

## **What is Quiet Hour?**

Quiet Hour is a designated hour for a low-sensory environment. We will run a trial during the upcoming O Week and Week 1. If successful, we will continue offering Quiet Hour in semester 2.

### **Trial Period and Schedule**

- O Week: Tuesday, 16 July, 10:30am-11:30am
- Week 1: Tuesday, 23 July, 10:30am-11:30am

Location: CECC Student Services Front Counter, Level 2, CSIT Building 108, North Road

## **Why are we introducing Quiet Hour?**

We recognise that some students find typical sensory stimuli overwhelming, which prevents them from seeking support and accessing services. Quiet Hour has been proven to significantly reduce stress and anxiety for these individuals, encouraging their participation by providing a low-sensory environment. This initiative is an important step in our commitment to increasing accessibility for a broader range of students.

## **How can you contribute?**

If you do not find the usual environment overwhelming, you can greatly assist students in need by organising your visits to CECC Student Services outside of Quiet Hour.

Otherwise, during Quiet Hour, we appreciate you

- Keeping your voice down.
- Putting your phone on silent.
- Avoiding using noisy equipment such as printers.
- Avoiding frequent movements.

## **What else can you contribute to a more inclusive and accessible community?**

Spread the word to help raise awareness. Share information about Quiet Hour and its benefits with your peers. Encourage others to participate in creating a n accommodating environment by respecting Quiet Hour guidelines. Your advocacy will be much appreciated.

If you have any suggestions, please let us know by filling out the [anonymous feedback form](#) or emailing [studentadmin.cecc@anu.edu.au](mailto:studentadmin.cecc@anu.edu.au).