DYSLEXIC STUDENT SUPPORT

Here are some suggestions to help you succeed at your course work. These have been suggested by people who have been through the process you are going through now. If you have other ideas we would love to hear them.

Managing Uni

Firstly remember you are an incredible and creative person so find different ways to support your ways of learning. This contains some ideas to help

- Using colour or other techniques can help to define information.

If you are feeling overwhelmed talk to your tutor or lecturer to get some help.

- Tell them what you are struggling with and why then *be honest about what you need*

- Do you need extra time? to talk? or something else? You are the expert about what you need your tutor can't guess.

Give yourself time

- Take a couple of minutes and a few deep breaths when you get to class to help to adjust to the people and the new subject.

Sometimes a good way to handle stress is to plan.

- find ways to de-stress, do something physical e.g. walk, cooking or making something. This is not wasted time.

- Help yourself by planning early. Set assignment dates 1 week ahead.

There is also often *support available* through the University counseling services and Disability support.

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WAYS TO DO READING:

- Text-to-speech software— both free and fee which will read the text.

- choose one that can make MP3's so you can record to your phone and listen on Bus/ walking etc...

- Possible programmes VoiceOver for **OS X** , Jaws for Windows and **IVONA.** There are also others available just search under text-to-speech. Find the right sound for you.

ivona
Text to Speech
An Amazon Company

JAWS

- If you prefer to read yourself one solution to help with tracking the sentence is Beeline Reader

B http://www.beelinereader.com/

TAKING NOTES IN CLASS:

N OneNote

Digital note taking: Onenote

https://www.youtube.com/watch?v=cOeOqR2KvCs

Physical note taking techniques:
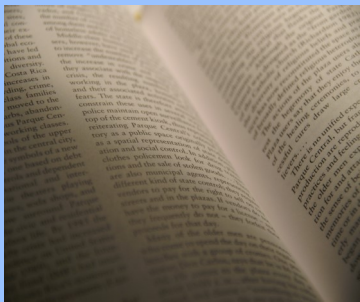
- https://www.youtube.com/watch?v=1RSpzczrejQ

- https://www.youtube.com/watch?v=FG6nAQIb1YM

Ask and record lecture

••**Remember** that your notes in class are just the first step, you will need to look at them again just as everyone else needs to do.... but often forget to do.

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TAKING NOTES FROM A TEXTBOOK OR LITERATURE

1. Use text-to-speech software* – begin by listening through –make a brief note about anything important.
2. Listen again with the text book open and pause when you come across some-thing that is relevant.
3. Pencil mark the important part and draw/write why it is important.
4. Put into your essay plan.

* most scanners now have software to Read text from books and printed material if you can't access digital copies of readings.

PLANNING ASSIGNMENTS.

- Highlight each part of the question in a different colour.
- Use the *Possibilities Planner*.
- Colour code the planner to match the ones you used for the question.
- Think about the structure. Most Universities have websites with information about how to write essay's find your Universities.
- Use mind mapping or plan out ideas with images and words

https://www.mindjet.com/en-mind-mapping-6/

SOLUTIONS TO HELP WITH WRITING.

- Speech-to-text software. Here are a few to look at but there are others al-ways coming onto the market.

Speechtexter

https://www.speechtexter.com/

Dragon Naturally Speaking

https://www.nuance.com/dragon.html

Go transcribe

https://go-transcribe.com/

- Choose to write in a font which is easier to read. This is written in Dyslexie font some people find it easier.
- Scrivener can help with formatting your ideas.
https://www.literatureandlatte.com/scrivener.php

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Reviewing your writing.

- Use your Student Learning Centre.

- *BeeLine* can help you read and the colour differences can help as they show where sentences begin and end which can help you find out if they are too long or contain too much information.

- Use grammar checkers but be careful as they are not always correct.

- Read your work out loud or ask someone else to read it to you. This helps all students.

- Get someone you trust to read your work.

- Use text-to-speech to listen to your writing to find any flow problems.

- Go back to the question and make sure you have answered all parts of the question.
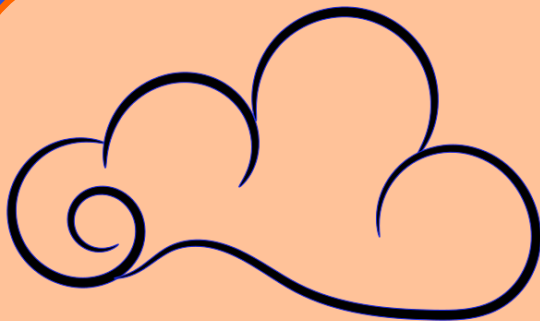
THINK CLOUD!!

- protect your work.

- Make sure you use a cloud to back up your work. Computers can crash, back-up sticks get lost. You work hard so keep your work safe!

Dropbox

Google Drive

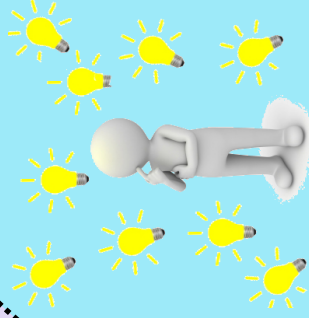**iCloud**

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The Dyslexic collective is a group of 4 adults (with dyslexia) and an anthropologist who create material supporting dyslexic ways of Being.

Contact Person:
Ruth Gibbons
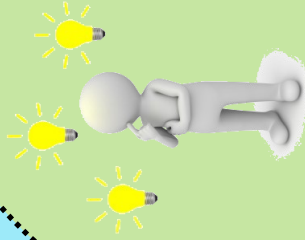Email: thedyslexiccollective@gmail.com

Possibilities planner

Assignment Question

What immediately springs to mind is......

And then there is all of this.......

Other completely unrealated things you've thought of.........

Once you have all of your possible ideas look for the ones that you feel you know the most about and highlight them in one colour and then the ones you think are next and then the last ones. Then choose what is relevant to the question and either rewrite or show your planner to you tutor to ask if you are on the right track. Then get an essay planner and work out what each paragraph will cover. Images from freedigital.net created by Stuart Miles