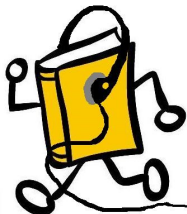


## SUPPORT IN SCHOOL

### SUPPORTS WHICH MIGHT HELP ME:

- Reader/Scribe for tests/exams
- Extra Time
- ICT
- Digital Papers
- Glasses/Overlays
- Audio Books



LEARN    ACT    CONNECT

## HELPFUL LINKS

### YOU TUBE CLIPS:

- [www.dyslexiascotland.co.uk](http://www.dyslexiascotland.co.uk)
- [www.dudeswithdyslexia.co.uk](http://www.dudeswithdyslexia.co.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.beingdyslexia.co.uk](http://www.beingdyslexia.co.uk)
- [www.spot-your-potential.com](http://www.spot-your-potential.com)



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DYSLEXIA FRIENDLY SCHOOL



PUPIL LEAFLET

## HOW DO I KNOW IF I AM DYSLEXIC?

Look at the questions in the checklist below. The questions are all related to different areas of dyslexia.

### CHECKLIST

1. Do you find difficulty telling left from right?
2. Is map reading or finding your way to a strange place confusing?
3. Do you dislike reading aloud?
4. Is your spelling poor?
5. Is your writing difficult to read?
6. When you say a long word, do you sometimes find it difficult to get all the sounds in the right order?
7. Do you find it difficult to do sums in your head without using your fingers or paper?
8. When using the telephone, do you tend to get the numbers mixed up when you dial?
9. Do you mix up dates and times and miss appointments?
10. Do you mix up bus numbers like 95 and 59?
11. Did you find it hard to learn your multiplication tables?

## HOW MIGHT DYSLEXIA AFFECT ME?

- Tired
- Confused
- Anxious
- Made fun of

It means your brain is working harder to do the same amount of work than people who are not dyslexic. When you read, your posterior brain regions are relatively under active while your anterior brain regions are relatively overactive .



## WHERE DO I GO FOR HELP?

Pupil Support Department  
Class Teacher  
Guidance Teacher

