

## Learning Strategies

### Organizational Processing Challenges

These challenges make it difficult to make sense of time and space. You may have trouble remembering things. You may have difficulty following a schedule or being on time. You may have difficulty organizing things at home or following directions.

For help with any of these, connect with your instructor, tutor or us!

Here are some things you could try.

1. When it's time to learn, make sure you have a good space to work. What works for you? Quiet, with music playing, lots of light, not so much light? What do you need to have with you? Find the way you learn the best. Odds are, you may need to get rid of as many distractions as you can.
2. Take breaks – be sure to get up and walk around every 10-15 minutes so you don't get too tired.
3. Take notes about what you are learning. Keep some paper nearby. If you're learning online, sometimes you can make notes right in the program. Highlight different topics in different colours.

4. Stick to a routine as much as possible. Study at the same time each day in the same spot.

### **Communication**

1. Ask your instructor to give you step-by-step instructions. Ask for instructions verbally and in writing. This way, you have something to refer back to.

### **Reading and Writing**

1. Pick reading activities that use some information you already know or topics you're familiar with. That way, you can add to what you already know. This can help you learn new material.

2. Use a Monitoring Checklist when you're reading. It should have a checklist for things you should think about
  - a. before you read
  - b. while you read
  - c. after you read

### **3. Penmanship**

If you have difficulty with penmanship, try out a few different pencils and pens. Maybe even try one with a rubber grip. Find what's comfortable for you. You might find using a keyboard and typing is easier for you.

4. To organize your writing, try a mind map tool.

[Coggle](#) is available online for free.

5. To edit your writing, review your writing for one thing at a time using COPS.

C	Capitals
O	Overall appearance like neatness and margins
P	Punctuation
S	Spelling

## **Math**

1. Graph Paper

If you have difficulty with columns of numbers, using graph paper might help.

2. Ask your instructor to use practical situations when it comes to math problems. Maybe there are some math problems you come across in your daily life.
3. Stuck on a math problem? Try [WebMath](#). This is an online calculator and problem solver. It has templates for all kinds of math problems. Using graph paper when working out math problems might be a good idea too.

## **Organization**

1. Ask your instructor for checklists or create your own to keep on track with assignments. It's really important to break down big tasks into smaller chunks. And be sure to give yourself timelines or a due date for each step.
2. Use a calendar to stay on track with appointments, assignments and classes. A great way to do this is with [Google Calendar](#). It's free and

you just need a Gmail account. You can use it on your computer or on your smartphone. You can ask it to send you reminders as well.

3. Use a reminder or to-do app on your computer, your phone or in a notebook. A reminder app is great because you can make a list of things you need to get done. You can set it to notify you at a certain time.

## **Memory**

1. Before learning something new, review what you have learned so far. That way, it helps to remember and add to what you already know.
2. Try using a memory trick to remember something. For example, sound out the "c" in "scissors" to remember that it's there. Make each letter stand for something like "HOMES" for the names of the great lakes.
3. Repeat, repeat, repeat! If you are having difficulty remembering something, say it out loud and explain it to someone else. Write it out too. You may have to do these many times to really get it.