

Adult Learners with Dyslexia: some strategies to improve your reading experiences

1. If possible, try adjusting the format of the reading so that the words are in a larger font, spread out, and with fewer words per line. Try printing a two-column paper with one column per page.
2. If you cannot alter the formatting, try reading the article on a smaller device or zoomed-in such that fewer words are shown at any given time.
3. Try to increase the “white space” on the printed page. If possible, increase margin size, especially on the right hand side of the page (if the reader is right-handed). This will encourage note taking.
4. Use visual keys to represent certain information in the text. For example, draw a blue square next the line every time the key person/information is mentioned. Use different icons to represent each different aspect as well as simple margin notes. Create a key or legend to easily remember what each symbol/color represents.
5. Create titles for each paragraph or section after reading each paragraph in order to review what was mentioned in the previous paragraph as well as provide a useful header for when the reader is looking for specific information. Try and make the title a question that the paragraph below answers. Write titles on the top of the paragraph.
6. Read the abstract first if you are reading a scientific paper in order to get an idea for what the information provided in the article.
7. Number paragraphs to call out lists of important information.
8. If you need sound in the background listen to music in a foreign language.
9. Change up your study environment after a certain amount of time.

Sykes, Joy. (2008). *Dyslexia, Design and Reading* (Doctoral dissertation). (UMI No. [3305924])

<http://pqdtopen.proquest.com/doc/304666033.html?FMT=AI>