

ESSENTIAL INFORMATION



Dyspraxia

While most people have heard of dyslexia, fewer have heard of dyspraxia. Dyspraxia is a motor learning difficulty that can affect planning of movements and co-ordination as a result of brain messages not being accurately transmitted to the body (NHS Direct, 2008). People with dyspraxia may also have problems with language and spatial and time perception. It is sometimes found along with dyslexia, or a student may have just one or the other.

It is thought to be around three or four times more common in boys than girls and the condition sometimes runs in families.

If you think you may be dyspraxic, contact the Disability Advisory Service to request a screening form and chat to a member of our team. The screener will be reviewed by our specialist teacher assessor who will indicate a high/borderline/low risk of dyslexia/SpLD.

You may need to book an appointment with a Disability Adviser for further discussions.

We can talk about study strategies and explain the special provisions available to students with dyslexia or dyspraxia.

How might this affect my studies?

Being dyspraxic has nothing to do with your intelligence and ability to think. When you first arrive at university you may find adjusting to new routines very difficult and discouraging. Most students find that the first few weeks are the most challenging and that being organised becomes easier as they get used to all the different ways of doing things and develop routines.

You may have also have difficulties with

- Getting to lectures and appointments on time
- Organising your lecture notes, structuring coursework and meeting deadlines
- Slow writing in lectures
- Expressing your ideas in seminars and in oral presentations
- Practical work

Different things work well for different people, so it is always a good idea to see a Study Adviser to discuss specific strategies that might work for you.

Useful contact

[Dyspraxia Foundation](#) - supports individuals affected by dyspraxia. Contact them on **01462 454986**

[BRAINinHE](#) is a comprehensive resource on dyslexia and other specific learning difficulties at university with detailed definitions and suggested strategies