



SOS Digital - Providing Support to Students in Distress

Neurodiversity_Autism Perspective

Self-Help Guide for Students



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CHALLENGES FOR STUDENTS WITH NEURODIVERSITY: HOW TO DEAL WITH IT

Do you have difficulty interacting with others? Do you not fully understand what other people think and feel? Do you often think you cannot easily enter into a conversation? Do you struggle to understand the organization of university courses? Do you feel anxious about talking or working with your fellow students?

The paradigm of neurodiversity establishes that some people, due to their divergence in interacting with others and an atypical learning style, will present unusual behavior patterns; at least in terms of what is imposed by social standards. Due to their unusual way of performing, they could have more difficulties than others to manage everyday life independently. In the case of university students, their divergent behavioral characteristics could make it more difficult for them to adapt to the university context and to face the demands of their degree courses.

If you feel identified with this circumstance, you can contact the Psychological Counselling Service of your university.

What can you do?

Neurodiversity can lead to some difficulties in study and relationships with professors and peers that become a challenge to face.

The following tips will help you do it properly.

Relying on a professional expert in this topic > A psychologist could help you understand and assess your condition and your experiences. It could also help you to understand what dysfunctional beliefs and assumptions distort reality and relate to situations experienced as very problematic. A path built on awareness could help you understand, for example, why it is difficult to have friends and this would be crucial for your self-esteem.

How to improve communicative, relational and organizational skills

Try to organize the study > i.e., make your own tasks calendar, plan your daily study time, have a specific space for your study, organize the necessary materials for each subject, etc.

Participate in group activities > In the university there are projects and activities aimed at reinforcing relational and communicative skills in neurodivergent people who, starting from the participants' interests, develop moments of sharing and exchange.

Request tutoring activities > A tutor could encourage your study, learning and increase your autonomy in the organization of your university life.

USEFUL CONTACTS

- ✓ If you are a student from UMinho please click [here](#)
- ✓ If you are a student from UniTrento please click [here](#)
- ✓ If you are a student from USC please click [here](#)
- ✓ If you are a student from AMU please click [here](#)

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