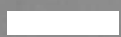


The Dyslexic's Guide to

# enhancing cognitive ability

during a pandemic



DYSLEXIA NIGERIA





# 1 in every 5 of us is dyslexic.

Dyslexia is a specific learning difficulty that makes it tougher to learn how to read, write and spell accurately. It occurs on a spectrum from mild to severe, and it is not caused by lack of intelligence.

While this sounds like an education-focused difficulty, dyslexia affects all facets of life. Most adults with dyslexia develop ways of coping with its literacy difficulties but may struggle with its co-occurring challenges like weak working memory, visual stress and poor comprehension.

Dyslexia is inherited. It is lifelong and cannot be cured. However, with identification and support, the challenges that come with dyslexia can be overcome.

## **Dyslexics are very good at:**

- Being successful entrepreneurs
- Picture thinking
- Creativity and better right-brain use
- Reasoning and problem solving
- Spatial awareness
- Generating lucrative ideas

## **Though they may struggle with:**

- Organisation
- Writing letters, reports & emails with speed and grammatical accuracy
- Correctly using words that sound alike e.g. where/ were/ wear/ ware
- Remembering lists of instructions
- Reading for comprehension
- Time management



# Good for dyslexia, good for all.

In the wake of the COVID-19 Pandemic, the world is inundated with information and change. From learning how to manage the virus, to learning new ways of working, schooling and relating with others, it's no wonder the pandemic is also a test of our cognitive and mental stamina.

Filtering out what is important, reading new information, giving structure to days in quarantine and remote working and schooling can be challenging for anyone, but especially so for individuals with dyslexia.

The truth of the matter is, **we all need strategies for our brains to cope with the current reality. Everyone has the right to the best of their cognitive ability and mental agility at this time, whether they're dyslexic or not.**

# Start here.



## 01

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### Write a to do list

You may not remember all you have to do each day, and fear of forgetting may result in panic. Document tasks in a portable to-do list that can be updated as other tasks come to mind. You could use your phone or a tablet. Reference the list frequently to ensure you stay on track. You may use the traffic light system to help you prioritize tasks: red for most important/urgent; amber, less urgent; green least urgent.

## 02

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### Manage your time

It can be difficult to keep track of time especially under quarantine when the days appear to roll into each other. This can hamper productivity. Estimate time to be spent per task on your to-do list and set alarms and electronic reminders to prompt task start times. Identify your most productive hours and schedule your most demanding tasks for that time.

## 03

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### Embrace creativity

Individuals with dyslexia are highly creative. Take a break from information overload by engaging in creative activities to reduce anxiety and rebalance the mind.



# 04

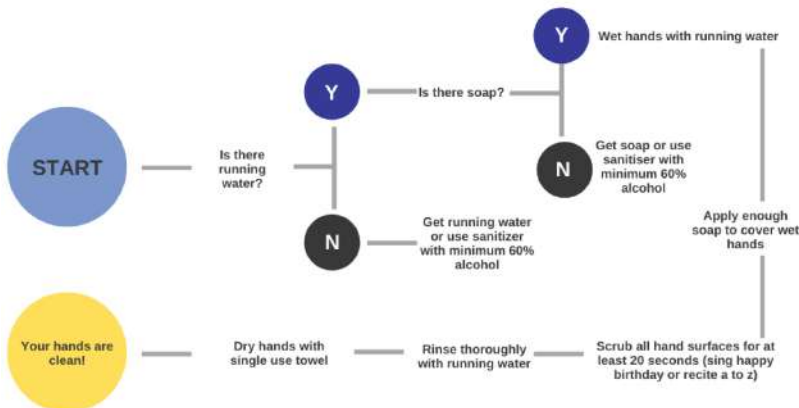
## Group information

Group information into 2 to 3 items at a time to enhance your memory. This may mean selecting the 3 most important points in an article. For example, you may choose to commit the following sequence to memory when going out: wash hands, wear mask, carry sanitizer.

# 05

## Use flow charts

For work, or pandemic precautions that require strict processes, use flow charts to visually represent what should be done and in what order. For example, you may use a flow chart to ensure you wash your hands properly:



# 06

## Use tech wisely

While limiting exposure to social media may be helpful, technology can provide much needed organisation and efficiency. Use technology to help with reading(e.g. text to speech software apps on your phone) and with organization (e.g. setting calendar reminders, dictating to-do lists, etc.)

# 07

## Read smart; go audio

Staying on top of rapidly released information during a pandemic can be difficult and stressful. Don't lose brain power to reading all that comes your way.

As a first rule, limit the time you spend reading the news to specific times in the day. For news you choose to read, use relevant strategies. Skim for a general idea, scan for a particular detail, read word by word to understand the full meaning and use interactive strategies to remember what you must. These include strategies like R.A.P. - Read first, then Ask yourself what the document is about, and Put it into your own words. As an alternative to reading, listen instead!

## Ask for support

**Dyslexia Nigeria** offers a wide range of support services to individuals who struggle with dyslexia in schools, vocations, white collar jobs or daily life.

Our services include the following:

### ***Individuals***

- Helpline
- Consultation
- Child Dyslexia Profiling
- General Adult Screening
- Diagnostic Assessments
- Test of Visual Stress
- Test of Cognitive Ability
- Working Memory Test
- Specialist Tuition
- Resource Center
- Training and Workshops

### ***Schools***

- Early Years Screening
- Universal Screening
- Test of Visual Stress
- Test of Cognitive Ability
- Working Memory Test
- Exam Access Arrangement Assessment
- School Support Services
- Dyslexia Competency Awards
- Training and Workshops
- Resource Center
- Awareness Campaigns

### ***Workplaces***

- Pre-employment screening
- Workplace Needs Assessment
- Leadership Cognitive Enhancement
- Training and Workshops
- Dyslexia Friendly Awards
- Awareness Campaigns



# Some of the world's best are dyslexic.

*COULD YOU BE ONE?*



Steve Jobs



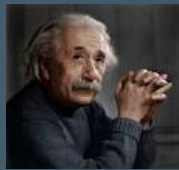
Banke Kuku



Richard Branson



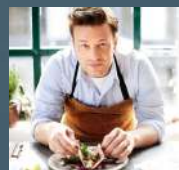
Keira Knightley



Albert Einstein



Jennifer Aniston



Jamie Oliver



Whoopi Goldberg



Winston Churchill

**Below are common signs of dyslexia in adults:**

- Difficulty managing complex workload
- Difficulty reading unfamiliar words
- Mixes up words that sound alike e.g. where / wear/ were/ ware
- Difficulty writing letters, reports and emails with speed and grammatical accuracy
- Difficulty expressing self in writing as opposed to usual oral fluency
- Difficulty remembering lists of instructions or tasks
- Difficulty prioritising or completing sequential tasks
- Mixing up dates and times and often missing deadlines and appointments
- Having to read text repeatedly to gain understanding

**If you experience some or all of these signs, contact us:**

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## ABOUT DYSLEXIA NIGERIA

Dyslexia Nigeria is a registered non-profit organisation established to educate, convene and empower all stakeholders concerned with dyslexia in Nigeria, including educators, businesses, the government, parents and carers. Our goal is to create an environment where dyslexic individuals can develop to their full potential.

At Dyslexia Nigeria, we provide support to children and adults with dyslexia who struggle in school, in a vocation, or in a white-collar profession, and who have limited coping mechanisms and support. We deliver on this through our services, which include training and workshops, professional development, screening, assessments, specialist tuition, consultancy services, awareness campaigns and the provision of assistive resources for individuals with dyslexia.







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**Connect with us.**

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