

STRATEGIES/ACCOMMODATIONS USED BY ADULTS WITH LEARNING DISABILITIES

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Using accommodations like **extra time on tests** and **tests read orally** helped me succeed in college. Accommodations are like a ramp for a wheelchair since both of them just help a person reach a goal. The test is still the test, and the knowledge is still the knowledge, but accommodations provide a different way to gain access to it.

Doug-Entrepreneur and Chief Executive

I was able to graduate from college because I used **recorded books** and a **word processor with a spell-check** and an **electric talking dictionary**. Since I tend to confuse number sequences, it also helped me to use a **talking calculator**.

Jack-Scientist and Author of Wildlife Guides

My grades improved in college when I started using accommodations such as a **keyboard for in-class work** and **extra time on tests**. At the Resource Center they taught me **mnemonic devices** and **study strategies to help me memorize** information.

Blake-Doctor

I use a **text-to-speech device**. (Intel Reader) It takes a picture of the text and then it turns it into speech. I can adjust the speed on this device. The words can be read to me ten times faster than a book on tape. Now I can keep up with all the reading assignments.

Ben-Law School Student

In college I used **speech-to-text software** (Dragon Naturally Speaking) so I could dictate my thoughts into the computer and the program would translate it into printed text. After it was in print then I would work on editing and revising the text.

Sam-Screenwriter

It is important to **set realistic and achievable goals** for the future in areas of challenge and in areas of strength.

Ted-Civil Rights Advocate

I was playing basketball in the NBA when I decided to get a **tutor to teach me how to improve my reading and writing skills**. It is never too late.

Vince-Professional Basketball Coach

The **Resource Center** at college helped me keep organized. They provided **tutors** who helped me **break large assignments into smaller tasks**. They gave me **access to outlines in advance** and **notes from the lectures**.

Kristin—Small Business Owner

I know that it might take me **extra time to finish my work**. Sometimes I stay late or work on weekends so that I can finish by the deadline. I actually work better when it is **quiet** in the office and there are **fewer distractions**.

Since spelling is difficult for me, I always ask a paralegal to **proofread** my briefs so there aren't any errors.

John-Lawyer

I make sure to **plan ahead**. Every Sunday I check my **paper/electronic calendar** to see the deadlines or meetings for the upcoming week. Each night I always **plan** what I will wear the next day and put everything that I will need to take with me in a special **storage bin** by the door to the garage.

Kathy-Teacher

Each day I **make a list of goals** for myself. I list the things that I HAVE TO DO, HOPE TO DO, and WOULD LIKE TO GET DONE. Throughout the day I cross off the things that I have accomplished.

I also use the same strategy as I look at my mail. I open the envelope and decide if I should ANSWER IT IMMEDIATELY, FILE IT, or THROW IT AWAY.

David-Computer Engineer

It is important to **know your strengths and challenges**. When I took a new job as a school principal, I told them that spelling and writing were a challenge for me. I asked for a secretary with good spelling/writing skills so she could help me **proofread and edit**. I **tell people that I have learning disabilities** and they have always been willing to help.

Sharyl-Executive Director at a Private School

I decided that I could not “get out of dyslexia” so I better “get into it”. I learned all about dyslexia. Now I **understand and accept my special needs and abilities**. There are many amazing people who are dyslexic and we all have great things to offer.

Andrew-Environmental Scientist

When I am in a lecture it helps me to use my Livescribe Smartpen. It **records everything that I write and hear** so I don't miss any words. Later I can replay the lecture the lecture and review my notes.

Scott-Cardiologist

At the beginning of the school year **I meet with each one of my teachers to explain how I learn best.** For example, I need **extra time** in order to finish my assessments and I like to take them with a **small group** in a **separate location.** I also explain that I might need **alternative assessments** such as giving answers orally rather than in a written format.

Allie-High School Honor Student

Since I'm easily distracted I asked if I could work in a **more enclosed location** that is away from noise and busy office traffic. I use a **white noise machine** to block out the sounds. They also let me do some of my **work at home.**

Sarah-Advertising Executive

Find a college or a working environment that accepts you for who you are and will support your needs. Find a place that believes in you just as much as you **believe in yourself.**

Megan-Teacher