



905-527-2222 pathways@abea.on.ca www.abea.on.ca

Learning Strategies

Auditory Processing Challenges

These challenges make it difficult to make sense of information that you hear. You may have trouble sounding out words or spelling words from the sounds in the word. You may have difficulty understanding what you're reading. You may also have difficulty remembering things that you hear.

For help with any of these, connect with your instructor, tutor or us!

Here are some things you could try.

1. When it's time to learn, make sure you have a good space to work. What works for you? Quiet, with music playing, lots of light, not so much light? Find the way you learn the best.
2. Take breaks – be sure to get up and walk around every 10-15 minutes so you don't get too tired.
3. Take notes about what you're learning. Keep some paper nearby. Or maybe use a note app on your phone or computer. Even writing down a few words will help you work through the material and remember it.

Communication

Ask your instructor to

- explain instructions
- give you clear written instructions so you can refer back to them
- provide lots of examples
- keep lessons short (10-15 minutes)

Be sure to repeat instructions or key concepts back to your instructor. This helps you make sure you have it right.

Reading and Writing

1. Try a Phonics Program – A phonics-based program might help you work on your reading skills. But you might find it difficult to sound out words using phonics or the individual sounds of words. If you give it a shot and it doesn't seem to be working – that's okay! It just means you need to try something different.
2. Whole Word Approach - Likely you read words as a whole, remembering the look of words. Using Whole Word strategies can really help boost your vocabulary.
 - a. Read your own writing or stories several times.
 - b. Copy out what you're reading – this will help you practice reading and writing whole words.
 - c. Look for specific words in text.
 - d. Ask your instructor for cloze exercises where you fill in a word to make a sentence.
 - e. Work on word families. These words are very similar in how they're spelled like grain, main, plain, pain. All of these have "ain" at the end. If you can spell one of these, you can likely spell all of them!

- f. Use flash cards for really important words that you need to know.
 - g. Keep a list of words you need to be able to read and spell.
3. Try these things to remember what you're reading.
- a. Read it once to figure out all the words.
 - b. Read it again for meaning.
 - c. Take notes while you're reading of the main points or questions you have.
4. To edit your writing, review your writing for one thing at a time using COPS.

C	Capitals
O	Overall appearance like neatness and margins
P	Punctuation
S	Spelling

Math

1. Ask your instructor to
 - review the problem or concept together
 - provide a pattern for solving the problem (what are the steps?)
 - review lots of examples
 - explain them to your instructor to make sure you understand itThen try it on your own.
2. Use a calculator.
3. Keep a list of formulas and examples of math problems to refer back to.

4. Use math reminders or tricks like BEDMAS. This is a reminder to complete math steps in this order.

B	Brackets
E	Exponents
D	Division
M	Multiplication
A	Addition
S	Subtraction

Using Digital Devices (phones, tablets, computers)

There are all kinds of cool apps that can help with reading, writing and just learning in general. These will take some time to figure out. Work with your instructor or tutor to give them a try. You'll likely need some practice. But once you learn them, they can really make a difference with your learning.

1. Use Google Read and Write (free version).

You can add this to your Chrome browser. It can read websites for you and has lots of other tools as well. It can be used with Google Docs. If you have a microphone, it can type what you say as well.

[How-to Video](#)

[Add to Chrome](#)

2. Do you have to read something pretty difficult? Try [Rewordify](#). You can copy a difficult passage and paste it in. It will try to make it a bit easier to read.

3. Have an image or pdf document that you want to edit? Google Docs has this built in. In the dropdown menu at the top that says "Open with," choose "Google Docs." [How-To Video](#)
4. Use Microsoft Word to help with spelling and grammar. Word has an Editor built right into the program. Google Docs does as well. [How-To Video](#)
5. Use an online dictionary like [Wordweb](#) to find the meaning of words and to get other similar words. Some might have an app that you can put on your phone or tablet as well.
6. Stuck on a math problem? Try [WebMath](#). This is an online calculator and problem solver. It has templates for all kinds of math problems.

Online Courses through e-Channel

Want to work on upgrading through online courses? e-Channel programs have lots of courses that can help. Ask your instructor about which ones are right for you!

[The Learning Hub](#)


[Good Learning Anywhere](#)

On Your Phone

Do you have a smart phone? If so, try some of these tools.

You can also search [YouTube](#) for a video to show you.

1. Turn on word prediction. When you're typing, it will give you ideas of the words you want. You can click on them to use them instead of writing the whole word.

2. Use the microphone to say what you want to write. Check the app for the microphone symbol. 
3. Use the voice memo app to record messages to yourself for later.