



NEURODIVERSITY

It takes all kinds of different minds

Dyslexia | **ADHD** | **Dyspraxia** | **Autism**

At Bramcote we celebrate and embrace the intelligence and ability of individuals with Neurodiversity including Dyspraxia, Dyslexia, ADHD, Autism, Dyscalculia and learning needs.

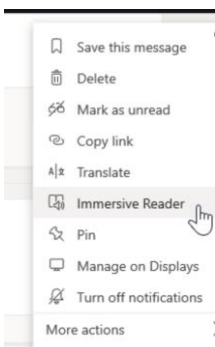


As we all learn and process information differently therefore it's important to know what works for you. Here are some top tips:

1. Know your personal learning style?

Individual learning style
Visual – seeing
Auditory – hearing/listening
Kinaesthetic – doing

Knowing the type of learner you are allows you to adapt how you learn i.e. if you're an auditory (verbal) learner it might help to discuss your work with a friend/ family member or listen to recordings of notes.



'Text-to-speech software' - can help you here. Immersive reader on Teams is free and will help - ask if you would like more info on this.

You can find out more about your preferred learning style here - <https://vark-learn.com/the-vark-questionnaire/>

2. Organisation:

Notice when you work best ... this could save you hours of wasted effort.



Tasks to do when alert	Tasks to do when less alert
Reading, searching databases, taking notes from reading	Shopping, organising notes, finding books, eating, going for a walk, reviewing last week's notes, starting a reference list

3. Decide on what do when:

4. Consider how long can you work effectively for?

20 MINUTES

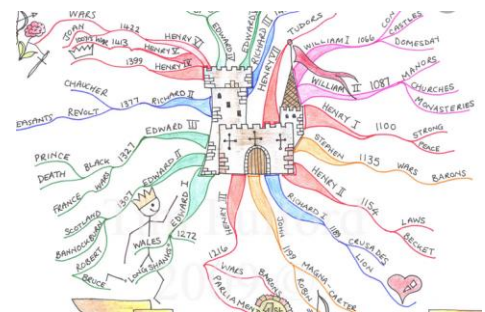


How long is it before you get distracted when working? 10 minutes? 20 minutes? Less? More? This will, of course, depend on the activity you are doing. Set yourself time limits for learning- make sure you include exercise within your day.

5. Play around with different the information into you head

strategies for getting

1. Write a list of things to do
2. Use mind maps
3. Build in breaks - make sure you move/ exercise where you can
4. Try to process a little information at a time and go over again and again - drip feed.
5. Use different strategies to help remember key information such as Rhymes, Acrostics (an abbreviation e.g. LOL, Pictures, Mnemonics (learning method)
e.g. 'My Very Easy Method Just Speeds Up Naming Planets'



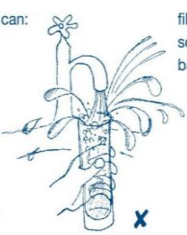
Drip-feed knowledge a LITTLE at a time and do this OFTEN!

Think of this like filling a glass. We can either:

slowly fill the glass by dripping water in



Or we can:



fill it too fast and find some of it splashing back out again

6. Ask for support from school - we are here for you to guide you through this challenging time. Ask for a 1:1 tutorial from one of our team by email and we can help create a personal plan.

Thanks, Mrs Kirby

For any further help you email: mary.kirby@whptrust.org