

## Handwriting Checklist

- Do you explain things better verbally instead of writing them down?
- Do people have a hard time reading your writing?
- Do you lose your ideas while you are writing them down?
- Does your hand get tired after 5 minutes of writing?
- Does it take you a long time to copy or write out information?

If this sounds like you keep reading for strategies that will help your learning and increase your academic success!

Try 1 new strategy each week and then add another strategy the next week

Need more ideas? Check out these resources:

- [http://library.queensu.ca/websrs/faculty\\_guide-Staff.html](http://library.queensu.ca/websrs/faculty_guide-Staff.html) Excellent Resource at Queen's University
- <http://www.queensu-hcds.org/> Resources, Assessment and Learning Strategies (RARC and BeWell-DoWell)
- [www.ldonline.org](http://www.ldonline.org) Good Technological Resources
- <http://www.parkland.edu/goals/Workshops.html> Online Survival Workshops
- <http://www.metamath.com/lsweb/dvclearn.html> Learning styles

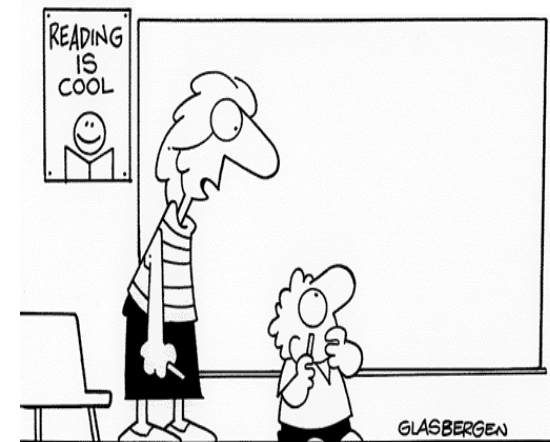
***Above all:** Take care of yourself and focus on the POSITIVE... you **do** have strengths! Make sure your "Self Talk" (what you say internally to yourself) is positive and that you regularly exercise, sleep, and eat! 😊*



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## Strategies for People with Poor Hand Writing

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"There aren't any icons to click. It's a chalk board."

## Research has shown that successful students use these strategies. Try to find a few that work for you!

### LIFE STRATEGIES:

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- Type whenever possible (e.g. Email, notes, letters)
- Use a tape recorder with a "counter"
- Use word prediction and voice input computer software (e.g. Text help, Dragon Dictate)
- Try a new skill to increase your fine motor skills such as playing an instrument or painting
- Give yourself extra time and ask for assistance if needed
- Create small goals for yourself and reward yourself when you complete them

### LECTURE (CLASS) TIPS:

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- Tape record your lecture notes
- Use structured note taking strategies:
  - Leave the right hand margin open for questions, review notes, and text reinforcements

- Date, number and write the course code at the top of each lecture note
- Leave the bottom two inches blank for a summary of the lecture notes (3-5 key points)
- Underline headings and questions that you have in different colour(s)
- Number main points and sub points (e.g. 1 a, b, c ... 2 a, b, c....)
- Leave a lot of white space in order to read notes easily
- Use pictures, charts and diagrams to illustrate concepts - or write down the Figure # and see it later in the text
- If you miss something don't panic: leave a blank space keep following the lecture~ you can get that information from a friend/professor later
- Write at the top of the page what chapter in the text corresponds to the lecture
- Use shorthand notes (environment: enviro, example: e.g., do not understand: ?, increases:  $\uparrow$  changes in:  $\Delta$ , important: NB)
- Discuss lectures right away with study groups to avoid missing material (or interpreting it incorrectly)

- Print off lecture notes before class and add small notes/pictures to them

### ACCOMMODATIONS:

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- Note taker
- Get a copy of overheads and lectures ahead of time
- Dictate/scribe written assignments and tests
- Arrange to write tests with extra time and in a different room
- Use a computer for tests and assignments

### Adaptive Technologies:

- Dragon Dictate and Dragon Naturally Speaking
- Scan pen
- Kurzweil
- Read Please
- Text help