If you recognise yourself in the following descriptions come and talk to one of our dyslexia tutors. They can help you work out the best way to study and, incidentally, point out the ‘coping strategies’ you may already have.

If you have dyslexia we may be able to help you access extra time in examinations, and funding for specialist software.

Dyslexia is:
- a Specific Learning Difficulty (SpLD). SpLDs affect the way information is learned and processed.
- commonly associated with difficulties in reading and spelling, but can also affect writing, organisation, attention and memory, pronunciation and word retrieval, sequencing, processing speeds, and directional and time perception.
- a preference for certain ways of processing information.
- different for everyone. No two individuals present with the same difficulties.

Dyslexia is not:
- a general learning difficulty; instead problems are specific to those areas where difficulties occur.
- associated with intelligence - either lower or higher; being dyslexic is part of the normal range of human diversity.

Positive aspects of dyslexia
Although information on dyslexia often focuses on difficulties with reading and spelling, there are associated strengths. These include:
- Seeing the whole picture (holistic thinking)
- Divergent or lateral thinking
- Pictorial or visual thinking
- 3 dimensional thinking
- Problem solving and making unexpected connections

Academic courses are often organised such that students with dyslexia may find difficulties related to:
- Short term memory
- Linear thinking
- Speed of information processing
- Emphasis on the printed word

Consequently, at university, dyslexia can create difficulties with:

Reading
- speed
- comprehension - having to read and re-read
- memory - forgetting what has been read
- visual stress - words or lines can be read twice or missed out, or it may be hard to focus on the page

Writing
- speed - which can impact on finishing exams
- listening and taking notes in lectures
- essay writing -everything from translating thoughts into words, structuring and organising ideas on paper, and repeating ideas
- not using a preferred word because you are unsure of the spelling

Other aspects
- underestimating the amount of time it takes to do a task - particularly written work
- personal organisation and timekeeping - arriving late for lectures or appointments
- explaining/debating/arguing/presenting complex points without time to prepare

Contact us: Telephone 0115 823 2070 (option 3) to make an appointment or call into one of the Student Services Centres.
For further information:

http://www.nottingham.ac.uk/dyslexia/module/whatis/howdostu421/
- short video in which students explain how they discovered their dyslexia.

http://www.nottingham.ac.uk/studentservices/supportforyourstudies/academicsupport/studyresources/index.aspx
- our own website for study support resources covering all aspects of academia

- the British Dyslexia Association website contains a variety of information on dyslexia

http://www.youtube.com/watch?v=IEpBujdee8M
- youtube video cartoon of a child in school on “What’s it like being dyslexic?”.

www.brainhe.com
- resource and support website for students and staff in Higher Education.
- contains information covering all forms of neurodiversity.
- has information on learning strategies, print and online resources, and software, including downloads and screen readers.

www.dyslexic.com
- online shop showcasing software (assistive technology) and consumables designed to support learning with dyslexia.