

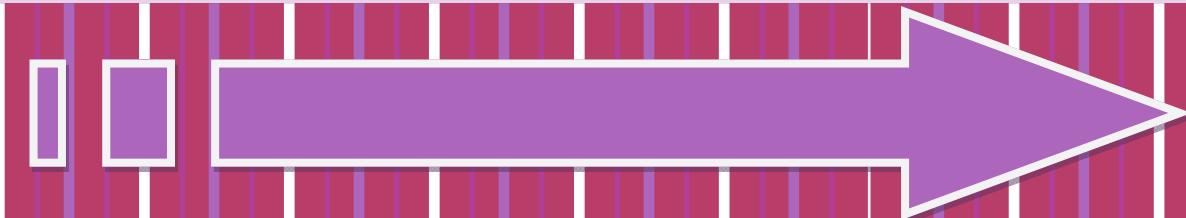


Aspergers

ADSHE Training Day

30th January 2013

A compilation of ideas,  
strategies and techniques that  
can be used in a study session.



## 1. Executive Function

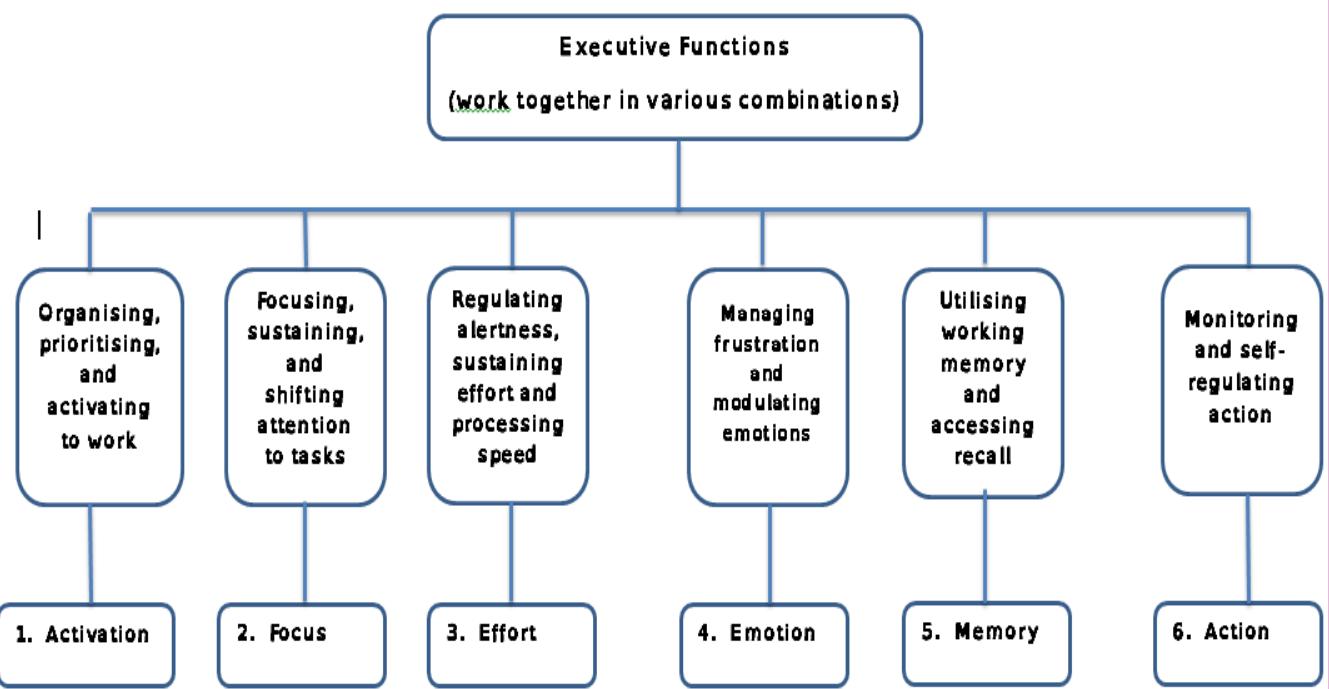
# Understanding difficulties in relation to Executive Function

## Showing practical activities

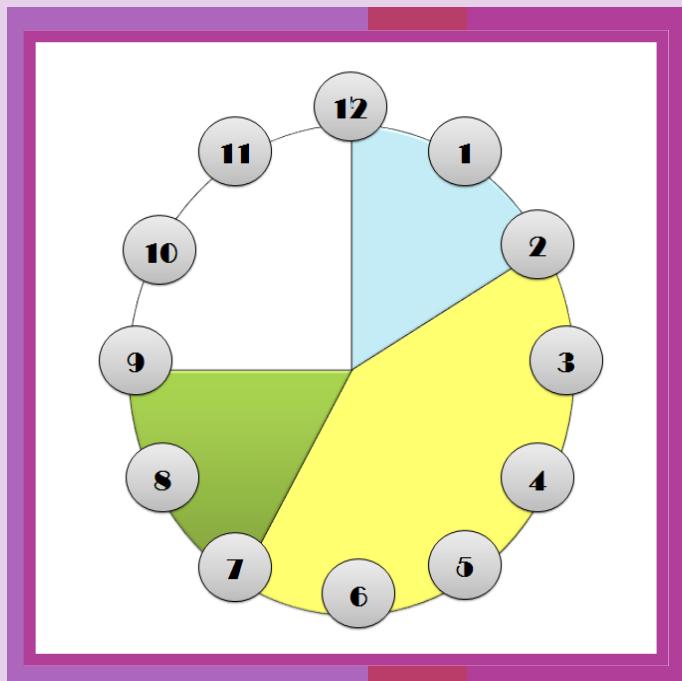
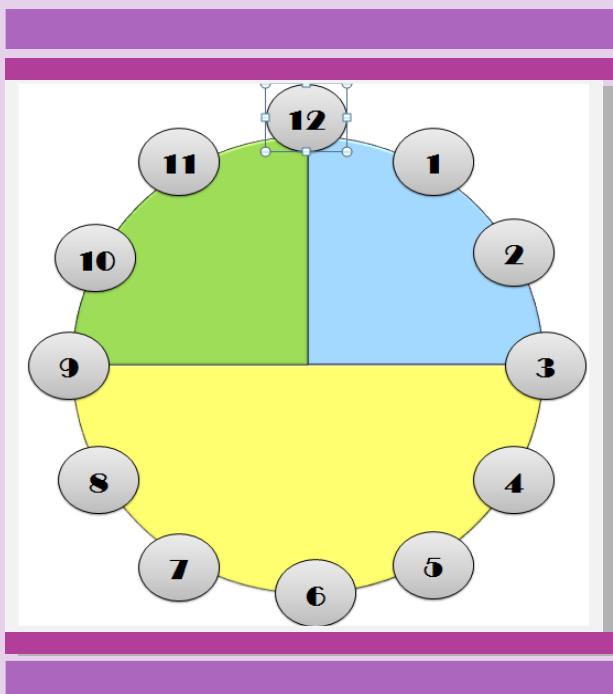
## Gaps identified



**SpLDs and Executive Function**  
(Thomas Brown, 2005)



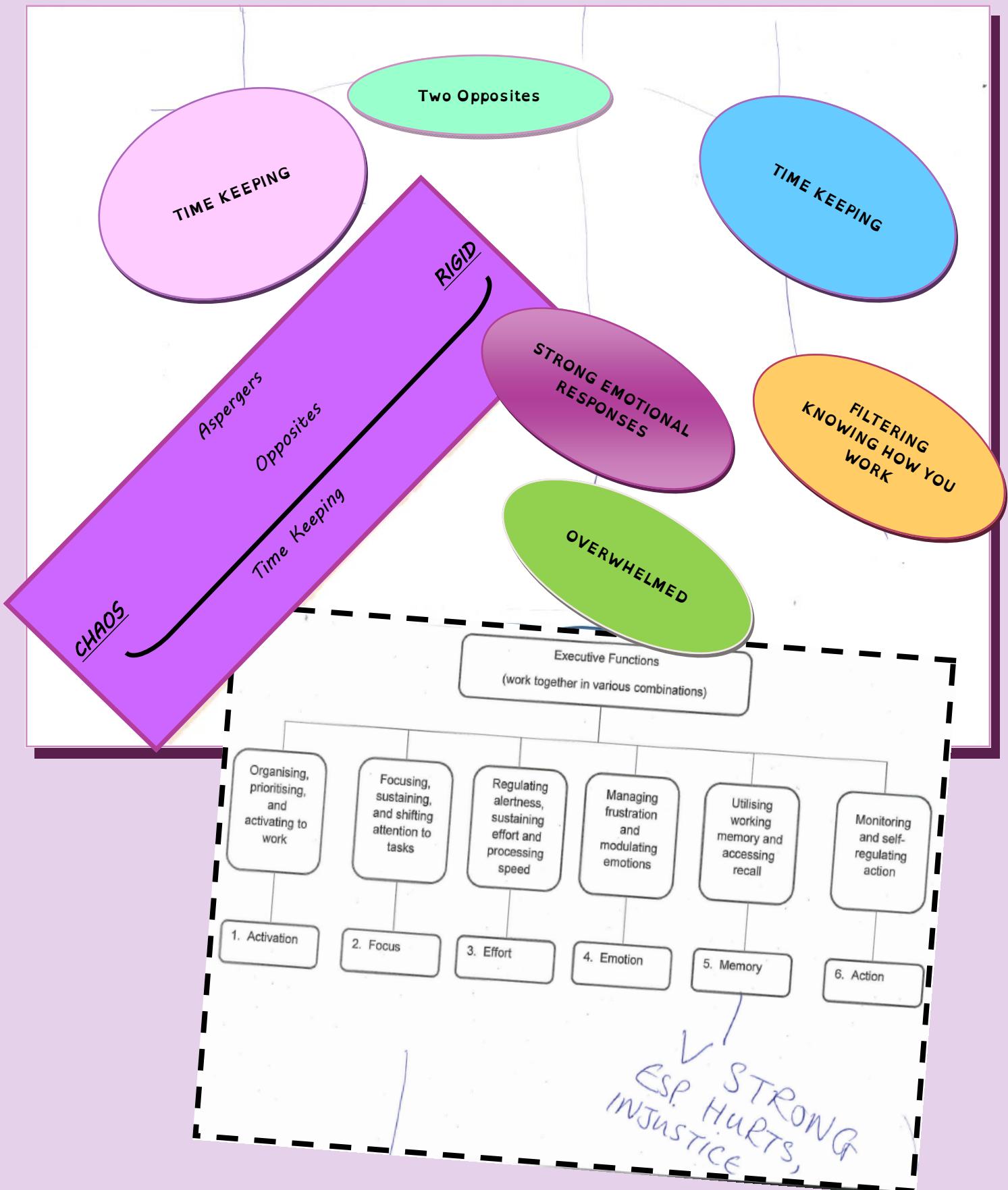
## 2. Timings



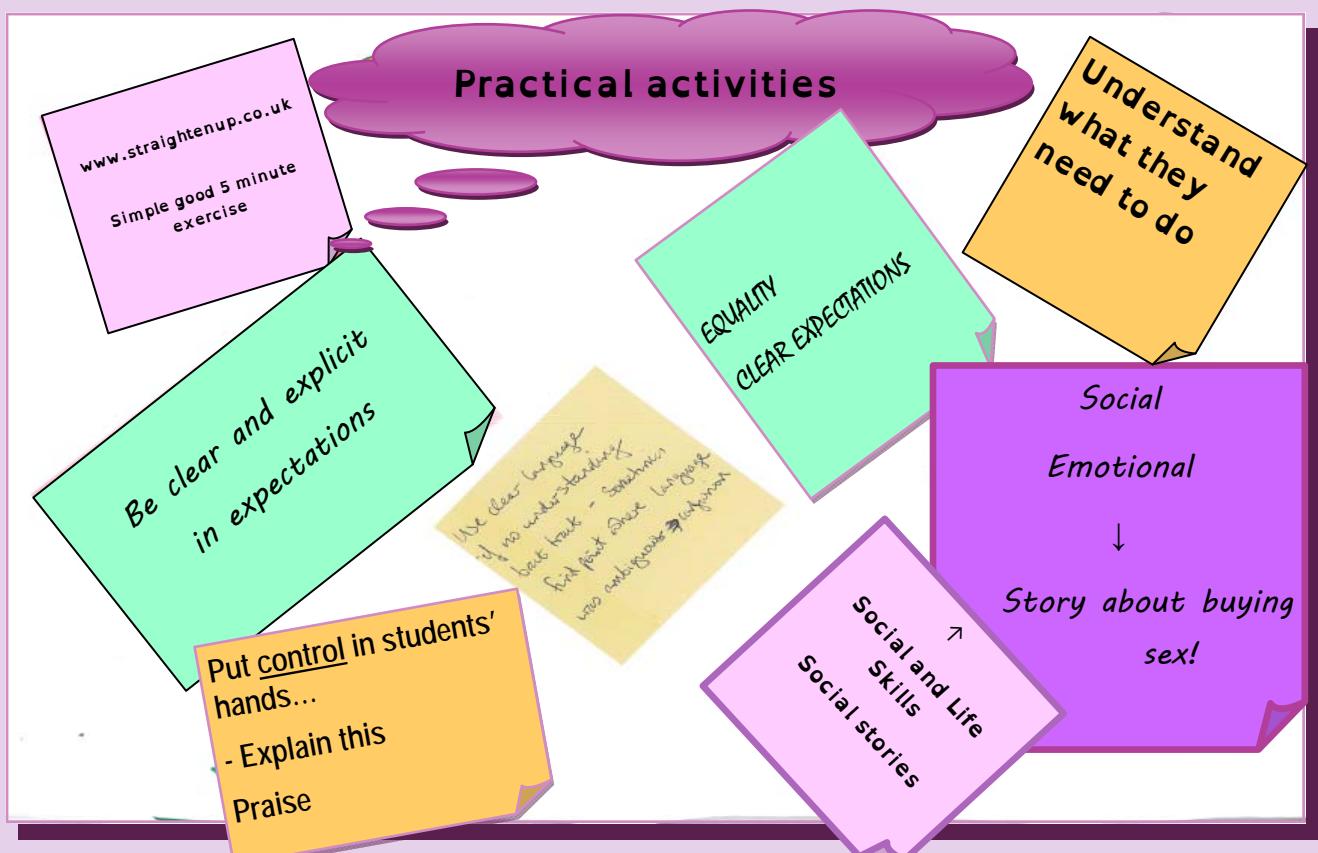
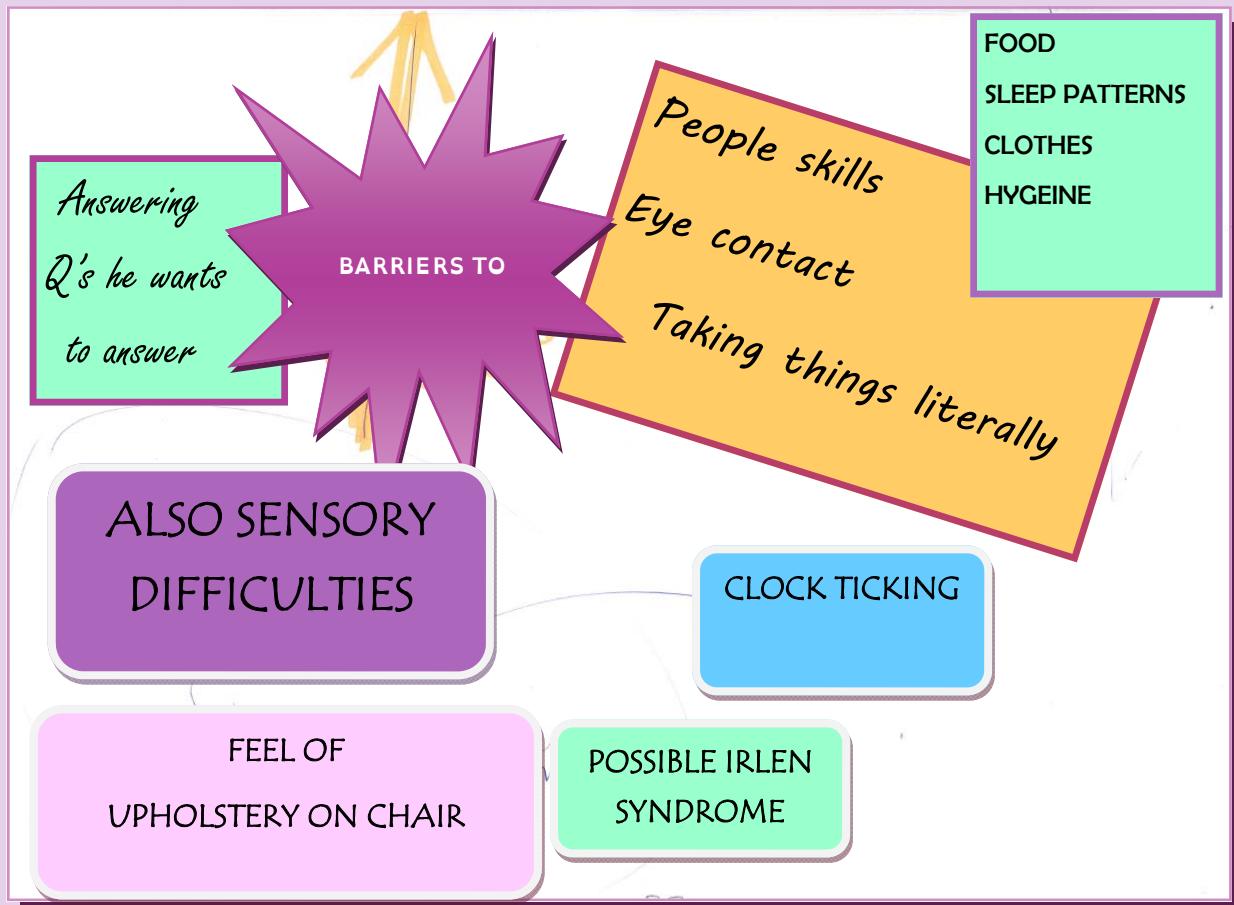
**Each group was tasked with :**

- I. Identify issues
- II. Identify the effect on Executive Functioning/ learning
- III. Share strategies for teaching/learning
- IV. Identify the gaps – emphasis of time and effort is on number (iii)

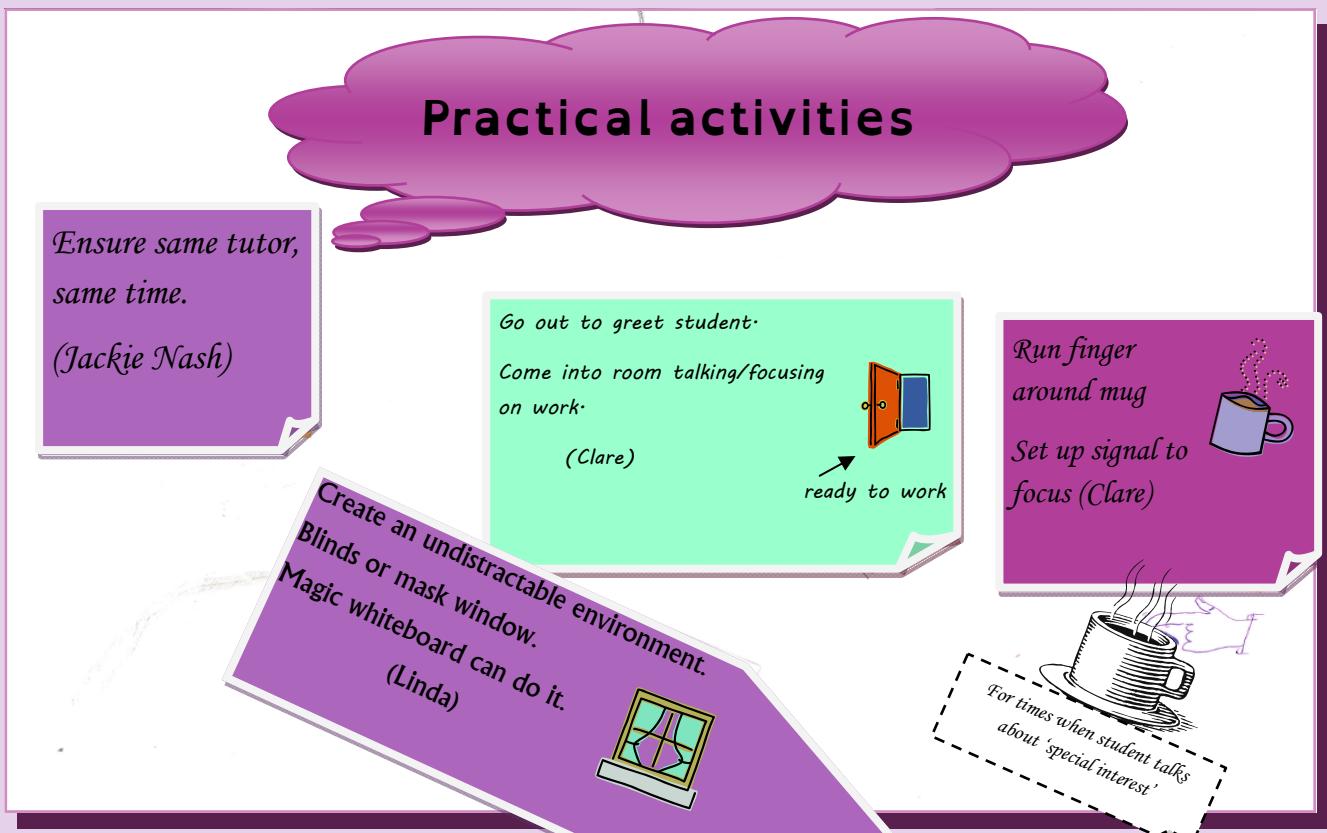
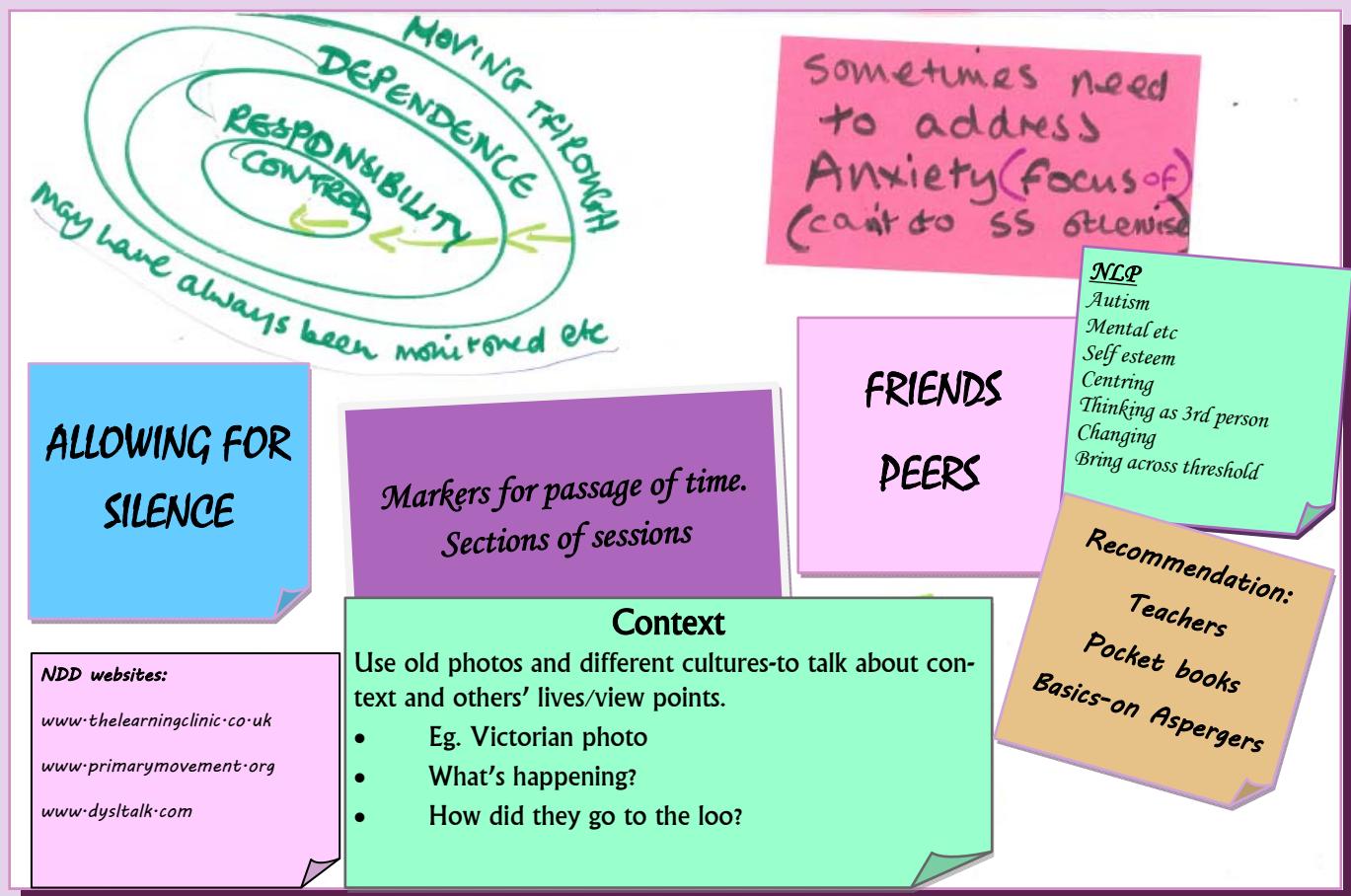
### 3. Ideas of strategies and techniques that could be used in a study support session



## 4. Ideas of strategies and techniques that could be used in a study support session



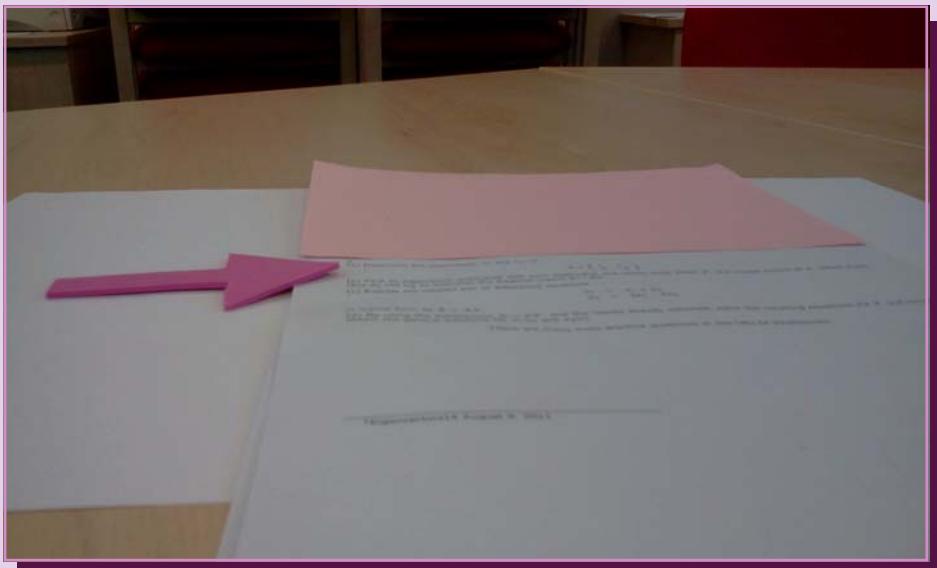
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## 6. Ideas of strategies and techniques that could be used in a study support session



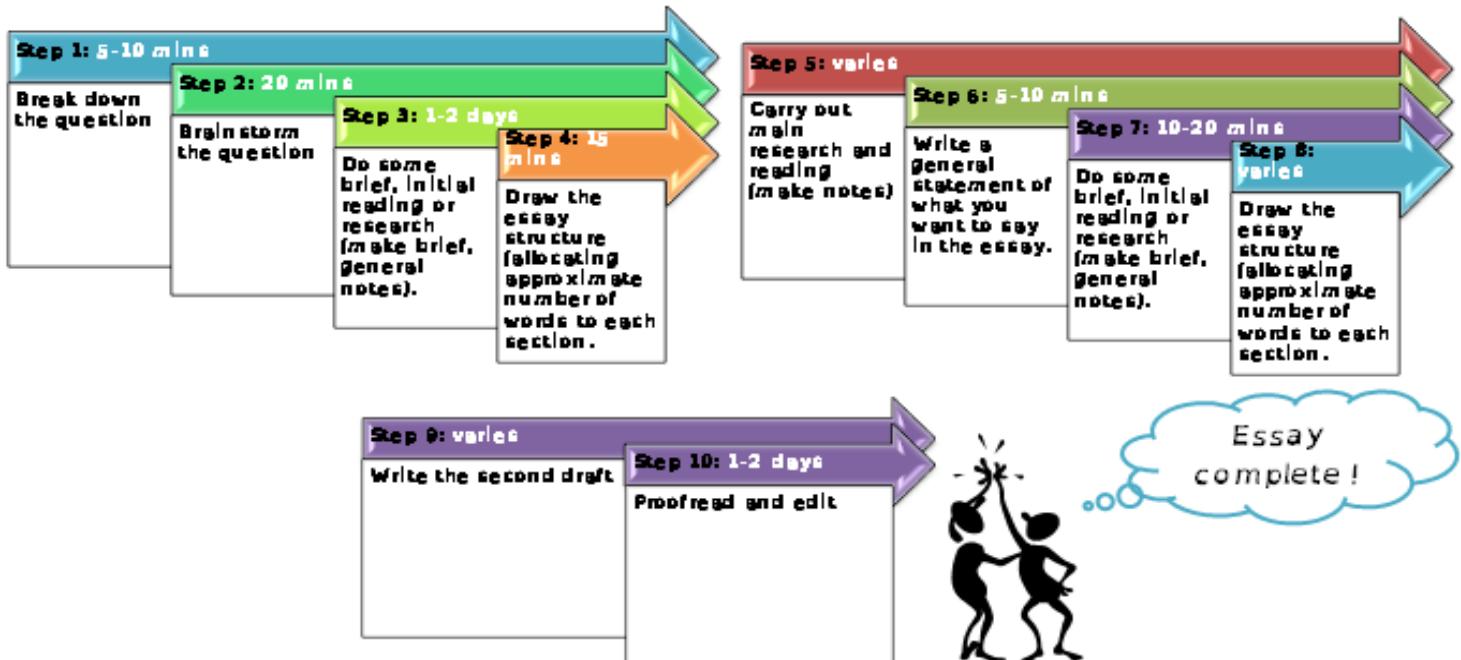
## 7. Ideas of strategies and techniques that could be used in a study support session



## 8. Ideas of strategies and techniques that could be used in a study support session

### A 10-point plan to writing an essay

- When you are given an essay to do, you should have a plan of how you will tackle the task.
- The method below is designed so that each step makes the next one easier.
  - For example, steps 1-4 will make researching and writing the essay easier.
- Most of the steps don't take that long; others depend on the length of the essay and the deadline you are working to.

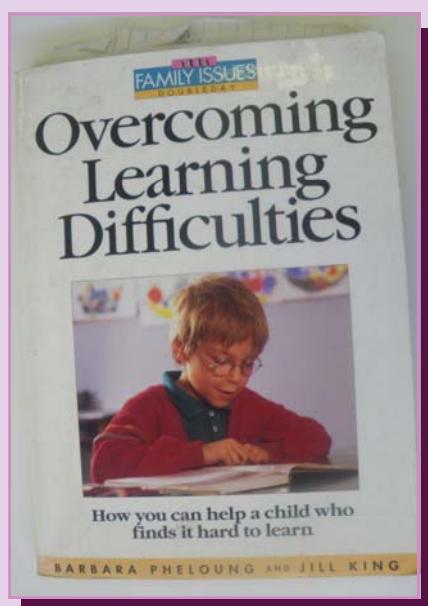


(Adapted from a Peter Lin publication)



A visual representation of how specific learning differences can co-exist within an individual.

## 9. Ideas of strategies and techniques that could be used in a study support session



# 10. Ideas of strategies and techniques that could be used in a study support session



## Sorted: The Daily Organiser

<https://itunes.apple.com/gb/app/sorted-the-daily-organiser/id513269408?mt=8>

Essay Writer - Essays Simplified

Essay Writer is a new program that helps to produce an essay in half the time. It allows the student to collect and organise thoughts in a visual way and then add text to create a complete essay.

Essay Writer is simple to use and contains animated tutorials explaining the use of the program and how to produce the best essays.

Other special features in the program are:

- Example essays / maps
- Subject Dictionaries
- Intellitips - guides user through essay creation
- Bibliographic References

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Simple to Use

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Essay Writer helps you create faster, clearer essays and assignments. Essay Writer allows you to create a map of ideas and uses this as a structure for you to add text to.

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I've also contacted Andrés Kruse, the chap who demonstrated Essay Writer to us, and he is more than happy for you to contact him, if you wish to know more about the program. His email address is [Andres.kruse@spark-space.com](mailto:Andres.kruse@spark-space.com)

Jackie Nash

<http://www.spark-space.com/index.php/education/>

# 11. Ideas of strategies and techniques that could be used in a study support session



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## 12. Ideas of strategies and techniques that could be used in a study support session



**Routines**

Some people with autism enjoy and rely on routines to help make sense of their daily life and the world around them. When things change - perhaps the bus they always catch has been diverted, or the shelves in their local supermarket have been rearranged - this can lead to serious panic attacks.

Think how often things change around you. For a person with autism, even the smallest changes can be extremely distressing and confusing.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Our community outreach services help people with autism of all ages to manage at home, at college and to get out and about, while learning how to overcome anxiety. Visit us at [www.autism.org.uk](http://www.autism.org.uk)

**The National Autistic Society**



**Literal interpretation**

Imagine if you didn't know how to read the subtleties of language or tone of voice. You'd quickly find it impossible to understand people or form meaningful relationships. But that's how many people with autism experience the world every day. When one man with autism heard it was "raining cats and dogs" he worried about how the animal rescue centres would cope. Just think how you'd cope at work or in social situations if you didn't know the unwritten rules. You'd be trapped, confused - and friends would be in short supply.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Every year, our befriending schemes, social groups and out-of-school clubs help hundreds of people with autism to learn social skills and reduce the chances of isolation. Visit us at [www.autism.org.uk](http://www.autism.org.uk)

**The National Autistic Society**

# 13. Ideas of strategies and techniques that could be used in a study support session



**The National Autistic Society**

### Social interaction

42% of children with autism say they have no friends, compared to 1% of other children. They have difficulty making connections because they don't understand the rules of social interaction that other children take for granted. Some are unable to speak at all. Often, this leads to bullying, isolation and mental health problems.

Children with autism grow up to be adults with autism - what kind of future do they face?

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**The National Autistic Society**

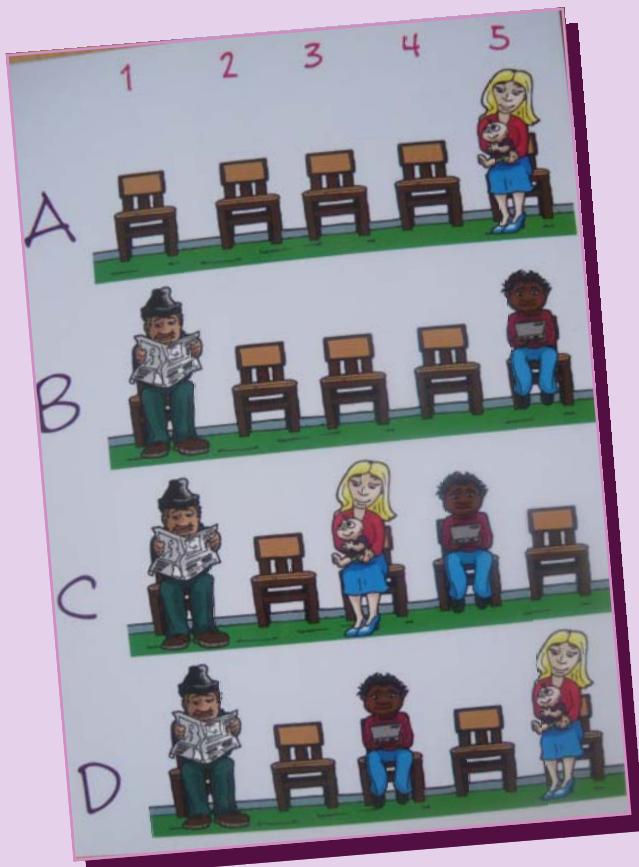
### Social isolation

Social isolation can be a devastating consequence of autism, leading to depression and other mental health problems. It also places enormous strain on families and carers.

One person with autism told us: "I'm like a wasp in a jar - I see and hear people around me but when I try to get into their world I just keep hitting the glass." We know that over 70% of children with autism experience mental health problems, compared to just 10% of other children.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Our befriending schemes, social groups and out-of-school clubs help hundreds of people with autism to learn social skills and reduce the chances of isolation. Visit us at [www.autism.org.uk](http://www.autism.org.uk)

## 14. Ideas of strategies and techniques that could be used in a study support session



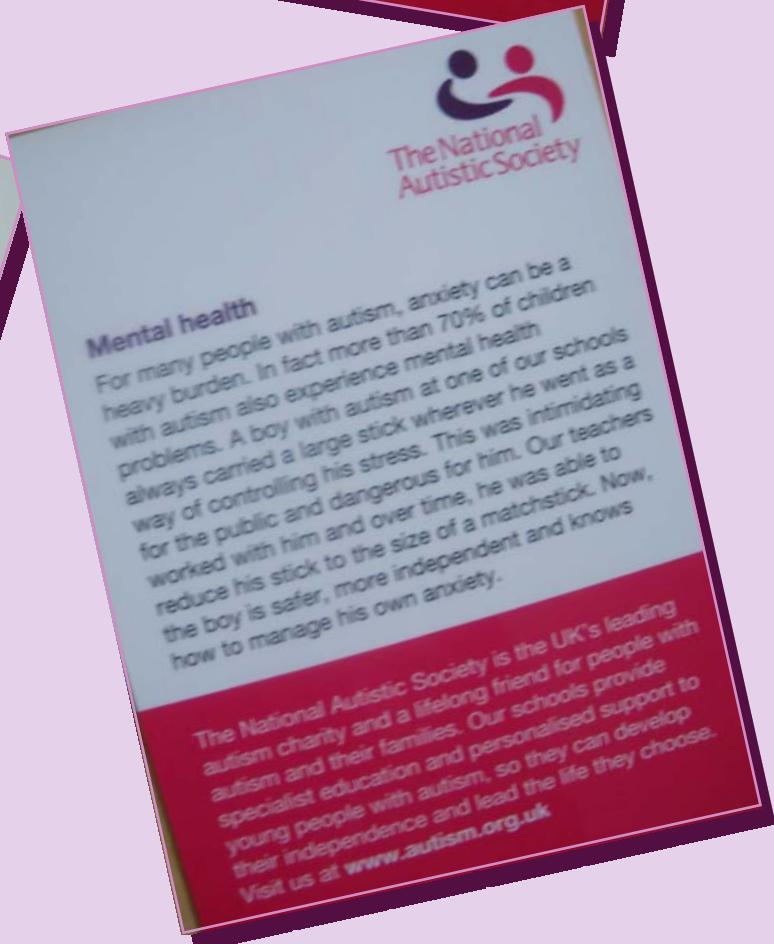
**The National Autistic Society**

### Understanding social rules

Ever had someone sit right next to you in an otherwise empty waiting room? Most people would feel that their personal space had been violated – how would you react to that person?

People with autism have difficulty understanding social rules. They might not know how close to stand to somebody or where to sit on a train. This inability to follow social norms doesn't just lead to social isolation – it can sometimes put the person with autism in danger of abuse or exploitation.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Our training courses support people with autism to learn social skills and reduce the chances of isolation. Visit us at [www.autism.org.uk](http://www.autism.org.uk)



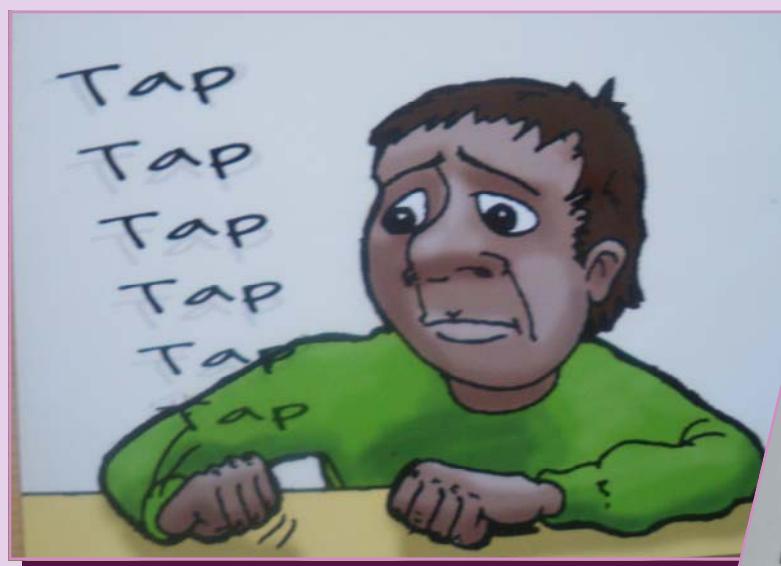
**The National Autistic Society**

### Mental health

For many people with autism, anxiety can be a heavy burden. In fact more than 70% of children with autism also experience mental health problems. A boy with autism at one of our schools always carried a large stick wherever he went as a way of controlling his stress. This was intimidating for the public and dangerous for him. Our teachers worked with him and over time, he was able to reduce his stick to the size of a matchstick. Now, the boy is safer, more independent and knows how to manage his own anxiety.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Our schools provide specialist education and personalised support to young people with autism, so they can develop their independence and lead the life they choose. Visit us at [www.autism.org.uk](http://www.autism.org.uk)

## 15. Ideas of strategies and techniques that could be used in a study support session



**The National Autistic Society**

**Repetitive behaviour**

Some people with autism rely on repetitive movements as a way of dealing with an over- or under-developed sense of touch. They may simply tap a table top, flick a rubber band or twirl a piece of string, or they may flap their arms, rock, spin, or bang their head against a wall.

This can lead to physical harm, but even if the behaviour isn't dangerous it can still make it impossible for the person with autism to lead an independent life.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Our residential services provide a safe and suitable environment that helps to ease sensory problems and reduce repetitive behaviour. Visit us at [www.autism.org.uk](http://www.autism.org.uk)



**The National Autistic Society**

**Non-verbal language**

How do you tell if someone's happy or sad? For many people with autism, it's impossible. Just because they see someone smiling or crying, it doesn't mean they can tell how that person is feeling.

Imagine not being able to read facial expressions. How would you know how to act around people? That's why so many people with autism struggle socially - 42% of children with autism say they have no friends.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Our training courses help people of all ages with autism to learn the unwritten rules that other people take for granted. Visit us at [www.autism.org.uk](http://www.autism.org.uk)

## 16. Ideas of strategies and techniques that could be used in a study support session



**The National Autistic Society**

**Sensory problems**

Imagine if you cuddled a teddy bear and, instead of feeling soft, it was as sharp as needles? Or you turned on a light and found its buzz unbearably loud and painful? You'd probably be driven to extreme anxiety.

Everyday life is like this for many people with autism – they can experience over- or under-sensitivity to sight, sound, smell, taste and touch. But through sensory therapy and modifications to the environment, their lives can be made more bearable.

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. We work with people of all ages with autism to ease their sensory problems and help them cope better in their daily life.  
Visit us at [www.autism.org.uk](http://www.autism.org.uk)



**The National Autistic Society**

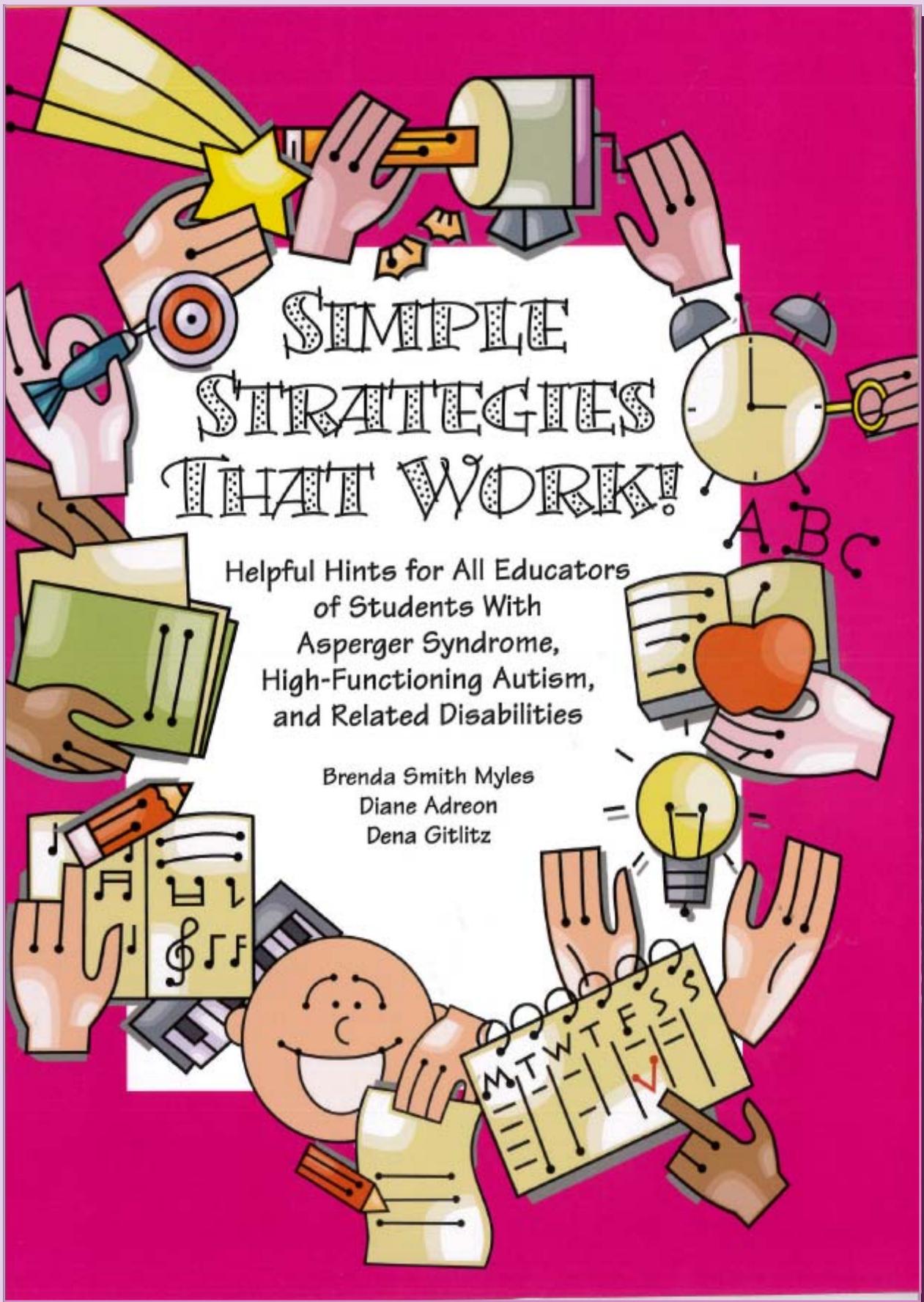
**Processing information**

How long did it take you to spot the differences between the two pictures? For people with autism, it can take just as long to process day-to-day information, like the number on the front of a bus, or a question asked at a job interview.

Imagine how other people would behave towards you if you couldn't make instant decisions or give an immediate reply to a seemingly simple question?

The National Autistic Society is the UK's leading autism charity and a lifelong friend for people with autism and their families. Our community outreach services help people with autism of all ages to manage at home, at college and to get out and about, while learning how to overcome their processing difficulties.  
Visit us at [www.autism.org.uk](http://www.autism.org.uk)

## 17. Ideas of strategies and techniques that could be used in a study support session

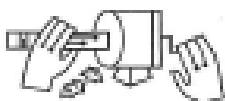


## 18. Ideas of strategies and techniques that could be used in a study support session

### SIMPLE STRATEGIES THAT WORK



1. Operate on Asperger Time



2. Manage the Environment



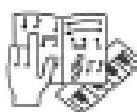
3. Create a Balanced Agenda That Conserves Energy



4. Share the Agenda



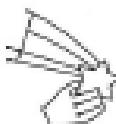
5. Simplify Language



6. Set a Calm, Positive Tone



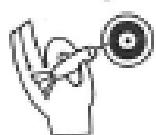
7. Live Out Loud



8. Be Generous With Praise

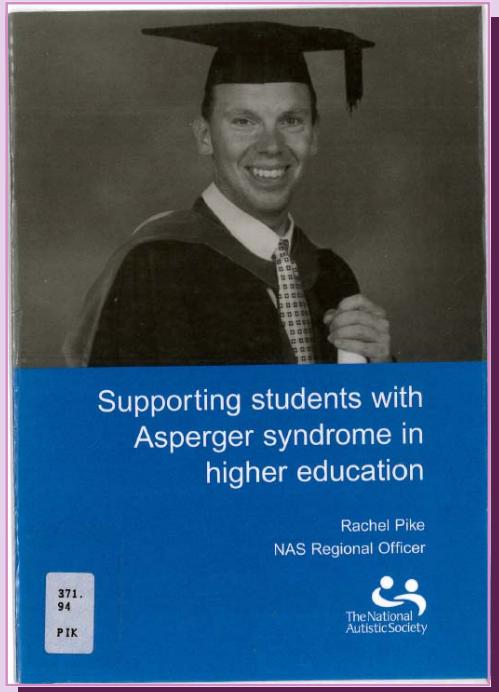


9. Listen to the Words



10. Provide Reassurance

# 19. Ideas of strategies and techniques that could be used in a study support session



## OTHER MAJOR BARRIERS

PLACEMENTS

GROUP WORK

(alternatives required)

- Careers
- Interviews
- People skills
- Promoting USPS
- Employers need to know what to expect (placements)

Alternative assessments:

Recorded presentation

Present to tutor, not to group.

# 20. Some interesting sites about autistic spectrum

<http://www.autismspot.com>

An American site geared largely towards parents and children – but some interesting comments available on it: e.g.

News Autism in Tommy Hilfiger's Family



NYDailyNews.com - Fashion Mogul, Tommy Hilfiger, teamed up with Autism Speaks in a PSA last year comparing the odds of having a child on the spectrum to the odds of succeeding in the fashion industry. In [this link](#) from NYDailyNews.com, he also addresses his stepson's autism and the startling lack of research and focus on Spectrum Disorders in the United States.

blog Wine Corks Make Great Fidgets!

Submitted by Crand



Dommer's picks - Dominic Alias

Okay, so here's the question:

After finishing that bottle of Merlot, what do you do with the bottle? Chances are, you throw it out., right? And what do you do with the wine cork? Do you throw that out, too? If so (to the latter), you may want to think twice! Now, I'm not saying that there are a lot of great uses for an old wooden wine cork, but there's at least one! Try saving that wine cork and using it as a fidget! That's right -- wine corks make for AWESOME fidgets!

## TWO New Donna Williams Educational Programs!



I'm always thrilled when Donna puts together something helpful. And here are two more entrees for our [Educational Library](#). Here's what she says about...

### Autism and medical interventions - my personal experiences:

"I have lived with significant ongoing health issues all my life. As a person with autism this meant I had a certain way of adjusting to these things. In this video I talk a bit about the experiences and strategies I've used to handle a wide range of medical treatments."

And here are her comments on...

### Social Opportunities on the Autism Spectrum

"As a person diagnosed with autism and living with my own autism 'fruit salad', I also had my own introduction to social challenges when being on the autism spectrum. I've also been a professional autism consultant since 1996, was one of the founders of Autism Network International, one of the founders of Auties.org, have run a writer's group, a choir, a band (all involving those on the autism spectrum) and, together with my husband Chris, hosted walking groups, dinner clubs and other social activities for adults on the autism spectrum. Autism is a 'fruit salad' and so there are a multitude of reasons why someone with autism will struggle with pursuing, initiating or attending social opportunities. Yet every one of those reasons is addressable and social opportunities are essential to helping people with autism develop and enjoy their lives. In this video I explore the obstacles to socialising, tips for overcoming those obstacles and the how-to of advocating for, seeking out, or setting up face to face social opportunities for people on the autism spectrum regardless of level of disabilities or geographical isolation."

As with the rest of Donna's programs, she's only asking enough to help cover some of her costs . It's \$5 for the [Autism and medical interventions](#) and \$10 for [Social Opportunities on the Autism Spectrum](#). Here's the [link to the Education Library](#). Thank you, Donna!!

<http://www.autismhangout.com/>

Another American site – but more articles relating to adults e.g.:

## 21. Some interesting sites about autistic spectrum

<http://www.autismsupportnetwork.com/>

Another American site – but some interesting articles to help understand – I particularly liked a young woman's video about her experience:



<http://www.autismsupportnetwork.com/news/video-hope-autism-and-aspergers-my-story-870321>

Other websites that you may find interesting:

Babble.com top-voted Facebook pages on autism

<http://www.babble.com/Baby/baby-development/best-facebook-fan-pages-autism-nominate/index.aspx>

Sensory Planet social network community

[www.sensoryplanet.com](http://www.sensoryplanet.com)

Sensory Spot sensory integration issues

<http://snesoryspot.com/>

World Autism Community mainly for families and children, but offers some interesting articles

<http://worldautismcommunity.com>

## 22. Identifying any gaps

**Gaps identified**

*Practical access to specialist*

*Recommendation eg*

*Luke Beardon - Sheffield Hallam*

**ADSHE Training**  
**30th January 2013**  
**Loughborough University**

**If you have any queries regarding  
the Autistic spectrum session,  
please contact:**

**[studysupport@lboro.ac.uk](mailto:studysupport@lboro.ac.uk)**

**Designed and produced by the  
Study Support Service Team**