

DDS Autism Induction Event: Specialist Study Skills Support

Specialist Study Skills Support Sessions: Introduction

- https://www.qmul.ac.uk/disability-and-dyslexia-service/dyslexia/specialistsupport/
- Private, 1:1, personalised support sessions for students with Specific Learning Differences (SpLDs) including dyslexia, dyspraxia and ADHD, and those with Autism Spectrum Conditions
- Making you a more independent learner by helping you to develop skills to work more efficiently and effectively
- By identifying your <u>strengths</u>, learning styles and personal preferences to build and review / evaluate a 'toolkit' of appropriate strategies
- This could be in-house (QMUL staff) or external, depending on funding etc, but the offer is <u>quaranteed</u> for anyone in this room



Specialist Study Skills Support Sessions: Topics

- Areas that could be covered (negotiated with the student):
 - Reading strategies for comprehension, retention and fluency
 - Note-taking methods
 - Structuring assignments and/or presentations
 - Improving research techniques
 - Time management and organisational strategies
 - Attention and concentration techniques
 - Examination and revision strategies
 - Memory techniques



Specialist Study Skills Support Sessions: Assistive Technology

- Demonstrations / guided practice of Assistive Technology (software packages) to support your learning, many of which are free or accessible via QMUL computers (e.g. in the library), such as:
 - Text-to-speech (also text-to-mp3)
 - Speech-to-Text / dictation
 - Mind mapping
 - Screen tinters and reading rulers (to minimise visual stress)
 - Creating alternative formats using https://www.sensusaccess.com/
- Further info on various programs: https://qmulcase714579245.wordpress.com/



Study skills vs. Mentoring

reading building confidence time management research skills general organisation building self-esteem notetaking ensuring a study-life balance exam/revision techniques maintaining a study routine Mentoring building resilience Study skills developing an awareness of effective planning and structuring writing learning strategies spelling, punctuation and support with selfgrammar skills management and self-care concentration issues proofreading motivation coping with anxiety and stress presentation skills procrastination



Any questions?





Thank you

