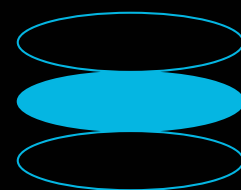


A-LEVEL STUDY GUIDE FOR DYSLEXIC STUDENTS

Hints and tips to help



Understanding Dyslexia

Dyslexia is a learning difference that primarily affects reading and writing skills. It's important to remember that dyslexia does **not** affect intelligence. Common challenges include:

- Difficulty with phonological awareness (recognising and manipulating sounds in words)
- Slow reading speed and accuracy
- Spelling difficulties
- Challenges with working memory and organisation

While reading may come naturally for some, it's actually a highly complex process for the brain.

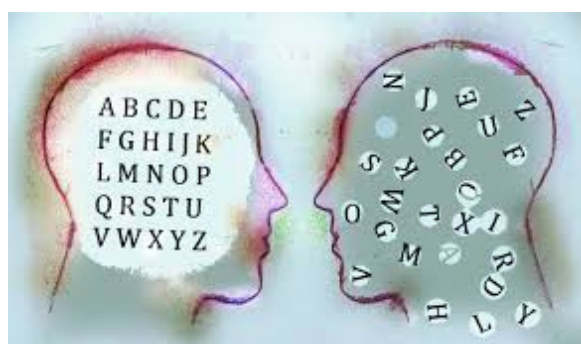
First, the brain connects a letter to a sound, then it puts these sounds in order, the sounds are then put into words, the words into paragraphs, and the paragraphs into information or a story.

For adults and young people with dyslexia, the brain has trouble matching letters to sounds and then putting those sounds in the correct order to form words.

When the first step is a challenge, the following steps are even more challenging.

Dyslexia may interfere with the way a person reads, the way they write, understanding what they read, and may even affect verbal speech by making it difficult to find the words they wish to use by memory, or feeling like they have words stuck "on the tip of their tongue".

Everyone experiences dyslexia differently. Understanding your specific strengths and weaknesses is crucial for developing effective study strategies. These need to be communicated as best you can to tutors, teachers and the Sixth Form Learning Mentor if needed.



Common Dyslexia Misconceptions

There are a few misconceptions that surround dyslexia.

The most common is that those with it tend to read or write letters or words backward. While some children with dyslexia may do this as a symptom, it's not always a sign of the disorder.

It's also often believed that young people with dyslexia can simply "overcome" the disability by trying harder to read. It's important to understand that dyslexia is a neurodevelopmental issue within the brain, that the brain is wired differently, and therefore requires a different approach to overcome challenges.

DYSLEXIA MYTHS VS. FACTS	
LET'S SHED LIGHT ON THE TRUTH ABOUT DYSLEXIA. KNOWLEDGE IS POWER!	
<p>✗ MYTH: DYSLEXICS WILL NEVER BE GOOD READERS.</p> <p>✓ Truth: Many people with dyslexia go on to be confident and proficient readers. Early detection and structured literacy interventions are critical.</p>	<p>✗ MYTH: DYSLEXIA ISN'T REAL.</p> <p>✓ Truth: Symptoms of dyslexia were first recorded 120 years ago. The past 3 decades of research and leading organizations confirm dyslexia is real.</p>
<p>✗ MYTH: INTELLIGENT PEOPLE ARE NOT DYSLEXIC.</p> <p>✓ Truth: Dyslexia can occur in people of all abilities. In fact, many dyslexics have a high IQ.</p>	<p>✗ MYTH: DYSLEXICS SEE LETTERS BACKWARDS.</p> <p>✓ Truth: Dyslexia is a language-based learning disability, not a visual processing issue.</p>
<p>✗ MYTH: DYSLEXIA IS A MEDICAL DIAGNOSIS.</p> <p>✓ Truth: Dyslexia is a learning disability, not a disease. It can be diagnosed by an expert with a language-processing evaluation.</p>	<p>✗ MYTH: KIDS WITH GOOD GRADES AREN'T DYSLEXIC.</p> <p>✓ Truth: Grades often reflect a kid's work ethic, creativity, strengths, & coping strategies that can mask or balance out their struggles.</p>
<p>✗ MYTH: KIDS WILL GROW OUT OF READING PROBLEMS.</p> <p>✓ Truth: The wait-and-see approach consistently fails kids. They need early assessment, intervention, and explicit instruction!</p>	<p>✗ MYTH: ALL STRUGGLING READERS HAVE DYSLEXIA.</p> <p>✓ Truth: Kids may struggle for other reasons, like limited exposure, chronic absenteeism, or cognitive and developmental delays.</p>

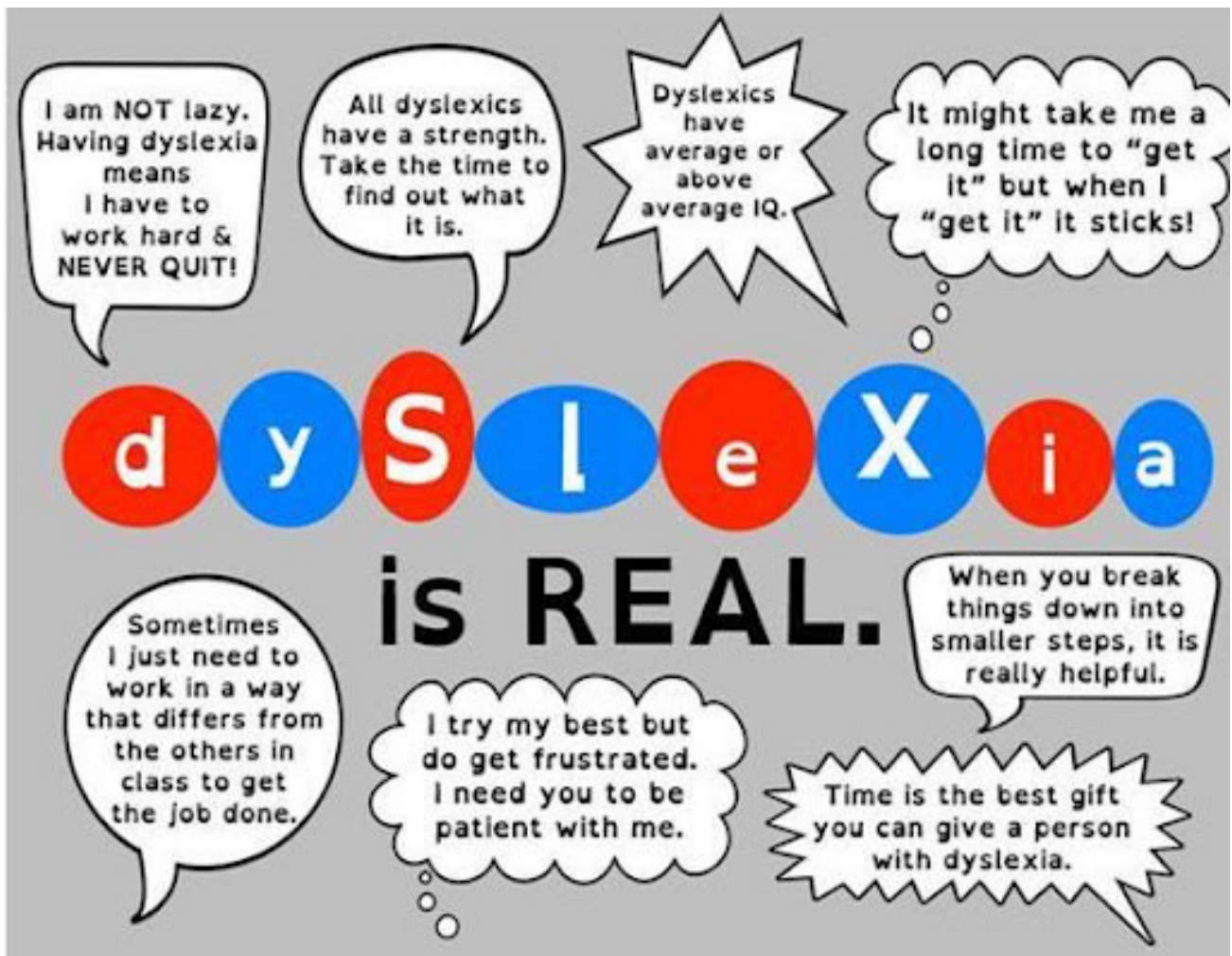
©LITERACY LEARN READING SERVICES
Online Dyslexia Therapy

Practical Study Tips

- **Break Down Tasks:** Divide large assignments into smaller, manageable steps.
- **Multi-Sensory Learning:** Use visual aids, auditory recordings, and hands-on activities.
- **Active Recall:** Test yourself frequently on key concepts.
- **Time Management:** Allocate specific time slots for different subjects.
- **Prepare ahead of the lesson:** Check Google Classroom ahead of the lesson so you can read the material before hand.
- **Use a filter/overlay:** If it helps you use a filter/overlay on your laptop or text books when reading.

Effective study isn't about cramming information. Instead, try breaking your studies into smaller chunks, and reward yourself. Use tools such as flashcards to reiterate information until it is memorised. **Use visuals** – Using visuals can be extremely helpful for adults with dyslexia. Rather than creating a list using words, small drawings or pictures can communicate effectively without any necessary reading. Many with dyslexia are visual learners, and having visual cues or notes using pictures can help with speed of understanding and memory. Finally, ensure you are in a quiet environment free of distraction to help reduce cognitive load. You have several areas in Bishop Luffa Sixth Form:

- Sixth Form Library
- Study Hub within the Sixth Form
- Study Nook within the Sixth Form

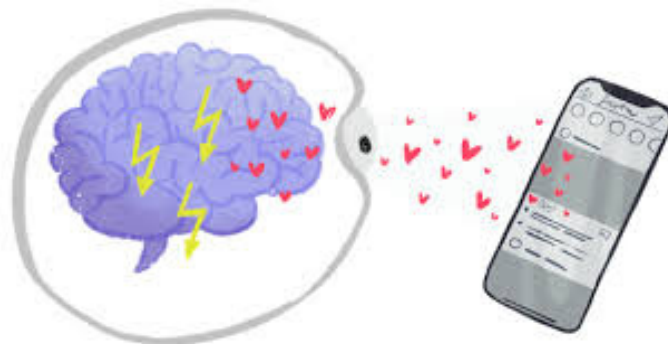


Using Assistive Technology

Assistive technology can significantly improve your learning experience. Here are some helpful tools that you may want to consider and discuss with your tutor and subject teacher:

- **Text-to-Speech (TTS):** Software that reads text aloud. Great for reading comprehension and editing.
- **Speech-to-Text (STT):** Software that converts spoken words into written text. Useful for note-taking and writing assignments.
- **Mind Mapping Software:** Helps visualise and organise ideas. Examples include MindManager and XMind.
- **Grammar and Spelling Checkers:** Tools like Grammarly can assist with writing accuracy in lessons but remember these can't be used in formal assessments and exams.
- **Using a laptop:** This may not speed you up as much as you like especially if you find the arrangement of the letters and trying to remember how to spell something difficult.

Use the technology but don't get distracted by it!



Organising Notes

- **Colour-Coding:** Use different colours for different topics or themes.
 - **Mind Maps:** Create visual representations of key concepts and their relationships.
 - **Summaries:** Condense notes into concise summaries after each lecture or reading.
 - **Digital Notes:** Organise notes using folders and tags for easy retrieval.
- Effective note-taking and recall is a key part of studying effectively and you need to consider the structure of your notes and how this will assist you when you need to review this information at a later date. Ensure you use a logical layout that you can easily navigate, which will help to build your comprehension. You may find some fonts and some colours are more difficult for those with dyslexia, while others can make reading easier. If you are having trouble reading on a computer or device, changing the font and colour of the text can make a world of difference. Communicate this need to teachers and check out the Sixth Form Study Skills booklet for additional techniques that may work for you.



Managing Workload

Effective workload management is essential for A-Levels. Consider these tips:

- **Prioritise Tasks:** Identify the most important assignments and focus on those first.
- **Create a Realistic Schedule:** Allocate sufficient time for each subject and activity.
- **Take Regular Breaks:** Avoid burnout by taking short breaks throughout the day.
- **Use a Planner or Calendar:** Keep track of deadlines and appointments.

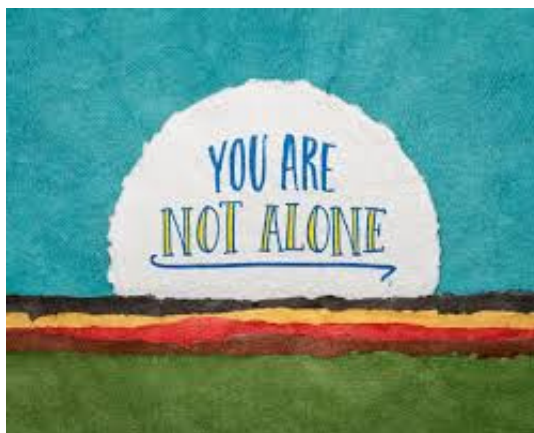


Seeking Support

Don't hesitate to ask for help. Support resources include:

- **Teachers and Tutors:** Seek clarification on confusing topics and request extra help.

- **Learning Support Staff:** Your school or college likely has dedicated staff to support students with dyslexia.
- **Dyslexia Associations:** Organisations like the British Dyslexia Association offer resources and advice.
- **Friends and Family:** Talk to supportive friends and family members about your challenges.



Strategies for Reading

- **Use a Ruler or Tracker:** Helps maintain focus and prevent skipping lines.
- **Read Aloud:** Improves comprehension and reinforces learning.
- **Use a Coloured Overlay:** If you've been tested and found that a green overlay works for you - use it!
- **Summarise Paragraphs:** After reading each paragraph, summarise the main points.
- **Use Text-to-Speech:** Listen to the text while reading along.

Strategies for Writing

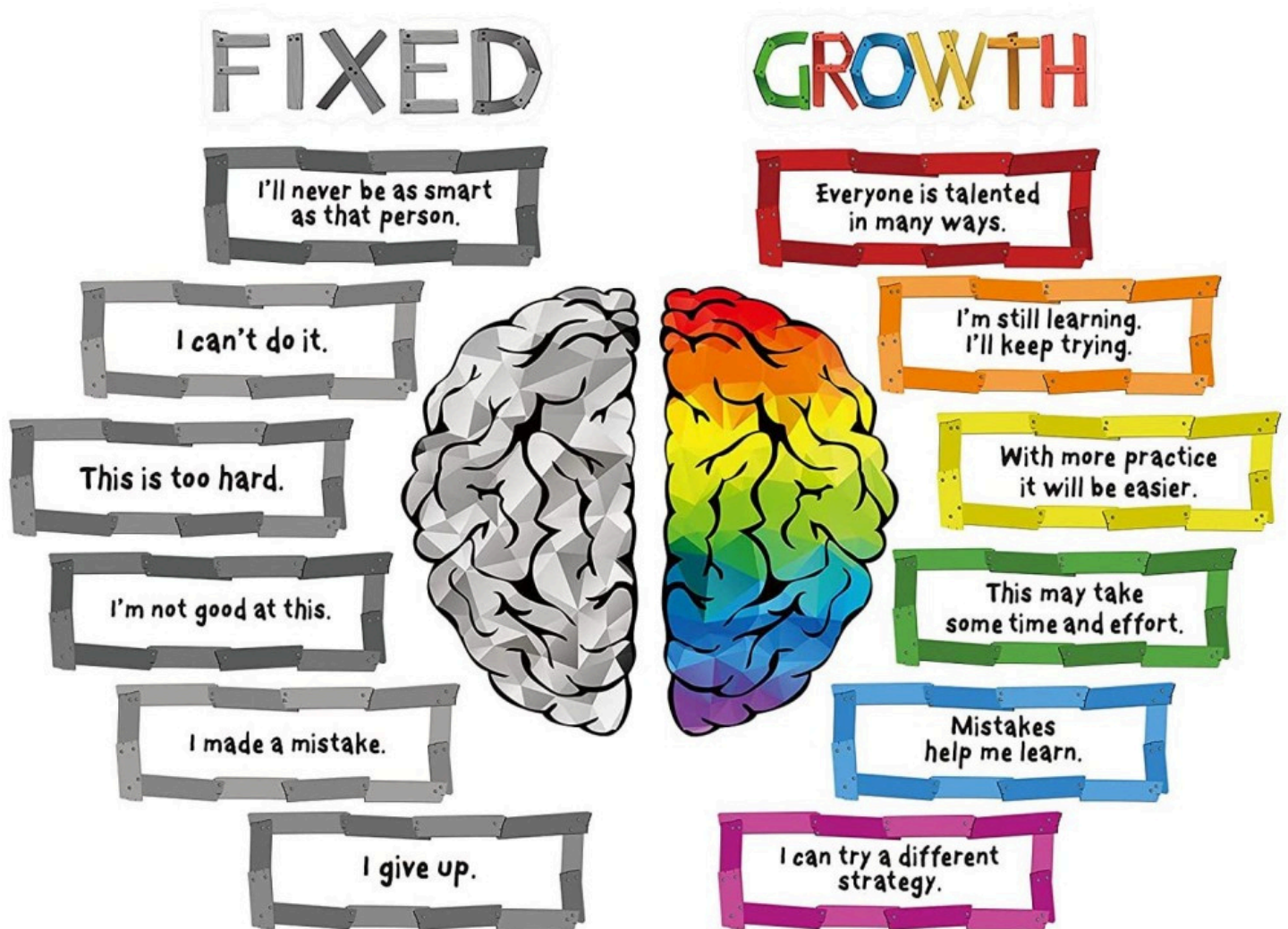
- **Brainstorm Ideas:** Generate ideas before starting to write.
- **Outline Essays:** Create a structured outline to guide your writing.
- **Use Speech-to-Text:** Dictate your thoughts and then edit the text.
- **Proofread Carefully:** Use grammar and spelling checkers, and ask someone to review your work.

Key Takeaways

This guide provides a range of strategies and resources to help dyslexic students succeed in their A-Level studies. Remember to:

- Understand your individual learning style.
- Utilise assistive technology.
- Manage your workload effectively.
- Seek support when needed.

With the right tools and strategies, you can overcome challenges and achieve your academic goals! There's no denying that you will come up against challenges but you have to communicate this and develop strategies to get around and through the challenge - develop that growth mindset don't give up on the first hurdle.



Moving Forward

Remember this is only a guide to start from. If you are dyslexic and think that something needs amending or that we can add something useful then please let the Sixth Form Learning Mentor know - we're always happy to listen and learn.

Please note that all information in this guide is gathered from across the WWW and various organisations and is by no means the only information out there but you will find more information on Google. Please do your own research and use this document as a platform to get you started.