

Cambridge University Press & Assessment
978-1-009-21906-8 — Cognitive and Emotional Study Strategies
for Students with Dyslexia in Higher Education
Amanda T. Abbott-Jones
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Cognitive and Emotional Study Strategies for Students
with Dyslexia in Higher Education

Amanda T. Abbott-Jones provides practical and motivational guidance for students with dyslexia in higher education. The book presents effective strategies appropriate for dealing with an array of study tasks including note taking, essay writing, reading and exams, while also delivering targeted emotional support. Pragmatic methods are delivered from the voices of students with dyslexia who have first-hand experience of fine-tuning study techniques, making learning suitable for how the dyslexic brain processes and memorises information to become successful in the academic world. As such, this book does not simply present strategies from an educational perspective, but instead draws on the wealth of empirical knowledge from the source of dyslexia – the dyslexic people themselves. This gives readers a collective shared identity, which has been previously lacking, teamed with valuable advice on ways to overcome cognitive and emotional difficulties by using appropriate strategies to enable people with dyslexia to flourish in the university environment.

Amanda T. Abbott-Jones is an accomplished dyslexia practitioner. Her own late diagnosis of dyslexia has driven her passion to work with and support students with dyslexia. She received her doctorate in education, focusing on anxiety and dyslexia, from University College London, UK. She is the author of *Dyslexia in Higher Education: Anxiety and Coping Skills* (2022).

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Amanda T. Abbott-Jones
Independent Dyslexia Consultants



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I would like to dedicate the work in this book to all dyslexic students within academia who continue to struggle through the difficulties and self-doubts, but whose strengths have provided the inspiration for bringing this work to fruition.

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Preface

Students with dyslexia in higher education are in need of an effective study skills book that uses a clear step-by-step approach to learning targeted at their level, and that also addresses strategies for reducing negative emotion, such as anxiety and stress. This book closes that gap by providing practical and motivational guidance delivered from the voices of the potential readers' more experienced dyslexic peers and the dyslexic author, who have first-hand experience of fine-tuning study techniques by making learning suitable for how the dyslexic brain processes and memorises information to become successful in the academic world.

As such, the book does not merely present strategies from an educational perspective, but instead draws on the wealth of empirical knowledge from the source of dyslexia, the dyslexic people themselves. This helps to give readers pragmatic and valuable advice on how to overcome cognitive difficulties through using appropriate study strategies for how people with dyslexia productively learn.

Additionally, current study skills books have not integrated aspects of social-emotional development with cognitive development. This book, however, is enveloped in a deep understanding that students with dyslexia do not just require fitting study techniques to succeed academically, but also, if not more so, need support on overcoming emotional difficulties. Thus, the book, unlike other study skills books, provides cognitive technique chapters by focusing on and exemplifying how methods presented can productively be used to

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alleviate negative emotion. For example, in Chapter 2, *Organisation Techniques and Meeting Deadlines*, organisation methods are delivered to help the student to manage time around their studies, yet chiefly are designed to help with reducing anxiety around deadlines. The strategy of rehearsal in the *Presentation Techniques* chapter (Chapter 9) is discussed as a way of ensuring presentations are successful on the day whilst simultaneously focusing on this as a technique for overcoming nerves and panic about the presentation.

These cognitive concepts are ultimately bolstered by Chapter 11, *Emotional Coping Techniques and Looking After Your Wellbeing*, which delivers a range of themes on constructive ways of supporting positive emotion and wellbeing. This includes techniques for developing mental resilience, persistence and determination.