

Dyslexia - Notes and PowerPoints

Having been diagnosed with dyslexia later in life. I have realised a lot about the way I do things. And how I struggle with linear thought processes and the way I order my thinking and find it almost impossible to do certain written things. My brain is very visual and does not order things in a linear way. So time is divided into like events the further away in time something is the more merged it becomes. When I go to a meeting I don't recall what we discussed the time before but once I do I can remember the conversation like a video recording which includes my thinking at the time.

If we discuss a topic that is a regular item say involvement then I can recall each of our conversations on that topic. Which is confusing for other people when they just think of the last meeting we had. So I usually have to qualify my contribution with an apology beforehand. I need time to separate each part out usually by notes or a mind map.

When I am asked to do something My first reaction is to see every possible problem and solution and to doubt whether I can do it all I see the time it would take and sometimes see it in far greater detail than is actually asked for.

I end up doubting whether I can actually do it at all. It feels like drowning and I have to grab onto something and try to get out of the pool and look at it from a distance. This process takes a lot of effort. Once out of the situation I can start to breakdown the task into manageable chunks. Once broken down the tasks can be developed into a coherent whole. I have been told that most people feel like this and I can see that it is the brain freeze that I experience that can be distressing. Now I know it is a result of having a my short term working memory becoming overloaded I can find ways around it.

Since college I have used mind maps, take notes, and I ask questions and find the limits for the task/job as I have found that in many cases what people want is usually a fifth of what I think the job is.

Organising thoughts and Note taking

Mind maps and flowcharts

When you are dyslexic one area of difficulty is organising thoughts and ideas and following other people's ideas. Sometimes I cans listen to a

our attention to specific ideas and trains of thought. Especially if we have a handout to reflect back on. In this sense flipchart is far superior as flipchart can be pinned up around the room so we can see the progression of the presentation.

One problem with doing a PowerPoint is it is the most people tend to think that all the information needs to be on the PowerPoint but the problem with that is that no one can read it. Whereas what is needed are handouts that people can refer to if there is a lot of text or tables to go through. So the slide needs to contain headings and references to the table but not the table itself.

Moreover, the ideal PowerPoint is the notes that we need to keep in mind when we are listening to a presentation so we need things breaking down into 3 - 7 items in a list. I know that sometimes we need to just have a big list these need to be single words or metaphors which illustrate the main point, question or issue. Moreover make sure that they are differentiated with larger headings bullets and smaller text for the lists.

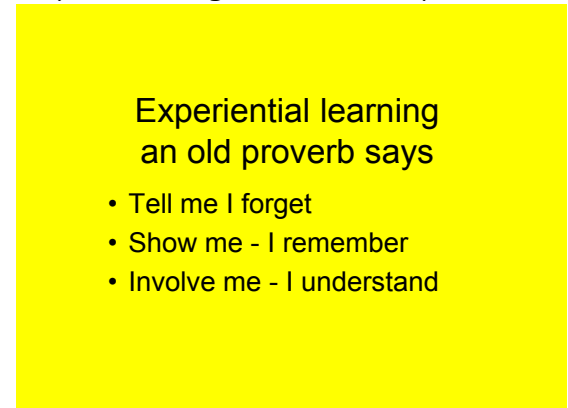
For example



Stage three
The innermost cave/the ordeal

Requirements for the journey what you learn	Allies and Others who support you in your learning
• Stopping starting	• Sam gamgee
• Testing	• Han Solo
• Trying out	• Experts in theirfield
• Asking for help	Enemies that teach you something
• Trusting others	• Gollum
• Trusting yourself	• Darth Vader

Hope this goes someway to help



**Experiential learning
an old proverb says**

- Tell me I forget
- Show me - I remember
- Involve me - I understand

people understand both Dyslexia and Powerpoints.

Tony Lawson

A web site for more information.

<http://dyslexiaaction.org.uk/>

For a great animated picture which shows how some people with dyslexia see the written word see:

<http://www.dyslexia-australia.com.au/>