

Common associated difficulties of dyspraxia in adulthood

Adults in college and university commonly have the following difficulties in their studies.

Literacy

- absorbing information from text, so while reading accuracy is often proficient, reading comprehension tends to be slow
- co-ordinating and synchronising information from different sources
- planning and organising thought for writing
- creating structure in writing
- extracting key points, so making notes

Planning and Organisational Ability

- planning and organising thought and activity
- creating structure, particularly where variables need to be considered
- multi-tasking
- creating schedules
- managing time
- prioritising tasks and action
- managing changes to routine and planned sequences
- adapting to new or unpredictable situations

'Working' Memory Weaknesses

Speed of Working

- working under timed conditions
- slow handwriting / typing speeds

Slow speeds of working will increase the demands made on memory.

Spoken Language

- assembling words quickly
- organising language effectively for clear expression
- explaining ideas accurately and concisely
- following spoken instructions
- following and absorbing information from tutorials, seminars & lectures
- assimilating information quickly
- taking notes

Visual perceptual and spatial skills

- analysing and interpreting visual information at speed
- tracking text accurately
- transferring visual attention from one object to another quickly
- left/right orientation, direction, map-reading
- learning the spatial layout of a new environment or building quickly
- judging distance, speed and time
- being aware of body position in relation to the surrounding environment

There may also be other difficulties in:

Social skills and Interaction with others

Motor co-ordination skills

- handwriting and typing
- managing practical activity

Confidence levels / low self-esteem etc

The main focus of specialist one to one study support is likely to be on the following areas:

- improving organisational skills in a range of activity
- creating structures for the day and time ahead
- managing and using time efficiently
- ways of planning and organising thought
- planning and organising written work
- reading comprehension techniques
- managing information delivered orally, for example in lectures, seminars
- assimilating information
- organising paper & files & materials

It may include:

- skills needed for team working and for working effectively with others
- spoken language skills and managing spoken situations
- presentations
- ways of reducing stress and relaxation exercises

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