



UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH



Dyspraxia
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Getting Ready for 3rd Level Learning



A large part of third level education involves learning and studying. The following information includes some tips and tricks to help you on your academic journey.

Before you begin any work, knowing how to regulate yourself and set yourself up for the day or task is important. This may include doing some physical activity, meditation or mindfulness, or sensory preparation.

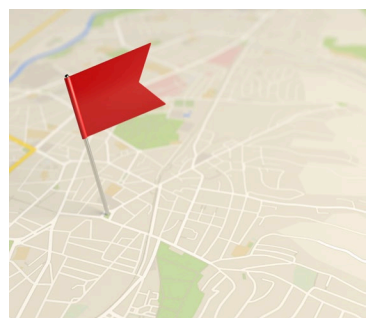
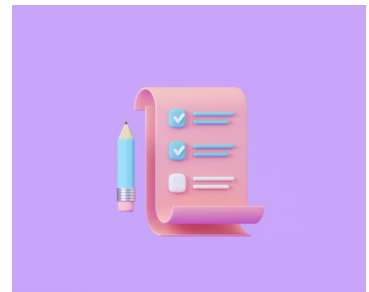
1. Plan for what you need

Make a list of things you will need for studying and learning, for example:

- Laptop
- Books
- Copies and pens
- Map of campus
- Names of relevant people (e.g., course director, disability services)
- Noise cancelling headphones (if preferred)
- Copies of lectures/notes from lecture
- Class handouts
- Find out where you can access wifi

After you have gotten the items on the list, it is time to start organizing yourself and your materials. For example:

- Label your items
- Choose a specific colour for each subject
- Colour code your timetable
- Look up the campus map to find out where your classes will be on and where the library is
- Time how long it takes to go from each class



2. Preparing for study

Write or type a plan for your learning and studying sessions. Things to consider include:

- Your class schedule and timetable
- Set a regular time e.g. morning time or evening time study
- Where you will best focus, such as your bedroom or the library
- Gather the items you will need to study



3. Create a digital folder

- Make a list of all your subjects
- Create a folder for each subject
- Create sub-folders for each week (E.g., Week 2 French)
- This makes it easier to find information as it grows each week.

Next, decide the most important things to be done in order and put them in a calendar or schedule. Work your way through the list one thing at a time. Break this down based on several things such as:

- Due date of assignments
- Length of assignments
- Group work schedule
- Specific sections of a subject
- What subjects you need help with
- Credits given for each subject



4. Beginning the task

Before beginning a task, make sure your environment is set up in a way that you are comfortable before beginning.

For example:

- A quiet area
- Noise canceling headphones (if preferred)
- Bottle of water
- A snack
- Doodle pad, whiteboard or notebook
- Laptop charger
- Wi-fi if needed



5. Check the time

- When doing a task or assignment, do not put pressure on yourself.
- Pick one part of a topic and set a time frame to work by e.g., 20-30 minutes.
- After the time frame is up, take a break.
- Get a snack, drink some water or do some movement before trying again.

If you are unsure of how your task or assignment is going, use the help centre available with your college e.g., writing centre, to help you along with your task as they can give you help and tips!



6. Sample Study Methods

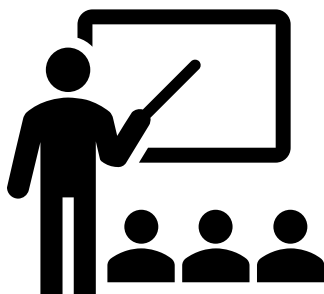
There are many ways a person learns and studies. The important thing is finding which works best for YOU.

Some examples include:

- Timed writing or typing
(see how much you get done in 10 minutes)
- Mind maps
- Study with friends and ask each other questions (social learning)
- Make flashcards
- Online Quizzes
- Make bullet point notes during class to help revise at a later point

7. General College Supports:

- Tutorials
- Email tutors
- Writing centre
- Mentoring
- Online digital supports (see college websites)



8. Reasonable accommodations:

Each college have their own reasonable accommodations. Some may include:

- Academic support
- Handouts shared in advance of lecture
- Prioritized reading lists
- Recording of lectures
- Individual space for exams.
- Extra time
- Assistive Technology
- Use of computer, reader or scribe