



## D1 Managing dyslexia/ SpLD – spatial

### D1 Brief description:

This template is a mind map set out for exploring how you are managing your dyslexia/ SpLD in a particular situation.

There is an example in template *D5: EXPERIENCES FOR MANAGING DYSLEXIA/ SPLD (EXAMPLE FROM A STUDENT)*. For her, the ‘strategies for defining goals’ became a list of different, successful ways she approaches her life.

This template is a single, landscape A4 page. *D5* is a single, landscape A4 page.

### D1 Instructions:

- Print the page or download it into your device.
- As you fill in the template, use the space to show any relationships between different entries. You can use colour, symbols or drawings as well.
- Use *D5: EXPERIENCES FOR MANAGING DYSLEXIA/ SPLD (EXAMPLE FROM A STUDENT)*, to show you the sort of things that can be useful.
- **Date, place, situation:** record date and place; briefly describe what is happening.
- **Goal aimed for :** summarise what you want to happen in this situation. How well do you manage to achieve it?
- **Thinking preferences used:** summarise the ways you are using your best thinking preferences and strategies in the situation. How effectively are you using them? Do you need to try something else?
- **Pitfalls recognised:** describe any effects due to your dyslexia/ SpLD. Can you identify:
  - glitches, which just take a moment to deal with
  - hazards, which take some mental effort and time to deal with
  - obstacles, for which you have to find ways round?
- **Pause strategies:** identify and describe any strategies you use to pause and give yourself time to deal more effectively with the situation. How effective are your pauses? How well do you manage after a pause?
- **Think about your entries.** Are there any significant points that help you manage your dyslexia/ SpLD better? Is there anything that you want to transfer to  
*TEMPLATE D3: REGIME FOR MANAGING DYSLEXIA/ SPLD SPATIAL?*