

Resources:

- Episode 6 of Dyslexic Career Journeys
www.youtube.com/watch?v=wY577gojR2g&t=5s
- 3 different colour paper circles or post-its
- Pens or pencils

Develops:

- Self-understanding
- Confidence
- Optimism
- Adapting
- Creativity

Strength Strategies for Success

Cross-pollinating strengths and difficulties

In Episode 6 of Dyslexic Career Journeys, Blogger Suzy says “It’s not about ‘overcoming’ dyslexia... it’s about realising that dyslexia gives you the ability to think about your situation in a different light.” She shares how she has made a job from using her strengths in telling stories to make the most of a dyslexic attribute of muddling up words.

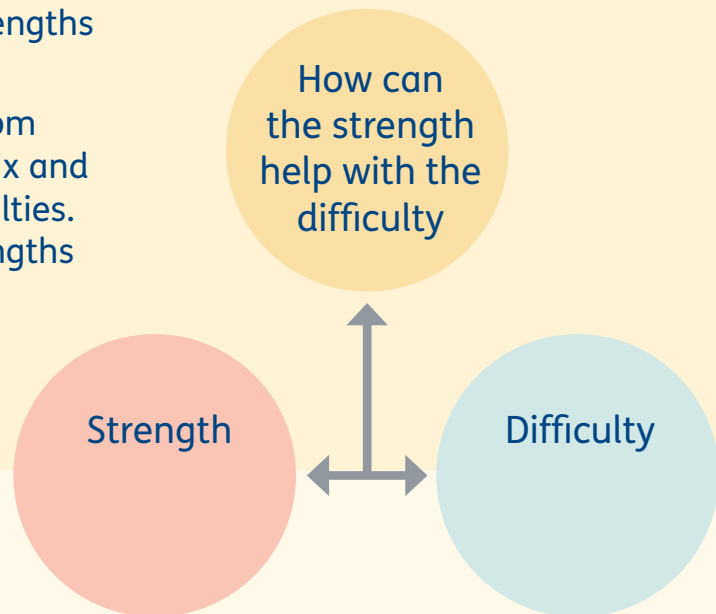
The following activity can help learners consider their own strengths and difficulties and ways they can see them in a different light, like Suzy has.

This activity can be approached by showing the video then using the worksheet to list the strengths and difficulties and cross-match them to generate solutions.

As people with dyslexia tend to be lateral thinkers, they are better able to access solutions when linear and logical approaches can be disrupted. Support more free-flowing ideas by providing larger, pre-cut coloured circles and make a game of mixing and matching strengths and difficulties in a variety of combinations. This can lead to more creative cross-pollination of ideas.

Like Suzy, you can use your strengths to help with your difficulties.

Choose your top 5 strengths from the strengths daisy exercise. Mix and match them beside your difficulties. How can you use your top strengths to help with your difficulties?



Example:

Brilliant at making videos	writing essays is tricky	Make a documentary on the topic