

Dyslexia, Dyspraxia and ADHD

A handbook for students



	Opening Hours	Location	Telephone and Email
Disability and Dyslexia Service (DDS)	9am - 4.30pm Mon to Fri (6.30pm on Tues)	Rm BANN315 Bannerman Centre	01895 265213 disability@brunel.ac.uk
The Academic Skills Service (ASK)	See website for details	Ground floor of the Library	01895 266147 ask@brunel.ac.uk
Advice and Representation Centre (ARC)	See website for details	Union of Brunel Students, Hamilton Centre	01895 269169 advice@brunel.ac.uk
Assistive Technology Centre (ATC)	9am - 10.30pm Mon to Fri 12-5pm Sat 12-7pm Sun	Rm BANN313 Bannerman Centre	01895 266348 assistive-technology@brunel.ac.uk
West London Assessment Centre (WLAC)	9am - 4.30pm Mon to Fri	Rm BANN313 Bannerman Centre	01895 266704 assessmentcentre@brunel.ac.uk

Contents

What is dyslexia?.....	4
What is dyspraxia?	5
What is ADHD?	6
What now?.....	7
What support can I get?	10
Support on placement	11
What is a Disabled Students' Allowance?	12
What is a Study Needs Assessment?	13
Flowchart of Support / DSA Process.....	Back Page

What is dyslexia?

There is nothing 'wrong' with a dyslexic brain – it simply learns and thinks in a different way.



Benjamin Zephaniah -

Professor of Poetry and Creative Writing, Brunel University London, also happens to be dyslexic.

Dyslexia is a specific learning difficulty (SpLD). It means, literally, a 'difficulty with words'. This may include speaking and listening as well as reading, writing and spelling. Dyslexic people also have difficulties with short-term memory and often with organisation.

At university, this may affect:

- taking notes
- planning and writing essays
- reading long academic texts
- organising time and paperwork.

However, dyslexic people are often strong visual learners. They have many strengths, are often creative and are good at coming up with ideas no-one else has thought of.

What is dyspraxia?

Dyspraxia is a specific learning difficulty (SpLD). It means, literally, a 'difficulty with movement'. Dyspraxic children will have difficulties with sports, balance and coordination.

At university, dyspraxic students may have difficulty with:

- organisation
- time management
- multi-tasking
- absorbing information from text
- creating structure in writing
- handwriting.

However, dyspraxic people can be very good at repetitive tasks and attention to detail.



Other specific learning difficulties (SpLDs) include dyscalculia (numbers), autism (social skills) and dysgraphia (handwriting).

Specific learning difficulties often overlap.

For instance, many students with dyspraxia or AD(H)D also have dyslexic tendencies.

What now?

Having a specific learning difficulty may make university seem like a challenge.

However, there is a lot of support available. Students can also develop their own ways of doing things.

Take a look at some of the ideas on the next page for inspiration.





Colour code your timetable so you can see at a glance what subjects you have each day.



Use your creative mind to the maximum. Use colour and pictures to identify key points. Separate sections of information into different subject areas.

**Try s
th**

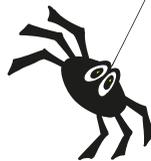


Use highlighters, coloured stickers, paper, dividers and page markers etc. when reading.

Use mind maps and spider diagrams to set out your work. They can be used for planning essays, summarising notes, seeing where your work fits into the module as a whole, and for revision.



Make a wall chart to show assignment deadlines. Then you can plan specific times to work on tasks.



Make good use of extended library loans. The Disability Service can arrange these for you.



Save lecture notes on your iPod so you can listen to them whenever you want.

some of these...



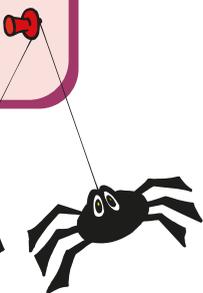
Remember to date all of your written notes and add the module title and lecturer.



Try to be organised. Use labelled and colour coded box and lever arch files and filing trays. Sort your notes and handouts into subject areas and modules.



Have different files and shelf/table areas for different subjects so you can find all you need easily.



What support can I get?



- networked PCs, printing, photocopying and scanning facilities
- a range of equipment to loan to students.

In the ATC, help is at hand if you want to learn more about the different types of assistive technology - you can either drop in to try things out, or make an appointment.

Assistive Technology

The Assistive Technology Centre (ATC) provides a range of equipment that can make studying easier for people with specific learning difficulties (SpLDs).

Equipment:

- mind-mapping software
- text to speech software
- voice recognition software
- portable note-taking devices
- recorders to record lectures

Exam Arrangements

If you are recommended support for exams you will need to contact the Disability and Dyslexia Service (DDS).

Support may include:

- extra time and/or rest breaks
- exam support worker (usually a scribe or reader)
- use of a computer
- use of an individual room.

It is strongly recommended that you contact your Department one month before your exams to check arrangements are in place.



Support on Placement

Help is also available on placement. You can discuss what support you may need, as well as whether you wish to disclose your SpLD or not.

This is up to you but do remember that if people don't know, they can't support you.

We can advise on when and how to 'disclose'. We can also help you describe your SpLD in a positive way, focusing on your strengths, experience and skills.

Some possible adjustments for placement might include:

- pre-placement visits
- use of assistive technology
- guidance on managing your workload
- spoken as well as written instructions
- templates for report writing
- extra time to read case notes or reports
- a 'proof-reader' for checking important documents
- guidance on managing your time or workload.



What is a Disabled Students' Allowance?



What is it?

Disabled students at university can apply to their funding body (usually Student Finance England or the NHS) for the Disabled Students' Allowance (DSA). This will pay for any extra costs that result from being a disabled student at university.

DSAs are available to all disabled students who are eligible for student finance - they aren't means-tested, they aren't loans and do not need to be paid back.

Who can apply?

Students who receive DSA include those with specific learning difficulties such as dyslexia, dyspraxia and ADHD.

How do I apply?

- Complete a DSA application form and send it to your funding body
- Send a copy of evidence that you are a disabled student with your application
- Once approved for DSA, book a Study Needs Assessment to agree what support you may need.

When can I apply?

You can apply for a DSA when you apply through UCAS or any time during your course.

What is a A Study Needs Assessment?

Once your DSA has been approved, you'll be asked to have a Study Needs Assessment. This is your chance to say what you find difficult at university and what support may help, so it's a good idea to think about this before you go.

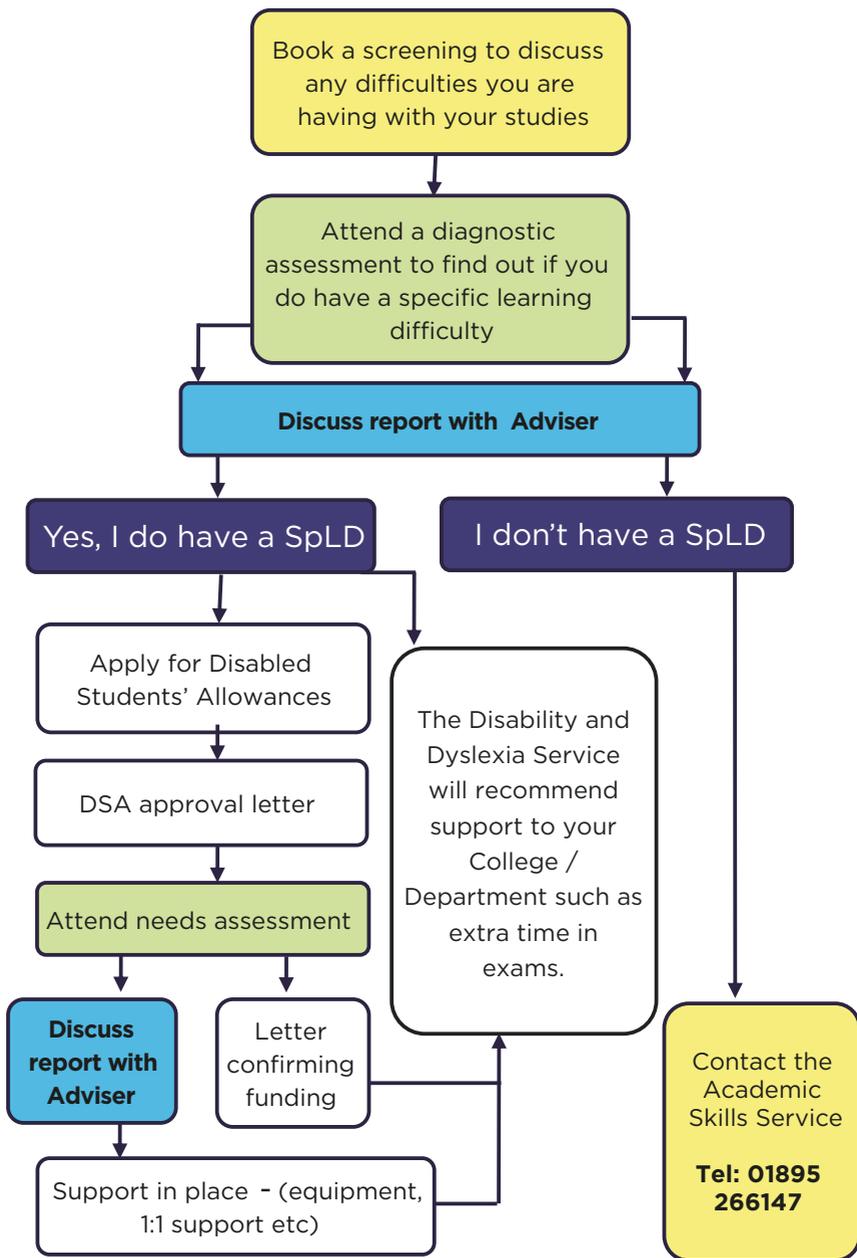
The needs assessment takes about two hours, and is carried out at an approved assessment centre, such as The West London Assessment Centre at Brunel University. The needs assessment is not an assessment of your disability or specific learning difficulty, or your academic ability.

After the assessment, the assessor will write a report listing the support and equipment you need. This report will be produced within 10 working days. This is sent to the funding body, with your approval, who'll then write to you to say what they've agreed to pay for.



West London Assessment Centre (WLAC)

Opening Times	9am - 4.30pm Mon to Fri
Telephone	01895 266704
Room	BANN313, Bannerman Centre
Email	assessmentcentre@brunel.ac.uk



Disability and Dyslexia Service

Tel: 01895 265213 | Email: disability@brunel.ac.uk
 Web: www.brunel.ac.uk/disability

Opening hours: Monday-Friday 9am to 4.30pm (Tuesday 9am to 6.30pm)
 Drop-ins: Monday-Friday 2-3pm