

8 EXAM PREPARATION TIPS

for "Dys" students, their parents, and
their teachers



by **LogoPsyCom.**





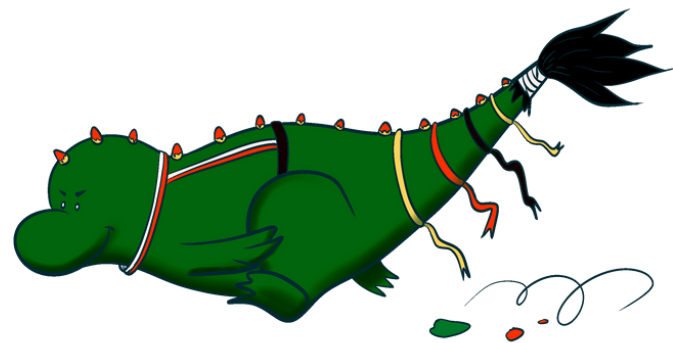
DO(DOU) WELL ON YOUR EXAMS !

At Logopsycom, we've always been passionate about pedagogy and inclusion in education. Being based in Mons (Belgium), we also love our local festival, the "Doudou".

The "Montois" (people of Mons) know it well: the "Doudou" always takes place during the exams or during the study period. So, in honour of the "Doudou", we offer you a compilation of 8 techniques and tools to help you study optimally when you are "Dys".

As a student or parent, you'll find tips on revising but also links to our other free resources on getting organized and studying. As a teacher, you'll find a short list of adaptations to implement and links to our other educational resources.

We wish you all the best for your exams!



The Logopsycom team

USING FLASHCARDS

A flashcard (or study card) is a double-sided card presenting a concept on one side and a simplified description of that concept on the other (text or image).

Flashcards are a great revision tool for many pupils, especially those with "Dys" disorders. It's best to make them yourself (by hand or on the computer), then study them a little each day, until you know them inside out!



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FOR MORE INFORMATION GO ON WWW.LOGOPSYCOM.COM/FLASHCARDS-A-TOOL-TO-FACILITATE-LEARNING/



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THE POMODORO TECHNIQUE

The Pomodoro technique is a time management technique that involves working on a task for 25 minutes, then taking a 5-10 minute break, and so on, taking a longer break after 4 sequences. The length of the sequences can of course be adapted to the child's age and ability to concentrate.

SETTING SMART OBJECTIVES

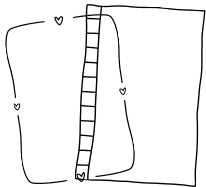
A SMART objective is:

- Specific: concretely described.
- Measurable: with indicators to monitor progress on a daily basis.
- Achievable: broken down into a list of specific steps.
- Realistic: refers to the importance and relevance of the objective for the student. Does the objective really correspond to the student's needs?
- Time bound: presented within a well-defined timeframe.



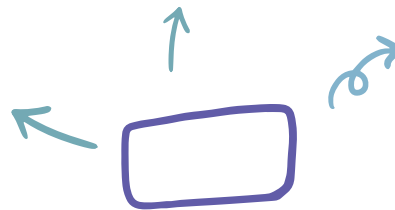
MORE INFORMATION ON WWW.MOOCEDYS.EU/TIPS-AND-TRICKS-FOR-DYS-AND-THEIR-FAMILIES/GETTING-ORGANISED

- Talk about the subject: to yourself, to your cat, to your friend...



- Illustrate with : sample sentences ; pictograms ; sketchnoting ; diagrams ; a lap-book...

- Make a mindmap



- Spatialise information: - drop the info somewhere ; redo the path ; read the info again

- SLEEP !



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ALTERNATIVES TO READING

Dys students often have difficulties with reading. Reading a text AND understanding it can be a dual-task situation, whereas listening to it and understanding it will come naturally. So don't hesitate to include an audio recording of your instructions and exercises (with visual support in the form of text and/or illustration!).



MORE INFORMATION ON WWW.DIGITALL-PROJECT.EU

ADAPTING THE PAGE LAYOUT

- Keep the different types of exercises well separated, ideally with one exercise per page.
- Use an inclusive, sans-serif font such as Open Sans or Arial.
- Don't make double-sided copies.

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MORE INFORMATION ON WWW.MOOCEDYS.EU/SUPPORTING-TOOLS-FOR-TEACHERS-AND-ORGANIZATIONS/WHAT-TO-DO-IF

OpenDyslexic

Speaking of layout, don't hesitate to visit Opendyslexic.org!

This website presents a fabulous feature to make reading easier for anyone with dyslexia: a specially designed font. The special design of the letters makes it easier to see which part of the letter is at the bottom and furthermore strengthens reading in one line. The font is freely available for download.

 OPENDYSLEXIC.ORG



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ORGANISING AN OPEN-BOOK EXAM

Why not organise open-book exams? Or allow students to bring along a page of notes? Depending on how the exam is designed, this can help emphasize skills rather than theoretical knowledge and even reduce students' stress.



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LET'S KEEP IN TOUCH!

Logopsycom is an education innovation center specialized in inclusion and gamification. We offer :

01

PEDAGOGICAL RESOURCES

Free and freely accessible pedagogical resources, like the ones you've just discovered in this document.
Find them on:

 WWW.LOGOPSYCOM.COM

02

WEBINARS AND TRAININGS

We regularly organize events, both in Mons and remotely, for teachers and parents.

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IN-CLASS ACTIVITIES

In-class activities: adapted to your course, primary or secondary level.

Price: 100€ (excluding VAT) for a 1h30 activity, within a 20 km radius of Mons.

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