



Life After Highschool with NVLD

Just because you got that job or college acceptance letter doesn't mean your learning disability has gone away. When you have NVLD, new situations (which bring with them new problems to solve and patterns to learn) can be overwhelming, and even frightening. We are here today to discuss the ways in which you can learn to manage your life with NVLD, so that you can feel fully prepared to succeed in any adult transition- like college, graduate school, or a new job.

General Tips for Adults with NVLD (regardless of academic or job status):

- *Know how your NVLD Brain Works:* every person with NVLD has a unique learning profile. When you are well-informed about how **you** learn best, and what **your** strengths and weaknesses are, you can identify the patterns that are hardest for you, and learn to use your strengths to adapt your strategies and overcome your weaknesses.
- *Organization Skills, Time Management Skills, Calendar Skills* (see Dr. Perfetto's article, *You Have NVLD. Now What?*)
- *Planning & Strategizing Skills:* learn how to break down work or school tasks into manageable chunks, so that you can tackle and complete them on-time.
- *Establish Healthy Life Routines:* including but not limited to your sleep/wake schedule, healthy diet, inclusion of exercise, and time for **fun!**
- *Find Out **What Kind of Help You Need & Who Can Help:*** once you know what your challenges are, you can find someone to help you learn to meet them. Depending where you are in life, this might mean educational therapy or life coaching, psychotherapy, tutoring, peer mentors or social skills groups.

For Student Heading to College:

- *Connect With Student Services & Learn How to Advocate for Yourself:* ask learning services to secure the accommodations you need from your professors, with an up-to-date psycho-educational evaluation.

- *Speak to Your Professors About Who You Are as a Learner:* this can be difficult, but the more your professors know about your learning style and profile, the more they will be able to accommodate your needs.
- *Seek Information About a Club or Social Group for NVLD Students at Your College:* you can learn from the experiences of others like you, and might be able to help someone else, too.
- *Consider Peer Tutors or Mentors:* you'll get twice the benefit here, because in addition to getting the help you need academically, you'll strengthen your abilities to make social connections.
- *Think About Your Course Load:* you might need to take fewer classes one semester if the classes you need are super challenging.

For Parents of College-Bound Students:

- *Pick a School That Gets NVLD:* if you need to, consult with an expert like Dr. Loring Brinckerhoff on the latest data on what schools have resources for NVLD kids. lbrinckerhoff@gmail.com
- *Contact Student Services:* and get the name and contact info on each expert who might help your son or daughter.
- *Find an NVLD Expert:* in the college or the area around your son or daughter's school and engage them to meet with your child each week. Experts include educational therapists, learning specialists, learning coaches, etc.
- *Encourage the Routines That Foster Independence:* these may be academic skills and life skills such as shopping, cooking, laundry, practical skills etc.

For Young Adults Entering the Workforce:

- *Consider Consulting with a Career Coach:* there are services that can help match your cognitive profile to jobs or professions you would love and succeed in.
- *Evaluate **Your** Strengths and Weaknesses:* to help narrow down choosing a career. You might ask a friend or family member for unbiased help here
- *Consider Self-Disclosure:* it may not work in the interview process, but can work once you get a job. By presenting yourself as a capable but diverse learner, your supervisor may be better able to accommodate your needs.
- *Cultivate Your Individual Talent:* NVLD people have detail-oriented skills and memory skills that neuro-typicals often don't have. Use your atypicality to set yourself apart!
- *Consider Taking Some College Credit:* to learn more about something you are interested in. You don't necessarily need to pursue a degree, but it can help to advance your career (and who doesn't love to learn new things?!)