

COPING STRATEGIES FOR DYSLEXICS

ADULT LEARNING TECHNIQUES

LEARNING STYLES

Understanding your own particular learning style can help you develop the right strategy for learning.

Give some consideration as to which of these three learning styles you prefer to use. Often a combination can provide the ultimate solution.

Do you take in and retain more information if it is presented to you as an image or picture?

VISUAL

Use graphics to reinforce learning
Colour code notes
Use flow charts
Use a highlighter pen

Do you take in and retain more information if you hear it?

AUDITORY

Use Tapes and play the information in the car etc
Enter into discussion groups
Summarize work on tape – read aloud
Read aloud, using dramatic emphasis!

Do you take in and retain more information if you become involved in the activity?

TACTUAL/KINAESTHETIC

Role play
Trace letters and words
Use a computer
Repetition of facts whilst out walking etc

“Why,” said the Dodo, “the best way to explain is to do it!”

Lewis Carroll

Aids to Learning

- Use Action Plans – set yourself realistic and achievable goals and targets. Set your own deadlines: you then only cheat yourself if you fail to meet them: remember learning timetables should be flexible.
- Take small steps and do not be afraid to ask questions.

- Take regular breaks.
- Be positive about what you are doing. Repeat positive thoughts and praises, keep affirming your ability and potential.
- Break up very large tasks into smaller chunks that are more manageable.
- Draw a Learning Map: An example is [here](#) (spldmap.ppt).
- Use **colour coding** filing systems.
- Learn to write in ***Italics*** – and read each new letter aloud.
- Wear your watch on your RIGHT wrist or ring on your RIGHT hand.

“Whether you think you can – or whether you think you can’t – you are probably right!”
Henry Ford

A more detailed look at Learning Styles and techniques can be found [here](#).

Time Management Tips



- Always allow a little extra time for whatever task you are undertaking.
- Draw up a plan with achievable goals.
- Carry a notebook and make notes of tasks.
- Learn to prioritise tasks.
- **Colour code** your diary or calendar: grouping events into social: work etc.
- Keep a To Do list.
- Always give yourself time to have a break.
- A 25 minute period of exercise a day can increase productivity.
- Try to keep neat and tidy and not to hoard irrelevant material.
- Be Flexible.

More detailed Time Management Information can be found at the following site: www.rctm.com

You can find a page on the Internet where Dyslexics talk about their own strategies: www.dyslexic-adults.com.