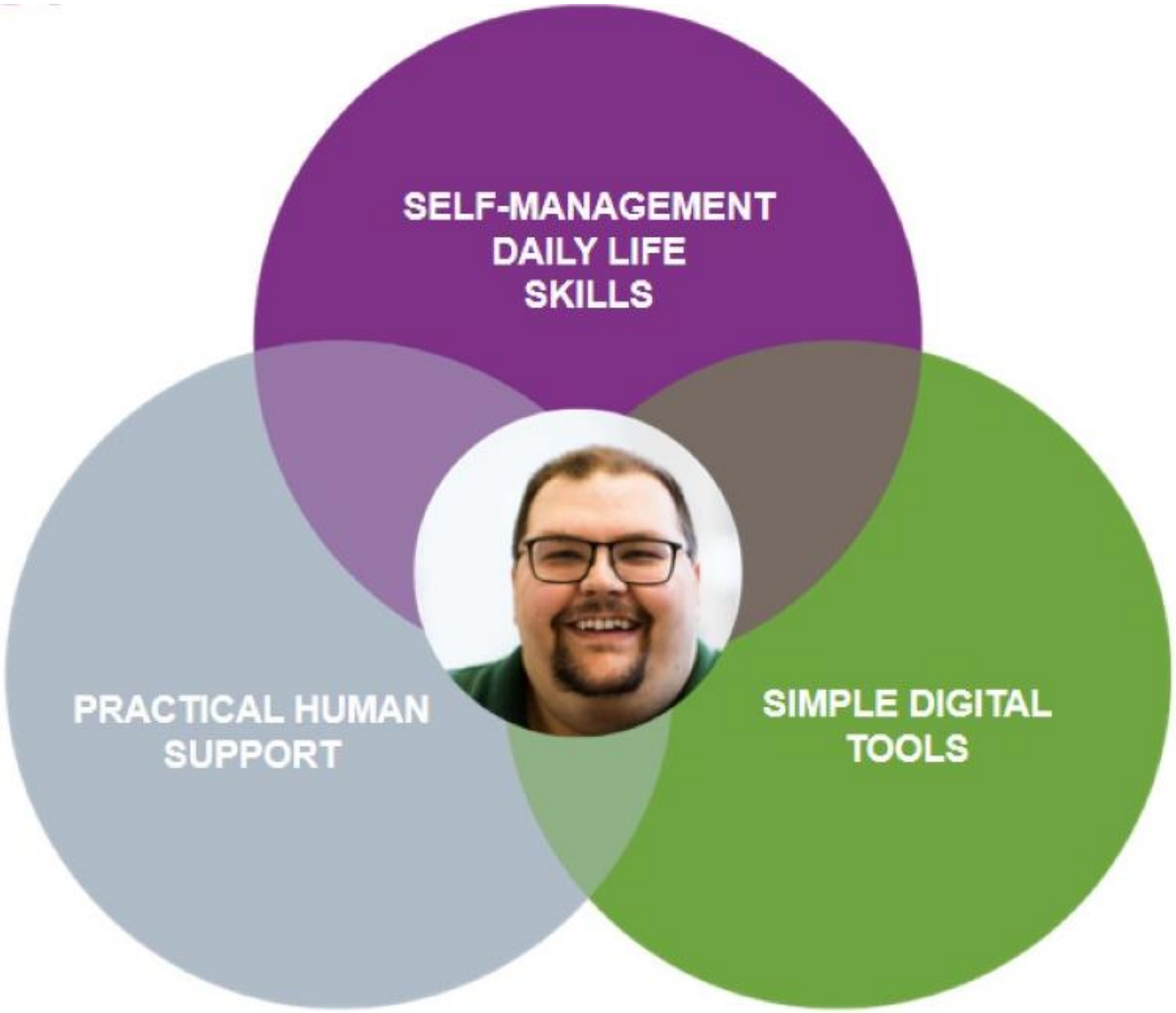
Helping People Succeed in Education

brainin hand

personal technology for independent living

A unique blend of self, human support and technology



DSA Evaluation

Disabled Students' Allowances

Objective:

To evaluate how Brain in Hand has supported students' overall wellbeing and show how students have overcome barriers at University and in their day-to-day life, whilst using Brain in Hand.

Areas of life where Brain in Hand has made an impact

There were many areas of life where BiH had made an impact, but there were 4 key areas where BiH made the most impact:

- **Managing daily routines**
- **Remembering things**
- **Organisation**
- **Managing anxiety**

Survey statistics

- **81%** of students said that they feel more confident managing their day-to-day activities (e.g., university or daily living.)
- **75%** of students felt more able to participate at university.
- **81%** of students felt more able to cope with day-to-day stressors.
- **75%** of students felt they have an improved quality of life.
- **88%** of students would recommend Brain in Hand to other students.

Student quotes from the DSA survey

"Brain in Hand has been a lifesaver for me in coping with the complex daily schedules at university and with giving me a support structure in the way of coping mechanisms for handling stressful busy lectures"

"I found starting university very difficult …. when I entered the building for the first time, I nearly had a panic attack so opened the app and looked at strategies for the situation. That helped me calm down… knowing it's there, is reassuring and having it set up for university this year made a big difference to my anxiety levels."

"When I have become overwhelmed before or during lessons, looking at the steps I've given myself to follow and the solutions to problems have been very comforting and grounding."

Key themes from user stories:

Increased ability to manage emotions and spot patterns in mood

Improved organisation and time keeping

Increased independence and confidence

Megan

Student, University of Worcester

"University used to take so much out of me that I wouldn't know how to plan the rest of my time… Now I'm ok because I have a consistent routine in… I'm not getting overwhelmed anymore or constricting myself… It's taken so much anxiety out and put enough structure in for that to happen. I haven't been late for anything in the past year since using Brain in Hand, I almost missed my first day of Uni when I didn't have Brain in Hand, which looking back at it I now can't believe that happened."

- An increased routine meant that Megan had decreased anxiety inside and outside of University.
- She went on to live in a "big city" abroad for a year with the support of Brain in Hand.
- She is now thinking about doing a Masters in Edinburgh, as she now feels she can cope.
- Megan said she would have quit halfway through the year if it wasn't for Brain in Hand.

Aaliya

Student, University of Derby

"I suffer with social anxiety… I had a lot of trouble just with the idea of going to University…the idea of strangers… being stuck in a lecture with 90 other students being asked to talk about ourselves… on top of that I had new things to remember… Just being organized and coping was hard"

- **One of Aaliya's goals was around confidence in social situations, she wanted to be a "social butterfly."**
- **She said she has achieved this goal: "100% achieved… If it wasn't for the app, I would have been a shell of the person I am now… my confidence was 0 and now its 110%… I feel a lot more confident; I can't shut up now! I can talk to anyone!"**
- **"Before if I knew something in a lecture, I wouldn't speak up…" but now Aaliya says she uses her solutions in BiH to speak up and is contributing to group work.**

“Brain in Hand has opened up a world of opportunity for me, which I didn’t even think was possible”

Megan, University of Worcester

“It’s been life changing I use it all the time and don’t know what I would do without it!”

Anonymised student

Download the app and try for yourself

Download Brain in Hand for free from the Apple App Store or Google Play Store onto your iOS or Android smartphone or tablet device.

- Username: **student@bih-demo**
- Password: **StudentDemo123**

Please do not share these sign in details as the account does not have full functionality.