

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 a Learning Disability Specialist in OSS.
- ◆ Set specific goals and priorities for coursework.
- ◆ Keep 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.
- ◆ Obtain a course syllabus and review it weekly.
- ◆ Make sure you understand the course expectations before the course begins.
- ◆ Ask for reading assignments well in advance.
- ◆ Request or make up own study questions for exams.
- ◆ Use campus support services, (e.g. Priority-registration, alternate media, alternative testing arrangements, peer support groups, faculty consultation, study skills techniques, academic tutorial assistance.)