**Specific Learning Disorder**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
| --- | --- | --- |
| Breaking task into smaller steps | Presenting the information according to their learning styles | Special educator |
| Understanding your learning style | Positive reinforcement | Counsellor |
| Following strategies taught. | Probing regularly to understand better. |
| Finding different ways – asking for help, using the internet or online apps. | Taking professional help |