

UNDERSTANDING LEARNING STYLES & DIFFERENCES

How to Be A Self-Advocate Suggested Solutions

Listed below are possible solutions for the role play situations; these may be used to prompt students and get them started if needed.

- 1) Joe wants you to do something on the weekend and says, “My number is in the student directory. Call me and we will get together.” You want to call Joe, but know you have difficulty reading and may not be able to find his number. What can you do?



- Ask Joe to give you his number verbally, and then write it down on a piece of paper
- Ask Joe to write it down for you on paper
- Ask Joe politely to call you instead

- 2) The English teacher passes out paperback copies of *Huckleberry Finn* for the class to read. The print is really small and the pages are kind of yellow. The lines seem to move as you try to focus on them and the small print makes your eyes hurt. You want to do the assignment, but it is too frustrating. What could you do?



- Ask the teacher for a large print book, or get a large print book from the library or from a bookstore
- Get a magnifying glass and use it to help you read
- Go to the library and get the book on cassette tape or CD

- 3) Your math class is working on solving simple mathematic equations. You understand the process but keep making mistakes in your multiplication. What could you do?



- Ask the teacher if you can work with a partner
- Ask the teacher if you can work out the math problems on a scrap piece of paper.
- Make a chart of the multiplication table and use it when solving problems
- Ask for permission to check your work with a calculator

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4) The English teacher always has a silent reading time on Fridays. You sit next to the window where there is bright light coming in. The trouble is that you have found that it is easier for you to read in dim light because in bright light the letters seem to float around. What should you do?



- Explain to the teacher why you are having difficulty reading
- Ask the teacher if you can change seats to avoid the window
- Ask the teacher to pull down the blind

5) You have a lot of difficulty paying attention in class. You don't mean to but often distract other students by talking to them, making noises, or tapping on your desk. Sometimes you feel so strongly that you just have to move that you cannot do your school work or listen to the teacher. What can you do?



- Keep an object such as Silly Putty, a squishy toy, a smooth object like a rock or a coin in your pocket. Pull it out when you need help focusing. Manipulating it inconspicuously in your hand may help your brain to focus on your school work.
- Ask to be allowed to sit on an exercise ball or stand to do your work or during a lecture.
- Do several minutes of exercise before you sit down to do school work. (crossing mid-line, stretches, walking)
- Discuss with your teacher what you want to do to help you focus and why before you do it.

6) You are having a hard time hearing but haven't told anyone. You often miss classroom assignments because you can't hear all of the words that the teacher says. You also have missed several opportunities for extra credit. One time you even missed a trip to the zoo because you didn't hear the teacher say you had to get to school 15 minutes early to get on the bus. What can you do?



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- Tell the teacher, parents, and friends that you are having hearing difficulties, most people are accepting and willing to make small adaptations to help.
- Sit in the front row
- Explain to the teacher that it is important for you to be able to read her lips during the lecture and you cannot do that if she talks when her back is to the class.
- Record the lecture on a tape recorder and play it later at a louder volume.
- Ask your parents to take you to a doctor that specializes in hearing loss and see if your loss is correctable or if a hearing aid could help you.

7) Jeff has lost most of his muscle control in his hands and arms due to an accident. Since this happened he has a lot of difficulty with taking notes and completing his homework. Most of the classes that he is taking require moderate writing. What can he do?



- Ask a classmate to share a copy of their notes with you
- Use a computer to take notes and do homework on it if you can type.
- If you cannot type get a voice input program for your writing and homework.
- Record the lecture on a tape recorder and play it later
- Ask the teacher if there is a school Physical Therapist or Occupational Therapist that could work with you to improve your muscle control or help come up with ways to adapt.

8) Your history teacher wants you to learn all of the countries located in Europe and Asia for an upcoming project. You have always had difficulty memorizing information, but are very good at sports and are very musically inclined. How can you make use of these strengths to help you with this history project?



- Use the beat to your favorite song and make up a musical number that will help you to remember the countries.
- Make up a game where you can incorporate your favorite sport into memorizing the continents.