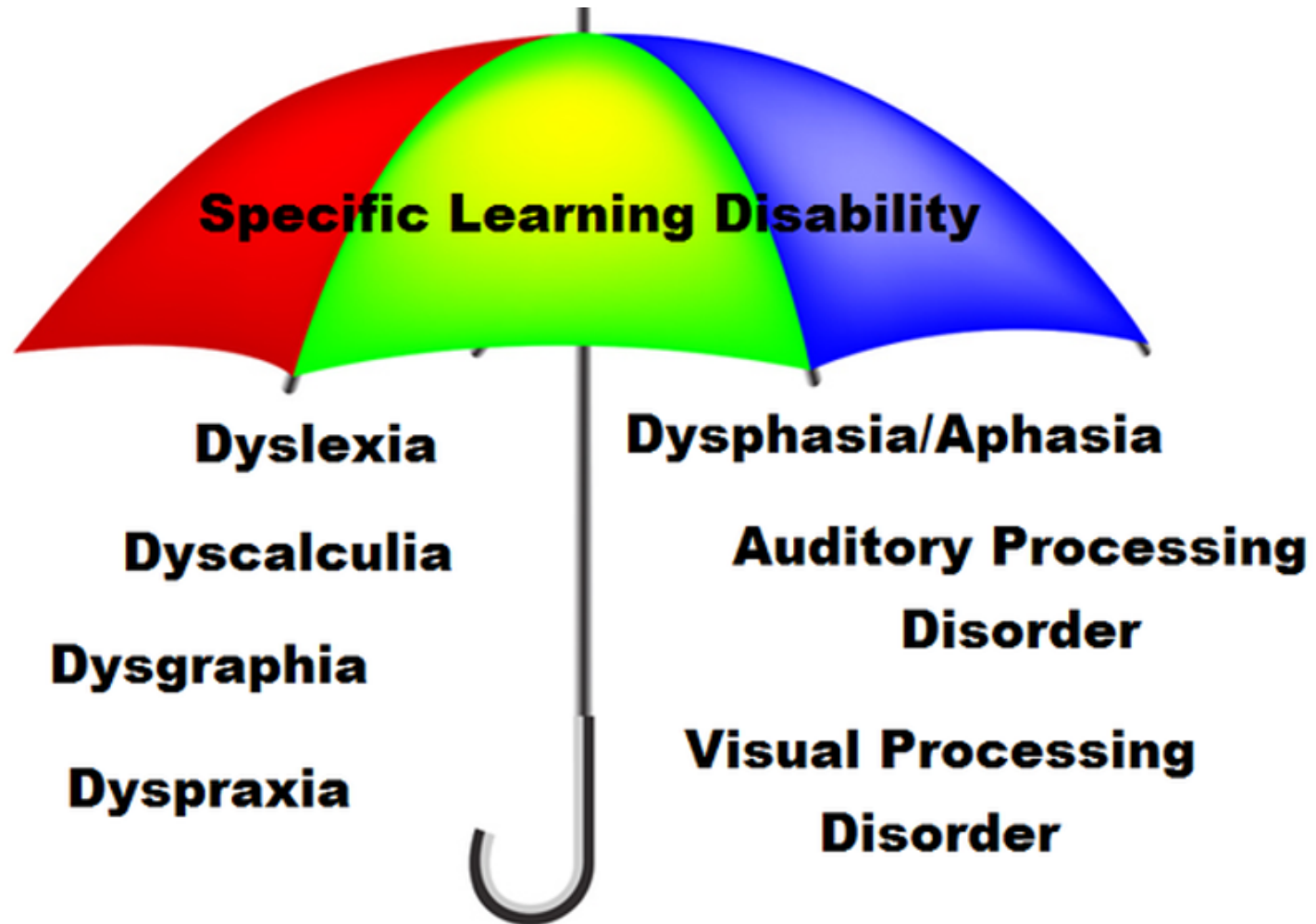


# **Learning with a Specific Learning Disability (SLD)**

Savanna Forry, OTD Resident, OTR/L  
Academic Coach

# What is a Specific Learning Disability (SLD)?



(American Psychiatric Association, 2013)

# 3 Most Common Types of SLD



## Reading

reading, word recognition, decoding and spelling



## Written Expression

handwriting and putting thoughts on paper



## Mathematics

math facts and performing math calculations

# How is a SLD Experienced?

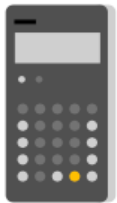
Difficulty with:



1. reading quality (inaccurate, slow and effortful)
2. reading comprehension



3. spelling
4. writing (grammar, punctuation or organization)



5. understanding number concepts, facts or calculation
6. mathematical reasoning (concepts or solving problems)

**Learn at Your Best with a SLD**



# Create Your Space to Reduce Distractions

- Use headphones
- Close doors and windows
- Keep everything you need nearby
- Set boundaries with others that share the space



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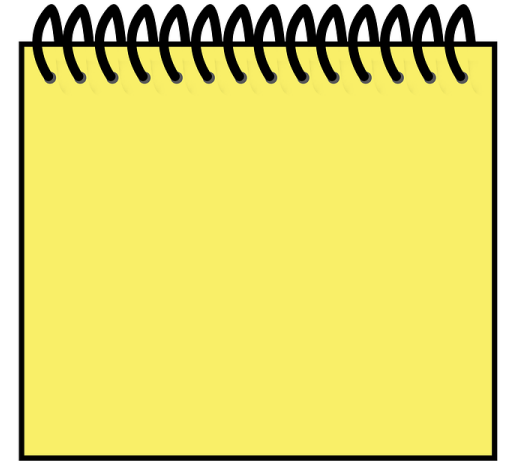
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# Keep Organized

- Write things down
- Chunk information
- Use color coding
- Find accountability



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# Plan and Manage Your Time

- Be specific with tasks
- Estimate time for each task
- Prioritize tasks by project

TASK	ESTIMATED TIME	ACTUAL TIME	NOTES
Freidman ch.1, 2 (40 pgs)	40 minutes	1 hr 10 mins	Dense reading and small font!
Freidman ch 3, 4 (40 pgs)	1 hr 10 mins	1 hr 10	Next time, start reading earlier so I only have to read 2 chapters a day
Outline essay	1 hr	30 min	Thought about essay all day, so when I actually sat to write it down, it came quickly
Study for Spanish test	1 hr	1 hr	
Reflection paper	10 mins	20 mins	Had to review class notes before I could write reflection, which added more time



# Read and Review Using SQR

**S** → **S**can Information

**Q** → **Q**uestion Information

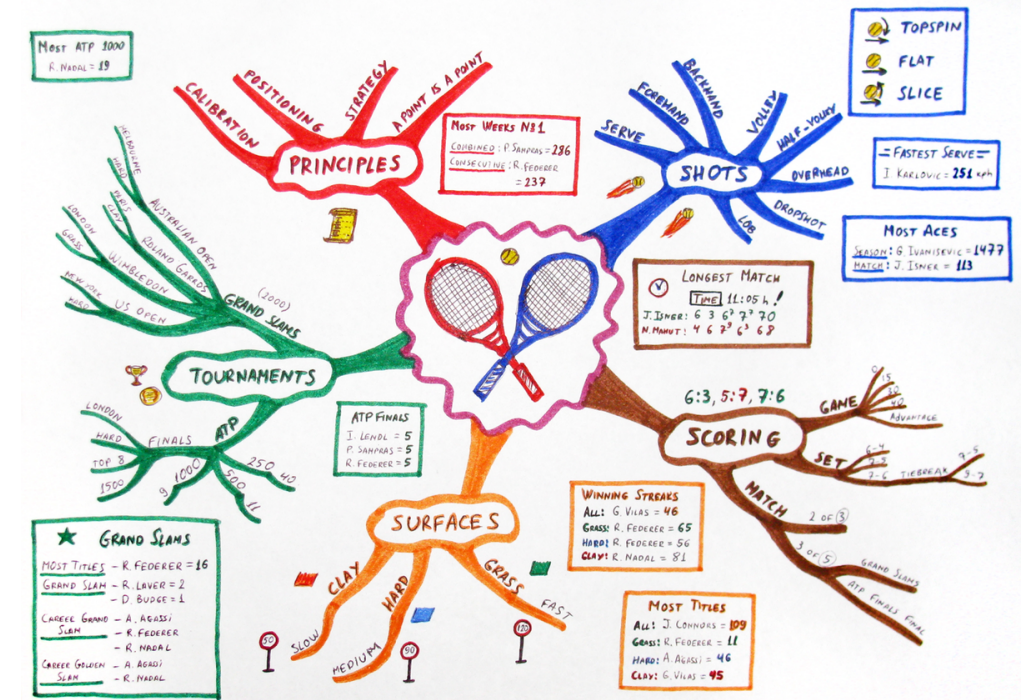
**R** → **R**ead  
**R**ecite and/or  
**R**evise Information



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# Study Strategies

- Reorganize the information
- Why is this information important?
- How does it relate to the big picture?
- Switch it up!
  - Utilize assistive technology



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# Stay Proactive With Your Learning

- Set a SMART Goal
- Take Self-Care Breaks
- Get support from Disability Services & Program (DSP)



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**Thank you!**



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