

## Dyslexia Facts and Tips

**Definition:** Dyslexia is a learning disorder that involves difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words (decoding). Also called reading disability, dyslexia affects areas of the brain that process language. Dyslexia affects about 20% of the population.

### What might your symptoms of dyslexia be?

- You may have difficulty reading, perhaps especially reading aloud
- You may have problems spelling
- You may avoid activities that involve reading
- You may have trouble sounding out the pronunciation of an unfamiliar word
- You may spend an unusually long time completing tasks that involve reading or writing
- You may frequently have to re-read sentences in order to comprehend
- You may get tired or become bored quickly while reading
- You may have difficulty summarizing
- You may have trouble learning a foreign language
- You may have difficulty memorizing
- You may have problems remembering the sequence of things
- You may have difficulty with tests
- You may have difficulty remembering verbal instructions or directions
- You may understand higher math, but can't show it on paper
- You may rely on tricks for remembering math facts
- You may rely on calculators or finger counting
- You may have difficulty with directions and/or reading map

### How to help yourself succeed in college:

- Find a quiet area for activities like reading and studying
- Use books on tape
- Read books with large print and big spaces between lines
- Use a phonetic dictionary to sound out words
- Sit in front of the classroom—close to the instructor—and away from distractions
- When you get an assignment, break it into small pieces. Develop an outline of what needs to be accomplished to avoid becoming overwhelmed
- See if your instructor will provide a copy of lecture notes (you may have an accommodation for this)
- If you are borrowing notes, rewrite them or type them as a memorization strategy
- See if your instructor will allow the use of a laptop or other computer for in-class essays (you may have an accommodation for this)
- Set small goals and reward yourself when you complete them
- Keep an agenda/planner and check it off as you finish to visualize your progress
- Meet regularly with the instructor for office hours

### Technology (sometimes available through DSP):

- Text-to-speech tools: Kurzweil
- Recording device: Sonocent or Smartpen