NOT ALL GREAT MINDS THINK ALIKE.

Understanding Asperger's

Facts about Asperger's Syndrome and strategies for success

Asperger's Facts

Asperger's Syndrome is a neurological condition. People who have Asperger's are born with it, and have it for life, although as they get older, they may gain new skills or use their strengths to compensate for their areas of difficulty.

The brains of people with Asperger's seem to process information and sensory stimuli differently than other people. This can be a source of difficulty, but it can also be a strength.

People with Asperger's may experience some or all of the following challenges:

- Knowing what to say or how to behave in social situations.
- Difficulty organizing, initiating, analyzing, prioritizing, and completing tasks.
- A tendency to focus on the details of a given situation and miss the big picture.
- Resistance to change. Change may trigger anxiety, while familiar objects, settings, and routines offer reassurance.
- Vulnerability to stress, sometimes resulting in additional problems including low self-esteem, depression, and anxiety.

Strategies for Success

Here are some great strategies for you to try:

- **Make it visual**. Use student planners, visual schedules and graphic organizers to plan your day and to organize information from class.
- **Find a quiet study space**. Make sure your study area is free of noise and other distractions, and is a place you routinely use for study.
- **Reach out.** Talk with your professors, your advisor, and the student support services staff. Let them know what's going well in your classes, and what is challenging.
- **Rest, relax, and have some fun**. Get plenty of sleep and plan time in your week to do activities you enjoy. Go out with friends, exercise, have quiet time to yourself, enjoy a favorite meal.

Resources for further information

Student Support Services Office

Contact us for help with your class schedule, study strategies, testing, or generally just to chat.

Call **503-768-7156** or stop by Albany.

Accessing Accommodations

Once we have your documentation for your learning difference, we will meet with you and fill out the "Notice of Disability" together. We will work with you to determine classroom accommodations that address your needs.

Internet Resources

Visit these websites for more info:

http://aspergersadults.brighterplanet.org/

http://www.udel.edu/ bkirby/asperger

http://www.lclark.edu/ offices/student support services/