

## Maths

- \* Remember times tables and formulas by singing them, or learning them in a fun way.
- \* Use a times table chart.

## Getting organised

- \* Pack your bag the night before.
- \* Colour code your subject folders.
- \* Keep a few copies of your timetable ... and give one to your parents!
- \* Set up reminders on your planner, your calendar, or on your mobile phone.
- \* Don't be afraid to ask for help.

## Will being dyslexic stop me getting on?

Dyslexia should not stop you from getting on at school and in life. You should follow your strengths. You may find it harder to read, write and spell and you may have to work harder to succeed, but it can be done with proper help and support.

Some dyslexic pupils need a bit of help when they sit their exams. Some get extra time, some type their answers, while others have someone to read the questions and write down their answers.

If you think you might need help when you take your exams, why not discuss this with your parents and with one of your teachers.

Many dyslexic people go on to college or university, and you can get help with your studies there too.

*If you think you might be dyslexic, or if you have any problems with your school work, why not talk to one of your teachers?*

# Dyslexia: Information for pupils



## What is dyslexia?

'Dyslexid' is a word used to explain the problems some people have in learning to read, spell and write accurately.

## What some others say

'Dyslexia does not actually mean that there is anything wrong with you - you just learn differently. It can make things like reading, writing, spelling, remembering and organising yourself a bit tricky.' John, S1

'I know it in my head but I can't get it down on paper.' Rachel, S2

'I heard about dyslexia in P3. My teacher told me I might have it. Then she said it was a problem with reading and writing. I am the worst reader in the class. I am second best at maths though.' Steven, P4

Everyone is different. Some people have mild problems and just need a bit of extra support. Some have more severe problems and need a lot of extra support. Or it could be anything in between.

Dyslexia can occur in people of all levels of ability. It can make life a bit inconvenient - but you will learn ways of dealing with it.

You are not alone. There are likely to be two or three other people in your class who are also dyslexic. What's important is that you understand how you learn best and that you get the help you need.

*If you have ideas about what might work for you, please speak to your teachers about your ideas.*

## Some tips to help you in school

### Reading

- \* Use a reading ruler or a post-it note to keep your place.
- \* Use a highlighter on key words, or to mark the main points. If it is a textbook use a post-it note.
- \* Listen to books on CD or on your MP3 player, or have your computer scan them and read them to you.
- \* This website has a collection of books which are read out to you while you follow the text: [www.listening-books.org.uk](http://www.listening-books.org.uk)

### Writing

- \* Use mind maps to help you plan.
- \* Try telling a story in pictures first, then words.
- \* Use Co:Writer - it will give you words you could use and read them back to you.

### Handwriting

- \* Practise keyboard skills so you can do most of your work on computer.
- \* Try joined up handwriting - it helps you to recognise the right shape of the word.
- \* Use lined paper.

### Spelling

- \* Practise spelling in a fun way - on the computer use different fonts, sizes and colours.
- \* For tricky words, say them the way they look (MOTHer, WED-NES-DAY).
- \* Practise using spellcheckers - hand held ones, and on your computer.