If you recognise yourself in the following descriptions come and talk to one of our 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 dyscalculia it may be a reasonable adjustment to allow extra time in examinations, and funding for specialist software.

Dyspraxia is:
- a Specific Learning Difficulty (SpLD), affecting the way information is learned and processed.
- commonly associated with difficulties in coordination.
  - Do you often bump into things or trip over your own feet?
  - Do you feel clumsy?
  - Do you find it difficult to read your own handwriting?
  - Do find riding a bicycle challenging?
- also associated with problems with organisation, sequencing, sense of time and direction, memory, spatial perception, decision-making and prioritisation, concentration, speech and daily living difficulties.
  - Do you find it hard to decide what to do and how to do it?
- different for everyone, thus no two individuals will experience the same difficulties.

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

Positive aspects of dyspraxia
- Creativity
- Strategic thinking
- Determination
- Problem solving

Academic courses are often organised such that students with dyspraxia may find difficulties related to:
- personal organisation
- memory and attention span
- written expression
- practical work

Consequently, at university, dyspraxia can create difficulties with:

Practical and spatial things
- bumping into things and spilling things in labs etc.
- using a keyboard and mouse
- managing multiple deadlines
- general untidiness and keeping notes in order
- contributing in seminars - speaking indistinctly/interrupting

Written work
- slow and illegible handwriting e.g. poor note taking
- erratic spelling or punctuation
- confused sentence structure and overall structure
- being concise and prioritising e.g. exceeding word counts

Reading
- mispronouncing new words
- tracking problems
- reading too widely and creating too big a picture

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

www.dyspraxiafoundation.org.uk
the Dyspraxia Foundation website contains a variety of information on dyspraxia including information aimed at adults, downloads and films.

http://www.youtube.com/watch?v=ssfbXEc3tKc and
http://www.youtube.com/watch?v=pxquOYgPRBM
two short videos looking at the possible impact of dyspraxia.

http://www.youtube.com/watch?v=Jx112AAn4XQ
longer video ‘Living with dyspraxia’ showing an interview with a university student talking about her experiences of being dyspraxic.

www.danda.org.uk
provides information on dyspraxia and support groups and courses.

http://www.dystalk.com/topics/2-dyspraxia
some useful videos by leading researchers; aimed mainly at children although some tools and resources are available.

http://www.brainhe.com
resources and support for students and staff in Higher Education. Information on learning strategies and software, including downloads.

http://www.dyspraxiauk.com/
information about dyspraxia, assessments with useful resources.

http://www.dyspraxicadults.org.uk/
forum for posting questions which is up to date.

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

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