



# Dyslexia at Transition

*supporting the move from primary to secondary*

Secondary School Name:

Name:

This booklet has been designed to help you prepare for your move to secondary school.

You might find it helpful to fill it in with someone to help.

Hopefully, you will be able to use some of the hints and top tips provided.

# Dyslexia - facts & figures

Did you know that...

Dyslexia is a processing difficulty and is experienced by people of all ages and nationalities. A processing difficulty means that you work things out differently.



It is estimated that at least 10% of the population have dyslexic difficulties, that means about 600,000 in Scotland alone!

Dyslexia can affect people in many different ways.

Some young people with dyslexia have said these things about school:

- I always forget things
- I'm stupid because I can't read very well
- I can't remember my times-tables no matter how hard I try
- My spelling is terrible
- I have good ideas but I find it hard getting them down onto paper
- My writing is messy
- I'm fed up trying hard - no one understands me
- I get really tired at school

Does any of this sound familiar?

The good news is that you are not alone in having these feelings.

The even better news is you can learn to cope with and overcome your difficulties.

# Famous Dyslexic People

Here are some famous people with dyslexia. They found success in lots of different areas but all of them overcame difficulties with reading, writing, spelling and numbers.



Orlando Bloom  
(actor)



Whoopi Goldberg  
(actor)



Richard Branson  
(entrepreneur)



Jamie Oliver  
(TV chef)



Tom Cruise  
(actor)



Sir Steve Redgrave  
(Olympic Gold medallist)

## Things I'm good at

Young people with dyslexia have many strengths and abilities. Now, take a minute now to think about the things you're good at.

Consider 'everything' not just the things you have to do in school.

Write (or draw) them in the box below.

Things I'm good at...

It's important that you know what you're good at because you can use these strengths to get round the things you find hard!

Most young people with dyslexia find the following things hard:

- remembering things
- organising things
- following instructions

The following pages are designed to help you to plan for your move to secondary.



## Planning your journey

Some people with dyslexia need help organising their time. Before you go to secondary school you have to think about how you are going to get there and what time you have to leave your house.



How do I get there?  
Will I walk?  
Will I go with friends?



Will I go by bike?  
Will I leave it there?  
Do I need a lock?



Will I get the bus?  
Where is the bus stop?  
How much is the fare?



Will I get a lift to school?  
Will I get a lift home?  
Where should I meet them?

# Fill in the times for your new school



School starts at

I will get up in the morning at

I will leave the house at

# What to wear

The school uniform is different from primary and might look like this:



White Polo Shirt



Black trousers or skirt



Black jumper

P.E. Kit



Try to lay out your uniform the night before. This will save time in the morning!



# Timetable

At secondary, the school day is broken into 6 lessons or **periods** as they are called. Each period usually lasts about 50 minutes.

You will go to **registration** first thing every morning and then to each class for different subjects.

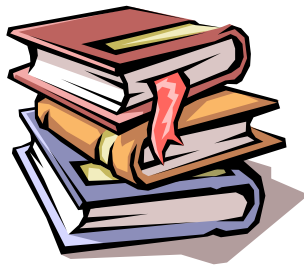
Try to make a **visual timetable**. This is easier to read.

	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00
Monday	literacy	IT	maths	lunch	art	music	home	club
Tuesday	maths	art	literacy	lunch	story	drama	home	club
Wednesday	literacy	maths	IT	lunch	art	art	home	club
Thursday	IT	literacy	maths	lunch	cookery	cookery	home	club
Friday	literacy	maths	art	lunch	IT	music	home	club

- Notice that the same subjects are highlighted in the same colour and they have pictures to help you remember the subjects.
- You need to move quickly from one room to another for each period.
- During the first week older pupils will take you so you don't need to worry.

# Subjects

You will study different subjects from the ones you did in primary school. Try to recognise the titles of all your subjects.



English



Physical Education



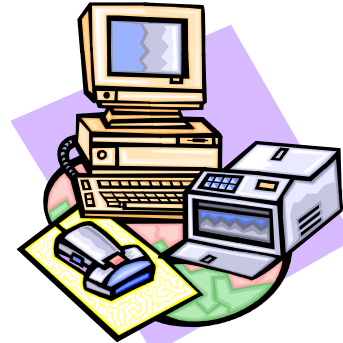
Science



Maths



Art



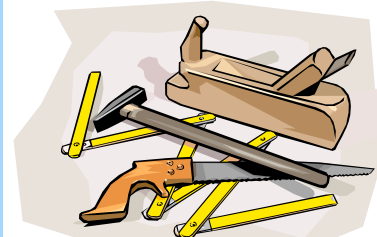
Computing



Geography



History



CDT

# Organise, organise, organise!



At night you should check your timetable and pack your bag for the next day.

It's a good idea to use a different coloured folder to put your books or worksheets in for each subject. This will help you organise and find your work quickly.



An index at the front of a folder can also be helpful.

## Handy hints

- Have lots of copies of your timetable.
- Put one on your bedroom wall, one in the kitchen (maybe on the fridge door), one in your school diary and one in your bag.

# Essential Items

Every night when you pack your bag, make sure you have the following items:



pencils



highlighters



calculator



ruler



coloured pens

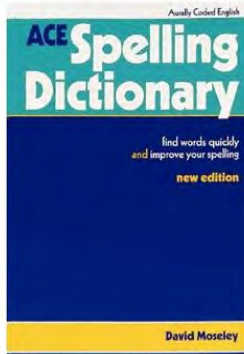


pens

You might also find the following items helpful:



Spellchecker - Phonetic spellchecker and thesaurus



ACE Spelling Dictionary - Phonetic dictionary with 60 second guide inside



Dictaphone - this may prove very useful when asked to take notes in class or for recording homework task

1	2	3	4	5	6	7	8	9	10
2	4	6	8	10	12	14	16	18	20
3	6	9	12	15	18	21	24	27	30
4	8	12	16	20	24	28	32	36	40
5	10	15	20	25	30	35	40	45	50
6	12	18	24	30	36	42	48	54	60
7	14	21	28	35	42	49	56	63	70
8	16	24	32	40	48	56	64	72	80
9	18	27	36	45	54	63	72	81	90
10	20	30	40	50	60	70	80	90	100

Times-tables cards  
Times-tables pencils

(ask your teacher for a copy)



# Making Friends

You will meet different people when you go to secondary school. Some of them will be have dyslexia, just like you.

Here are some tips for making friends:



smile



say hello



ask questions

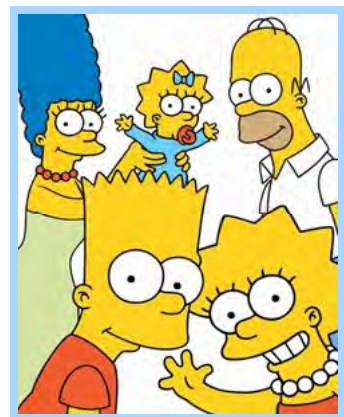
Talk about something interesting:



music



football



families

Think of some questions you could ask new friends.

Remembering names of new friends can be a problem.



## Asking for help in class

When you are in class, you might need some help with certain subjects. You might be worried about asking for help.

Here are some worries that other pupils with dyslexia have had when asking for help.

- I don't want other people to know I'm dyslexic.
- People might make fun of me.
- I have to speak in front of the class.
- The teacher will think I'm stupid and shout at me.
- The teacher might think I'm lazy.

Have you thought of about any of these things?

All your new teachers should know that you have dyslexia.  
All your new teachers should understand about dyslexia.

If you think a teacher doesn't know talk to someone from Support for Learning or Guidance.

# Learning strategies

Here are some tips to get help.



If you have difficulty **copying** from the board you can

- ask to move seats a bit nearer
- ask for a print out
- ask for a photocopy of a friend's notes
- use a dictaphone to record the information



If you have difficulty **reading** you can:

- ask for someone else to read it to you
- ask for a taped version
- ask for the worksheet to be made bigger (A4 - A3)
- ask for the worksheet to be on tinted paper

If you have difficulty **writing** and **spelling** you can:

- ask to use an AlphaSmart, DANA or lap top computer
- ask someone to write it down for you
- use your spellchecker



## Other strategies

Other **strategies** that can help with your learning:

- talking books on tape or CD
- remind the teacher that you are dyslexic
- work with a friend
- use colour and pictures in your jotters
- use lined and squared paper to keep things tidy
- ask for worksheets to be coloured and enlarged
- ask teachers for a word list for new topics
- ask for extra time if you need it

**Remember** - BE POLITE, BE CONFIDENT  
AND ASK FOR THE HELP THAT YOU NEED

You can also talk to your *Guidance Teacher* or *Support for Learning Teacher* about strategies that will help with your learning. You might have to speak to them before a lesson and ask them to tell your subject teacher why you are late for the class.

# How do I learn best?

In every class you should always think about how you learn best.

Ask yourself these questions when given any task.

## 1. At the **START** of a task

- What have been asked to do ?
- Do I need it clarified ?
- What do I want to achieve ?
- What do I need?
- How long do I have to do it ?

## 2. **DURING** the task

- How am I getting on ?
- Is there anything else I need ?

## 3. At the **END** of the task

- How did I get on ?
- Have I done what was asked ?
- Have I checked my work ?
- What have I learned from this ?

# Homework

- Make sure you know what your homework is, when it is due and whether you need any more information from your teacher.
- Tell your teacher if you have problems finishing homework.
- Ask your teacher how long it should take you to do.
- If you are struggling to finish your homework - tell your teacher how long you have taken to do it.
- Write on your homework how long it took you to do it.
- It's also helpful to plan WHEN and WHERE to do your homework.
- Try to start your homework early in the evening before you get tired.
- Remember to take breaks.
- Some people like to get up early and do their homework before they go to school.

Hopefully, you will have found useful tips in this booklet.

Enjoy your secondary school.

There will be lots of new and exciting things to learn.

Remember to join some of the clubs your school offers.

**Don't forget to ask for help if you need it.**

**THE END**

