

Making the Transition from School to University Stress-Free

As we come to the end of a year that has tested us in every way possible, Dyslexic students in year 12 face an exciting new frontier: life after school. For young people with Dyslexia, heading off to university brings a set of new learning challenges. Along with the excitement comes uncertainty about what to expect in the lecture halls and sprawling grounds of universities. For those taking the leap into tertiary learning we would like to offer some



stress-busting tips and advice. For our discussion today we will be using the term 'sight word'. However, this does not mean we encourage students to learn sight words by rote memorisation. We will discuss alternative methods for achieving quick and accurate recognition of sight words in our 'strategies' section.

Tips for Tertiary Study

Contact student support. Make an appointment with a student support officer before your course begins to discuss accommodations that you will need. If you are comfortable, let lecturers know that you have Dyslexia. Create a standard email that you can easily send to teachers which explains your challenges and what you need to learn successfully. Get familiar with your student support department because they have loads of helpful services like mentoring, counselling, study skills, workshops and support getting settled in during your first year.

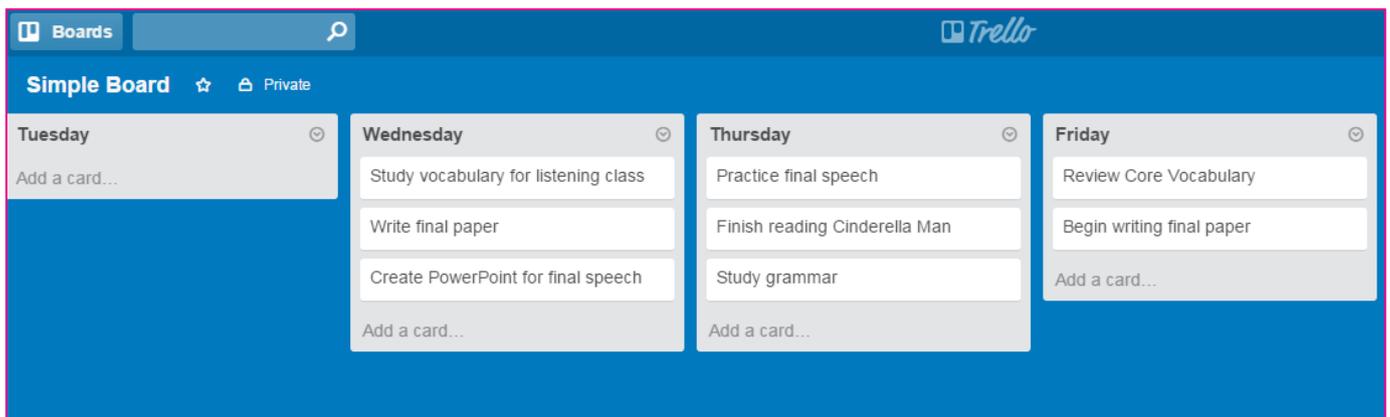
Ask for help. If you have completed the step above, then it will be so much easier to reach out when you need help academically or emotionally. The learning curve at university is likely to be challenging for most students, so be kind to yourself when you need a helping hand.

Manage time and get organised. It is important to use your time wisely and build simple organisation tools into your routine. Try some of these tips and see what works best for you:

- Write down what assessment is due when and start with what is due first! Don't start writing a speech that's due in a month if you have a Chemistry exam this week.

- Got a 3000-word essay to write? Break it into small, achievable steps by creating an outline or use a graphic organiser BEFORE you start (see next section).
- Short bursts of study allow for deeper concentration and optimal productivity. Don't try to push through for hours on end when your brain needs a break.
- Schedule study blocks around the time of day that you are most productive. For a lot of people, it is first thing in the morning, for night owls it may be in the evening. Make sure you set aside dedicated study time for each subject in a diary or an organisation tool like [Trello](#).
- There will be a thousand distractions to throw you off course and your phone is 999 of those. During dedicated study time turn your phone off or put it in another room on silent.

Check out this [YouTube Tutorial on Trello](#) to learn how this app can be used to plan out your week and stay organised throughout the semester.



Break big assignments into bite sized pieces. Start by defining exactly what the task is asking of you. Is it to answer a question? Persuade an audience? Analyse results? Next, create a plan which breaks the assignment into clear steps with dates for completion. The importance of creating a plan before you start cannot be stressed enough. The more you practise this process the better you will get at knowing how much time each step is likely to take. Here's what this plan might look like for an essay.



Science of Reading Essay – Due Date 30th November

Steps	Begin by	Complete by	Notes
Analyse the Question	7 th Nov	7 th Nov	Refer to notes from lecture 3 rd Nov.
Background Reading & Research (record references for bibliography)	7 th Nov	12 th Nov	* Explicit Instruction by Adam Boxer * Understood.Org * ResearchED Series
Brainstorm Ideas	12 th Nov	14 th Nov	Use Trello to brainstorm ideas.
Write Outline	14 th Nov	16 th Nov	Organise ideas into key points for each paragraph in Trello. Write outline.
Write First Draft	16 th	21 st Nov	7-9am each morning dedicated writing time. Grammarly for Spelling & Punctuation.
Edit and Proofread	21 st Nov	24 th Nov	Take up offer of formative feedback at tutorial 22 rd Nov.
Re-Write & Fine Tune Compile bibliography	24 th Nov	29 th Nov	Use BibMe for bibliography DUE DATE: 30 th Nov

If you didn't check out the [YouTube tutorial on Trello](#) do it now to see how it can be used to break assignments into achievable steps!

Assistive Technology. As a starting point, it is important to set up your device so that information can be easily read aloud and so that you can dictate into the microphone. Check out the Speld Qld guide to enable learner friendly settings for [Windows](#) and [Mac/iPad devices](#).

Getting your head around citations and online study at university can be daunting in your first year. Try these digital tools to make life a little bit easier:

- [Scrible](#) is the ultimate online study buddy allowing you to annotate, capture insights, categorise notes and share information that you find online. Scrible is a Chrome Extension that sits at the bottom of your screen as a simple toolbar.
- Similarity Checker is a feature of [Word Online's Editor feature](#) which allows you to cross-check your work with online sources for plagiarism. Editor also suggests when in-text or full citations should be inserted into your work.



- [BibMe](#) is a website with citation guides to get your head around how to write bibliographies in different styles. Another feature which is likely to pique your interest is the citation generator tool. Simply choose your style (APA, MLA etc.), enter your reference details and voila!

Here's what we found!

We found citation data for

- Book Title The researchED guide to explicit & direct instruction: an evidence-informed guide for teachers
- Book Publisher John Catt Educational
- Publication Year 2019

We may not have all the information we need to create the citation. Please use the next page to fill in any empty fields.

Boxer, A. (2019). *The researchED guide to explicit & direct instruction: An evidence-informed guide for teachers.*

Woodbridge: John Catt Educational.

This text draws on the knowledge of seven experts in explicit and direct instruction to provide a guide for teachers.

 Copy & Paste  Parenthetical  Check for Grammar  Check for Plagiarism

 Edit  Delete

Master Touch Typing. Research tells us that well-developed touch-typing skills take the load off working memory and allow us to focus on spelling and content. Since touch typing uses muscle memory, ideas can flow freely without being slowed down by the mechanics of writing.

If you have some time to kill over the Christmas holidays invest 10 minutes each day learning with [Touch-Type Read & Spell](#) (TTRS). The program is designed with Dyslexic students in mind and uses a multisensory approach aligned with the gold standard for literacy instruction, the Orton-Gillingham Approach. TTRS also offers subject specific modules to develop language skills in Geometry, Physics, Biology, Chemistry and more alongside touch-typing.

Burning Questions?

Call the office on 3391 7900 to speak with an experienced Education Advisor about your child's transition to University.

To find out how Assistive Technology (AT) can change their world, book an AT consult by filling out the [Booking Enquiry Form](#).