

## **SUGGESTIONS FOR COLLEGE STUDENTS WITH LEARNING DISABILITIES**

- ◆ Talk to your instructors before the semester begins.
- ◆ If you think that you may have a specific learning disability, but are not sure, contact the Disabled Student Services office on campus.
- ◆ Set realistic goals and priorities for coursework.
- ◆ Keep only one calendar with all relevant dates, assignments, and appointments.
- ◆ Use a tape recorder during lectures. Selectively tape-record key points using the "pause" switch
- ◆ Listen to the tape as soon after class as possible to refresh your memory and then reorganize your notes.
- ◆ Make notes of any questions you might have so that they can be answered before the next exam.
- ◆ Sit toward the front of the classroom to maximize your eye contact and to reduce distractions.
- ◆ Estimate how long a given class assignment will take, generally planning on two hours outside of class for every hour in class. Build in study breaks, as fatigue is a big time waster.
- ◆ Obtain a course syllabus.
- ◆ Make sure that course expectations are clear before course begins.
- ◆ Ask for reading assignments well in advance especially if you are using books on tape.
- ◆ Request or make up own study questions for exams.
- ◆ Use campus support services, (e.g. Pre-registration, assistance in ordering taped books, alternative testing arrangements, specialized study aids, peer support groups, diagnostic consultation, study skills, academic tutorial assistance.)