

## Summary Dealing with dyslexia

### Supportive counselling and facilities

Study planning:

- monitoring study-hours and study load.
- spreading deadlines (sometimes take the resit)

Examination facilities:

- longer time for written examinations
- use A3 sheets possible
- exemption of spelling mistakes

Person to contact:

[Study-adviser of your programme](#)

Necessary: official dyslexia statement.

Don't wait too long to discuss these facilities.

### Financial support if study delay occurs

**FOBOS** (financial support for special circumstances of students)

- study delay **up to 6 months** due to dyslexia, medical or psychological problems and disabilities
- also delay due to family circumstances or board functions
- mandatory to report delay to the student counsellor as soon as possible

Compensation grants (only for students eligible for Dutch 'studiefinanciering')

- basic performance grant (DUO): prolonged study grant, one year extension if the delay is **over 6 months** due to dyslexia, medical or psychological problems and disabilities.
- education loan (DUO): additional year lending rights + single financial compensation for obtaining the diploma

Person to contact:

[Student counsellor of Student Affairs Coaching & Counselling.](#)

### Compensatory skills and tools to improve yourself

Time management:

- plan your activities realistically to avoid a backlog (periodic time tracking)
- evaluating planning on a regular basis
- take appropriate measures when a backlog does occur

Concentration:

- get to know your "prime-time" for special tasks
- allow for your own optimum period of concentration (don't force yourself to read on if it's no longer effective)
- switch between tasks, but not too often. Avoid multitasking.

## Compensatory skills and tools: reading

Study tips:

- get strategic first look at your reading material
- try to maintain a helicopter view for structuring information
- take enough time to recognize new terminology

Increase your reading speed:

- [Braintraining: speed reading & concentration](#)

Use software:

- [Kurzweil 3000 \(text-to-speech\)](#)

## Compensatory skills and tools: writing

Taking notes:

- preparation pays off! Look at terminology in advance, take time to get to know main issues in advance
- focusing on listening and use sketch noting techniques
- you could ask a fellow student for their notes

Teamwork:

- be open about strengths and difficulties
- be realistic about expectations

Use software:

Dragon Naturally Speaking (DNS):

- speech-to-text
- requires some skills and training

Ask for use: [Student Affairs Coaching & Counselling](#)

## Compensatory skills and tools: overview

Overview:

- a technique to visualize information, thoughts and thinking patterns
- [Braintraining: memory techniques & mindmapping](#)
- [Braintraining: one day studyboost](#)

More information:

[Student counsellor and diversity coordinator of Student Affairs Coaching & Counselling](#)