

ACCOMMODATIONS MAKE SUCCESS POSSIBLE: A personal account (By Linda Tessler)

Does having a diagnosis of Dyslexia mean there are some things you just can't do? Would being an author, for example, seem an impossible goal?

Not so, according to Linda G Tessler, Phd, who was diagnosed with severe Dyslexia as an adult and went on to qualify as a psychologist. She now copes with the literacy demands of her profession and even contributes articles to journals.

In her article "Accommodations Make Success Possible", Linda relates how she was always treated as a rather 'dim' student at school and was suspected of cheating when she scored the highest mark in the entire year on a spatial aptitude test. Her teachers had never seen her perform at such a

level, and not knowing about Dyslexia, they didn't know that it's in these non-verbal skill areas that people with reading disabilities often excel.

Linda goes on to explain how she has learned to cope with her own abilities and limitations and has become a successful professional. She gives helpful, practical advice to those faced with the same learning difficulties.

If you would like to read the full article, phone DSF on 9217 2500 or download the article from www.dsf.net.au.

9 tips from the Author:

1. Slow down – give yourself permission to take the time you need.
2. Create obtainable goals.
3. Break each task down into small, manageable steps.
4. Be willing to work very hard.
5. Recognise and accept the fact that only extra effort will get you the success that others achieve with much less work.
6. Don't quit, especially when the going gets tough. Take a break instead.
7. Establish a timetable that is realistic and leaves as much room for error and re-doing as possible.
8. Anticipate and prepare for problems.
9. Take a chance. Do something you're not sure you can do well. It's the only way to grow and find your full potential.

This information has been taken from:

Tessler. L (1998) Accommodations Make Success Possible, The International Dyslexia Association quarterly newsletter, Perspectives, Summer, 1998 pp 32-33,