

THEMATIC CODING ANALYSIS			
Codes	Extracts	Refined themes	Themes with subthemes
Support	<i>It's just how people accommodate you and how you feel supported, I guess (P2)</i>	Self-care	Theme1: Negotiating disability 1.1 Disclosure 1.2 Disability unit 1.3 Accessibility Theme2: Negotiating online learning 2.1Technology 2.2 Lecturers 2.3 Disability literacy Theme3: Amplifying self-care and nurturing. 3.1 Leisure activities 3.2 Nurturing relationships 3.3Diminished sports activities.
Lecturers, support, disability	<i>You have to be supported to be able to do well especially if you have a disability and not all lectures understand how to accommodate all disabilities(P1).</i>	Self-care-supportive relationships Lecturers-unsupportive relationship Disability literacy	
Lecturers	<i>if you're not supported academically, well, then obviously you feel some emotions and you'll feel like you can't do it, you're doubting yourself. So, I think emotional wellbeing is also important (P1).</i>	Lecturers-un/supportive relationship	
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Lecturers	<i>if you're not supported academically, well, then obviously you feel some emotions and you'll feel like you can't do it, you're doubting yourself. So, I</i>		Lecturers: Un/supportive relationship

	<i>think emotional wellbeing is also important (P1).</i>	
Support	<i>If I have the necessary support that I need to get through the day, then um...I guess that contributes positively to my wellbeing (P4).</i>	Self-care: Positive relationships
Support, disability unit. lecturers	<i>if you have support, for instance, from the disability unit and from the lecturers as well, it becomes easier to adapt and to study well (P3).</i>	Disability unit support; Lecturer support
Support from disability unit	<i>...where you can go and talk about your challenges or where you can go and seek help (P3).</i>	Disability unit: Support
Disability	<i>... another big thing is like umm, the kind of feeling able to express yourself in terms of your disability and not feeling like that like, like, that's um... a taboo thing to talk about, um...You know, look like your life experiences are still valid, because that's the only thing you know, and that's how you kind of, that's how you go through your life (P2).</i>	Disability literacy
Wellbeing	<i>, I guess some kind of social connections like, you know, being able to make friends or something. You know, not being alone, basically, I think that also contributes to wellbeing at university (P6).</i>	Self-care: Supportive relationships
Wellbeing	<i>...wellbeing basically for me, means how you feel compared to the rest of your community. So, yeah, being socially, emotionally, and um...in other ways, as well, like, basically how you feel, compared to your community (P5).</i>	Self-care: Supportive relationships
Financial resources	<i>if financially, you're not fine, and you do</i>	Self-care: Basic

	<i>not have the necessary financial resources, it is difficult to cope in such an environment. So, for instance, you do not have money, to have enough food or to have to come with lunch, such things needed to be impacted because it forces a student because I'm talking from experience, sometimes you'll have to attend classes without having enough food (P3).</i>	needs
Technology	<i>...as a blind student, like who uses, you know, speech software, it's easy for me to pay attention to two things from two different like, sides of my auditory field (P2).</i>	Technology: Advantages
Technology	<i>...if I'm sitting in a class, I can listen to a lecturer. And like, type on my laptop, and I don't necessarily have to have my speech going. But if I do need to have it going, I kind of pay attention to my speech with one ear and my lecture with my other ear. But now being online, I kind of have to pay attention to both from the same place. And for me, it's meant that I can't take notes as well as I could before (P2).</i>	Technology-Online, barriers
Social relationships	<i>...socially, I'm just not, anywhere right now. I don't feel like I'm getting any kind of social gratification. Umm, I don't know people, you know. And I feel like that's also hard. When you can't like, see someone on a group or like someone's WhatsApp status and just reach out to them (P2).</i>	Self-care-Online, isolation
Technology	<i>I, personally have a very low attention span. So going back and listening to a</i>	Technology Online, barrier

	<i>lecture I've really had to suffer and sit through, umm is not my idea of good time. It's the reason I didn't record my lectures to begin with (P2).</i>	
Technology	<i>...you are able to access your learning material on your laptop and you are able to listen to your lectures while doing whatever you want, you're doing. And you can listen, me just say that the lecture, the lecture, the lectures are all recorded. So, you can like, go back, if you didn't understand. Because of while we were on campus, we couldn't do that. So, I kind of enjoy the versatility of online (P5).</i>	Technology: Accessibility, online
Social Relationships	<i>...terrible because of, I cannot interact with other people and not collaborate with my classmates and so forth (P5).</i>	Self-care: Isolation
Disability, lecturer	<i>I've had to disclose my disability instead of someone just seeing that I'm disabled, which has often been really awkward. And if I haven't done it, and a lecturer has done it on my behalf, it's even worse (P2).</i>	Disclosure/ Lecturers
Lecturers	<i>...reaching out to lectures feels harder, for some reason (P2).</i>	Lecturers: Online, un/supportive
Technology	<i>...before sometimes like, there would be a meeting that would be somewhere that I don't really know the way to get to that area exactly. And, yeah, so I ended up not going. So now it's easy to just like, click on the zoom link, and then you didn't have to physically be able to</i>	Technology: Online, accessibility

	<i>get to that place (P6).</i>	
Social relationships	<i>I guess the downside, basically, is what other people have said, as well as not being able to interact with people as much as you normally would (P6).</i>	Self-care: Isolation
Social relationships	<i>if you didn't make friends before COVID. And you're as early into your university career as I am. You don't really have options right now. Getting to know people, like new people, especially right now is virtually impossible (P2).</i>	Self-care: Isolation
Technology	<i>I do like online learning. But I've also realized that it has got some form of an impact when it comes to mental wellbeing because, for instance, I'm unemployed, and even though I'm trying to get a job, it's very difficult (P3).</i>	Technology: Online, negative effect
Social relationships	<i>So, I'm also surrounded by, by people who are busy going to work, and I'm all by myself most of the time (P3).</i>	Self-care: Isolation
Technology	<i>...sometimes the Wi-Fi won't work. And then you can't access your classes quick enough and then you will come in late, and then you miss what they said, or something like that, or load shedding, you know, um... where your class is scheduled at a certain time. And then your load shedding is also scheduled at that time, I think that can also be an inconvenience (P6).</i>	Technology: online, negative
Disability/Lecturers	<i>if you're not physically in class, and you're not physically with your lecturer, you can't explain your disability as well</i>	Lecturers: Online, disability literacy

	<i>and express exactly what you need from them (P1)</i>	
Disability/Lecturers	<i>...they are not always uh informed well, or they don't have the knowledge, umm, how to assist your specific umm, disability. So, and then when you're doing it virtually, it's difficult to explain that to them (P1).</i>	Lecturers: Disability literacy
Social relationships	<i>Our sleeping patterns got messed up. And also, social life (P4).</i>	Self-care: Relationships
Technology	<i>We don't have to deal with people flooding the elevators, because that was a major thing (P4).</i>	Technology: Online, advantage
University infrastructure	<i>...you measure the time that you take to get to class, but then you have to wait a few minutes. Because these people don't need the lift, but they flood the lifts they block the corridors, and, and, and, and (P4).</i>	University: Accessibility
Self-care/leisure	<i>Being able to sleep until just before your class. That's also nice (P2)</i>	Self-care: Leisure activities
Technology	<i>...definitely just being able to, you know, join anything without actually having to travel there is definitely an upside (P6).</i>	Technology: Online, accessibility
Technology/University	<i>Because I am currently studying at Campus 2. And the disability unit is situated on Main Campus on Campus 1. So, whenever I had to write a test or an exam, I had to take the bus from Campus 2 to Campus 1. And then I would sometimes miss some of my classes because the bus schedule is different than my classes. So, I sometimes had to miss some of my classes so that I will be able to get onto</i>	University: Accessibility

	<i>the bus fast enough to get to Main Campus, write my test, and go back to Campus 2. So um, yeah, I think that is why online is better because everything is in one place. You don't have to rush and miss classes and stuff like that (P1).</i>	
Disability	<i>I was actually trying to get them to you know, build or whatever a new disability unit on Groenkloof campus so that you don't have to go from one campus to another because that was really inconvenient (P1).</i>	Disability unit: Accessibility
Disability	<i>...some of my friends who did study on Main Campus, their lecturers actually organized that they don't have to always write at the disability unit.</i>	Disability unit: Lecturers
Lecturers/Disability unit	<i>...lecturers, they just never understood, like, you know, how to accommodate me how to give me extra time, things like that. So, it was necessary for me to go to the disability unit (P1).</i>	Lecturers: Accommodations, un/supoortive
Disability/Lecturers	<i>...some of them didn't even know there was a disability unit, and they didn't even like know how to get my paper to the disability unit, like simple, easy stuff like that? They were not clued up at all (P1).</i>	Lecturers: Un/supportive, disability literacy
Disability	<i>...he also had a physical disability, and then Campus 2 doesn't really consist of a lot of lifts, or, like, they just have lots of stairs (P1).</i>	Disability literacy
Disability/Accommodati	<i>...it was difficult for him to access the</i>	Disability: University

ons	<i>stairs, obviously, with his physical disability, and there is not ramps for wheelchairs. So, yeah, they're not very accommodative for any type of disability actually (P1).</i>	infrastructure
Technology	<i>I have an entire extra being coming with me. And I didn't pack food for her, or I did pack food. But where am I going to feed her, or I know where to feed her, but where am I going to take her out if she needs to, you know, go outside like or, or are they going to let me in with her. It's, it's constantly thinking about this extra being that's with you. And so, being at home, it's a lot easier because I don't have that added responsibility (P2).</i>	Technology: Online, advantages
Lecturers	<i>...some are really nice, some just ignore you or refuse to help or don't really want you to take their subjects and try to convince you to drop it and others, more, you know, go above and beyond what they need to do, and go out of their way to help you. So, it's Yeah, it varies a lot (P6).</i>	Lecturers: Support
Disability	<i>...you can just like ask the person or do some research about it, umm, to better support the learner (P1).</i>	Disability: Literacy
Lecturers/disability	<i>...because I think most lectures won't know exactly how to approach it, and then they will announce the disability to the rest of the class. And I feel like that's unnecessary at times (P1).</i>	Disability: Disclosure

Lecturers	<i>... just have a one on one and also trying to get into contact with the disability unit, because they are there for a reason (P1).</i>	Lecturers: Disability unit
Lecturers	<i>, the lecturer can also get into contact with the disability unit, and talk to those people for also a better understanding (P1).</i>	Lecturers: Disability unit
Lecturers/Disability	<i>...the lecturer literally just like, announces to the whole class like, hey, look, here's P6, he's blind. What, what? (Everyone laughs) I think, I think the average person doesn't like being put on the spot like that, you know? (P6).</i>	Lecturers: Disclosure
Lecturers	<i>...some lecturers are blatantly ignoring, some don't even care (P5).</i>	Lecturers: Support
Lecturers	<i>... maybe a course or something, but something that will make them aware of what they are going to do, something that will make them aware of who they're going to interact with, or who they're going to lecture because this is not only lecturers, teachers in high school, they assume and they are ignorant like everyone in the education not everyone, but like most teachers, lecturers, they're just they don't know what to do when approaching someone with a disability (P5).</i>	Lecturers: Disability literacy
Lecturers	<i>I had lecturers last year, I have a lecturer this year, who are, who remains blissfully unaware, even after you approach them with solutions to academic issues (P2).</i>	Lecturers: un/supportive, disability literacy
Lecturers	<i>...it's really hard to get a lecturer to kind</i>	Lecturers:

	<i>of figure out, umm, like to figure out with a lecturer how to kind of accommodate you. And they always expect you to have the answers (P2).</i>	un/supportive, disability literacy
Lecturers	<i>...like I will do everything that I can before going to a lecture and saying that I'm struggling, because, at this point, I know that they're unlikely to listen to me unless I tell them what to do (P2).</i>	Lecturers: Un/supportive, disability literacy
Lecturers	<i>I wish that lecturers would be aware of, umm, what's the word, like, kind of like replacements, like replacements, accommodations, that kind of thing (P2).</i>	Lecturers: Disability literacy
Lecturers	<i>...it's completely different when I entered the humanities department, that's when I received a lot of support, social support, academic support (P3).</i>	Lecturers: Un/supportive
Lecturers	<i>They're not even understanding when it comes to, for instance, assistive devices (P3).</i>	Lecturers: Un/supportive, accommodations
Lecturers	<i>I actually went to the lecturer, and I said I missed this class because I had to take the bus to write my test for another module at the disability unit. And the lecturer didn't like, want to help me in that regard. She was just like; she didn't understand why I had to go to the disability unit (P1).</i>	Lecturers: Un/supportive, disability unit
Lecturers	<i>think it comes down to not all lecturers is sensitive to you know, the situations or they just don't understand (P1).</i>	Lecturers: Un/supportive, disability awareness/literacy
Self-care	<i>...I, um, I got the support from my</i>	Self-care: Supportive

	<i>teachers in the schools. I had like a lot of friends who understood me so I never felt, can I say, I always felt confident with my disability if I can say so (P1).</i>	relationships
Self-care	<i>... they just actually just get it from each other, because then I don't know, like you talk to other people, and they'll have similar issues or issues of their own. And I don't know, it kind of helps to know that. It's not just you (P6).</i>	Self-care: Pro-active, relationships
Self-care	<i>I think, any achievement or accomplishment is very important, because it will not only motivate you, but it will also inspire people around you (P1).</i>	Self-care: Pro-active
Self-care	<i>...having, you know, achieved things and accomplished things, gives me a sense of, like, I'm doing well, and I'm doing enough (P2).</i>	Self-care: Pro-active
University	<i>...if you can't see anything, you kind of just learn a route that you kind of memorize. And that's the way you know how to get somewhere. So then one day, they'll randomly just be a construction there. And would basically be impossible. And if you don't really know an alternative way to get there, then it's an issue. Also, sometimes they were not very good with their safety precautions. I mean, I've had where I like kind of fell into a hole where they would literally just like put a cone next to it. And obviously, I can't see the cone, so I just walked past it into the hole (P6).</i>	University: Infrastructure

University infrastructure	<i>...there's also a lift. So, people always use that just for some reason. So, it breaks very often. Um, I don't know why that particular lift breaks, but it just had a tendency of breaking. And when that happens, it's literally impossible for someone in a wheelchair to, you know, attend any of those classes (P6).</i>	University: Accessibility
Self-care	<i>I think, just to be organized, and, umm, you know, implement well, time management skills, umm, I think that is the most important for me is to, you know, organize my work and know when to do what so that I don't feel overwhelmed and stressed all the time (P1).</i>	Self-care: Pro-active
Self-care	<i>...then if I do need support from someone like a family member, or a friend, I will just tell them, Listen, this is what I need. This is the type of support that I need. And then yeah, then they will try to help me wherever they can. I think that for me personally is how I can contribute to my own wellbeing (P1).</i>	Self-care: Supportive relationship
Self-care	<i>And also creating time for myself, making sure that I do my schoolwork, but also take time to rest (P4).</i>	Self-care: Leisure
Self-care	<i>...if you speak up for yourself, if you do stand up for yourself, then you don't really get affected much (P3)</i>	Self-care: Being pro-active
Self-care	<i>...and taking, like, the initiative to kind of make that better for myself, because if I don't do it, no one's gonna do it for me (P2)</i>	Self-care: Being pro-active

Self-care	<i>Should actually try and fight for what you need and, you know, try to push for it and otherwise you, you might not really end up getting anywhere (P6).</i>	Self-care: Being pro-active
Self-care	<i>Sleeping is a hobby as a student (P6).</i>	Self-care: Hobbies, leisure
Self-care	<i>I am very musical. So, I last year, and this year was going to be a part of UP acapella (P2).</i>	Self-care: Hobbies, leisure
Self-care	<i>I do things with music for myself. I also read a lot. So, for me, it's kind of just like escaping from all the demands of my real life. And getting involved in something that actively makes me happy (P2).</i>	Self-care: Leisure activities
Self-care	<i>...like chill with your friends, or you know, go out to... to have a drink or go eat something, go do something just like to catch up (P6).</i>	Self-care: Leisure activities
Self-care	<i>Watch series (P4).</i>	Self-care: Leisure activities
Self-care	<i>if I'm not working then I'm just like watching series so I feel like that really helps me to um, relax and not to worry anymore about the work and I think socializing is also a very important one for me. I feel like going out to a restaurant have a nice meal. That is always very nice. And to celebrate, you know, if, if you, you know did well in something then I feel like you know, that's also like, the type of relaxation to go and celebrate and do something</i>	Self-care: Leisure activities

	<i>nice or shopping or whatever (P1).</i>	
Self-care	<i>I think everyone watches Netflix or YouTube or something (P6).</i>	Self-care: Leisure
Self-care	<i>...something that used to be a huge hobby was um, like acrobats or gymming or something like that. So um, yeah, that would also that also used to relieve stress and yeah, contribute to relaxation (P1).</i>	Self-care: Hobbies
Spirituality	<i>...if I'm not you know, spiritually, definitely, it's going to affect my overall wellbeing because I feel like all different parts of like, all the components of welding must be balanced in order for one to, to, to be well (P3).</i>	Spirituality
Disability	<i>...if they can provide some form of workshops that does lead to, to educate people that are not directly involved with a specific disability, such as lecturers in terms of what is it that they can do? What is the kind of support they can provide us to like to educate them about disability and how they can help us as well?(P3).</i>	Disability awareness/literacy, recommendation
Disability	<i>...trying a bit more to like, you know, include us in certain things (P6).</i>	Disability awareness/literacy, recommendation
Disability	<i>...consideration especially in policy making and then motivating the employees or like giving them some sort of like, a test or like a tutorial or like, give workshop on how to, especially lecturers on how to work with students having disabilities, and yeah,</i>	Disability awareness/literacy, recommendation

	<i>policy making as well as should be. People with disabilities should be incorporated in policies of the university (P5).</i>	
Technology	<i>...when they have, like physical things up that we can't really see or read. If they could just like put that online, like, literally just put it on our websites, then we would be able to read it (P6)</i>	Technology: recommendation
Lecturers	<i>...that communication is the key, you know, if you don't communicate, you won't understand the needs and how to accommodate those needs, um... (P3).</i>	Lecturers, recommendation
Lecturers	<i>...feel like that is also a great idea to um, implement workshops to educate lecturers more on how to accommodate students with disabilities, but I think it can also be helpful to other students as well. So that the students in the class understand the disabled students as well. So, I think it's not just lecturers, I think some students also don't understand the needs of their classmates (P3).</i>	Lecturers: accommodations, recommendation
Disability /Lecturers	<i>...lecturers should know that the disability unit is just a student thing. Like, it's not just up to us to take advantage of the, like, um advantages that the disability unit gives us, but it's also up to them to communicate with the unit to see how they can help. And for lectures to assume that it's all on us because, you know, it's, it's an "us" problem not a "them" problem, quote, unquote, you know, I feel like it's almost irresponsible. And it makes them look</i>	Disability unit, helpful, recommendation

	<i>worse, honestly. But yeah, I just think the saying yeah, it shouldn't be seen as optional for them (P2).</i>	
Disability	<i>I'm fairly sure I wouldn't have been able to, to do my degree without their help (P6).</i>	Disability unit
Disability	<i>I also find the disability unit to be very helpful. Especially according to my needs, um. I feel like they have been very accommodative (P6).</i>	Disability unit, helpful
Disability	<i>I'd say helpful, but definitely understaffed (P2).</i>	Disability unit, negative
Disability	<i>...they are sometimes a bit overworked, in, in certain situations, like when you know, for example, during exams, or like, if there are a lot of tests going on (P6).</i>	Disability unit. negative
Technology	<i>...that they have braille printer if you do need that, although we don't use that very often actually. But it is there and they have you know, computers they have screen readers and magnifying software and they have yeah, what do you call those magnifying things that you'd put a paper under it (P6).</i>	Technology: Assistive devices, accommodations
Technology	<i>...it changes the font and you can also change the colour of the background so if you're like light sensitive or something, so yeah, They do have actually a lot of assistive devices (P1).</i>	Technology-Assistive devices
Disabilities	<i>...to be more flexible when it comes to students with disabilities, because they have all these policies in place (P4).</i>	Disability literacy: recommendation

Sports	<i>..., the only reason I think I don't actively participate in, like sports, and or go to like, the TUK's gym, or like anything like that, is like accessibility is just like, a straightforward issue all the time. There aren't many sports that are made accessible, especially for visually impaired people (P2).</i>	Self-care: Sports accessibility
Sports	<i>...just an ongoing issue, or like, going to the gym on my own is hard (P2).</i>	Self-care: Sports
Sports	<i>.... But I mean, if you really think about it, what actual sports are there that we can we actually do (P6).</i>	Self-care: Sports activities
Sports	<i>..., it doesn't even necessarily mean that they're not accommodating you just that, just by the nature of like how the sport works. We can't really do that in, you know, compete on with people who can see (p6).</i>	Self-care: Sport activities
Wellbeing/disability	<i>...but my wellbeing isn't less important just because I'm a minority. Like it isn't. Yeah, it shouldn't be acknowledged less because there are less of us (P2).</i>	Disability awareness/literacy, awareness-recommendation
	<i>...if you ask for something, and then they're like. Well, you know, basically what she said like, you know, we're a minority, I can't like, you know, do that just for us (P6).</i>	
Disabilities	<i>...accommodating persons with disabilities should not be a speciality. So, it shouldn't just be with disability units that are supposed to be that. But the fact that the university deals with people, they should expect all kinds of</i>	Disability awareness/literacy-recommendation

	<i>people there and they should be ready to accommodate them (P3).</i>	
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