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Learning Strategies

Visual Processing Challenges

These challenges make it difficult to make sense of information that you see. It's not a vision problem. You might get headaches when you read. Or, you are really sensitive to light. You may see words move on the page or have difficulty tracking words or lines.

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, in a room alone or with people? Find the way you learn the best.
2. Find out what lighting works best for you. Natural light is usually the best. So maybe try sitting beside a window. Otherwise, maybe try a lamp. Avoid sitting directly underneath an overhead light. This can cause a glare or be too bright for you. Avoid fluorescent lighting if possible. If you think it's still too bright, try wearing sunglasses.
3. When looking at a screen, adjust your screen lighting. Sometimes the screen is so bright it hurts our eyes. Lower the contrast in settings or

install a blue light filter such as [f.lux](#). If you have blue light glasses, be sure to use them.

4. Take breaks. Be sure to get up and walk around every 10-15 minutes so you don't get too tired.
5. Take notes about what you are learning. Keep some paper nearby. If you are learning online, sometimes you can make notes right in the program.

Communication

1. Ask your instructor to give you verbal instructions. These should be step-by-step if possible. Ask for these instructions in writing too. That way, you can refer back to them if you need to.
2. Use a highlighter to highlight key directions or things to remember.
3. Let your instructor know what's working and what isn't. There are many strategies that could work for you. You might have to try a few before you find what works for you the best.

Reading and Writing

1. Phonics Program
Ask your instructor to use a structured phonics program to help you upgrade your reading and writing skills. These programs rely on things like rhyming, breaking sounds apart and building them back up. It's very possible that you have strong auditory skills. This type of program focuses on sounds so could work well for you.

2. Tracking

You might have difficulty tracking lines when reading. If so, follow along with a ruler or your finger to keep your place. If you're reading on a screen, you can use the cursor.

Math

1. Graph Paper

If you have difficulty with columns of numbers, using graph paper might help.

2. 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 it
- Then try it on your own.

3. Use a calculator.

4. Keep a list of formulas and examples of math problems to refer to.

5. 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 has a **screen mask tool** that will make it easier to stay on track. 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 and it will find simpler words.
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," say "Google Docs." This way you can adjust the document to make it easier to read – you can make the font bigger, put more space between lines, change font colours, etc.

[How-to Video](#)

4. Use Word to help with spelling and grammar.

[How-to Video](#)

5. Use an online dictionary like [WordWeb](#) to search for the meaning of words and to get other similar words.
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. If you need to work out a math problem on paper, try using graph paper – it may help you work with columns.

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!

Check out

[The Learning Hub](#)


[Good Learning Anywhere](#)

On Your Phone

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

If you are not sure how to use any of these, connect with your instructor.

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. Search for the symbol of a microphone. 
3. Use the voice memo app to record messages to yourself for later.
4. Adjust your screen brightness to make it easier on your eyes.