

## **Do I Have a Learning Difference?**

There is a wide range of learning styles, and all students process information in different ways. Some students retain visual information more easily (e.g., charts, graphs, images). Others benefit from lecture and discussion formats, where they can hear ideas and information. Still others engage with course content more easily through labs and group projects.

Like all institutions of higher education, there are many students at Haverford that have learning differences/disabilities. There are several kinds of learning differences and disabilities, and they do not stem from a lack of intelligence or lack of preparation. Although students are often identified in elementary or high school, some students may not realize they have a learning disability until they encounter the demands of college-level coursework. If you suspect that you might have a learning disability, the following list of characteristics could help you decide whether or not to seek professional resources and/or diagnosis:

### **Most Common Characteristics of a Learning Difference:**

- Short attention span
- Poor memory
- Difficulty following directions
- Inability to discriminate between/among letters, numbers, or sounds
- Poor reading and/or writing ability
- Difficulty with hand-eye coordination
- Difficulty sequencing
- Disorganization

### **Other Possible Characteristics:**

- Distractible, restless, impulsive
- Difficulty listening and remembering
- Say one thing, but mean another
- Difficulty adjusting to change
- Difficulty telling time and knowing right from left
- Often reverse letters when reading
- Often place letters in incorrect sequences when spelling
- Difficulty understanding words or concepts
- Inappropriately reactions and responses in many instances
- Performance varies from day to day

While many people display some of these characteristics from time to time, a person with a learning difference has a cluster of these characteristics that do not disappear over time. If you think you may have a learning disability, please contact Access and Disability Services ([ads@haverford.edu](mailto:ads@haverford.edu)) to discuss your situation and to find out how to get tested for a learning difference.

\*\*Adapted from:

Learning Disabilities Association of America