

EXERCISE 4: MY CHALLENGES AND STRATEGIES

All people have things that they find harder to do. These can cause challenges for your studies.

Below is a table that you can use to write down some of these things. Focus on those that you think will affect your studies. Try to write down some solutions or strategies that could be used to help with these difficulties. Particularly think of how you can use your strengths and skills to make things easier. These strategies will be discussed later in this booklet, so you can come back to this later if you have more ideas.

AREA	CHALLENGES	STRATEGIES
Communication	I have difficulty knowing how to respond to other students when they ask how my course is going.	Know some specific areas that you can comment on, such as the current assignment.
Sensory issues		
Information processing		