

Tîm Dyslecsia



PRIFYSGOL
BANGOR
UNIVERSITY

Dyslecsia

Rydym ar y Llawr Gwaelod Isaf, Neuadd
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[http://www.bangor.ac.uk/student-services/
disability/dyslexia.php.cy](http://www.bangor.ac.uk/student-services/disability/dyslexia.php.cy)

**Mae'r daflen ar gael mewn
gwahanol fformatau**

Mae **dys-lecsia** yn golygu 'anhawster gyda geiriau'. Mae'r gwahaniaethau niwrolegol sy'n gysylltiedig ag ef yn gyffredinol yn ymwneud â phroblemau iaith ysgrifenedig: mae sgiliau darllen a sillafu fel rheol yn llawer iawn anoddach eu meistroli, ac nid ydynt yn dod yn awtomatig o angenrheidrwydd. Rhaid i fyfyrwyr dyslecsig roi mwy o amser, ymdrech a chanolbwyntio mwy ar bob elfen o dasgau sy'n seiliedig ar eiriau wrth astudio.

Yn ogystal, gall problemau dyslecsig fod yn amlwg wrth:

- Ddefnyddio cof tymor byr - cofio gwybodaeth a geir drwy wrando, darllen neu ysgrifennu.
- Gosod deunydd mewn trefn - rhoi trefn ar waith ysgrifenedig, trefnu syniadau, gwneud gwaith cyfrifo.
- Prosesu gwybodaeth yn gyflym - mewn darlithoedd, bras-ddarllen at ddibenion ymchwil mewn llyfrau neu ar y rhyngwyd.
- Rheoli amser.

"Dyslecsia yw fy chweched synnwyr, un yr ydw i'n ddiolchgar o'i gael, mewn sawl modd. Mae wedi rhoi cymaint o gyfleoedd i mi na fyddwn i wedi eu cael o bosib pe na bai fy ymennydd yn ddyslecsig."¹

Er gwaethaf yr anawsterau hyn, yn aml, mae gan bobl ddyslecsig gryfderau mawr drwy eu gallu i:

- Wneud cysylltiadau annisgwyl rhwng syniadau.
- Meddwl mewn lluniau.
- Delweddu mewn tri dimensiwn.
- Gweithio'n greadigol.
- Gweld pethau o safbwynt cyfannol.

Os hoffech wybod mwy am ddyslecsia, ewch i:

<http://www.bda-dyslexia.org.uk> -
Cymdeithas Dyslecsia Brydeinig
<http://www.dyslexia.uk.net/>

¹[http://www.beingdyslexic.co.uk/
forums/index.php?showtopic=1378](http://www.beingdyslexic.co.uk/forums/index.php?showtopic=1378)



Dyslexia Team



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Dyslexia

We are on the Lower Ground Floor, Neuadd
Rathbone, College Road, Bangor, LL57 2DF

To make an appointment to see an adviser:

Tel: 01248 383620

E-mail: disabilityservice@bangor.ac.uk

[http://www.bangor.ac.uk/student-services/
disability/dyslexia.php.en](http://www.bangor.ac.uk/student-services/disability/dyslexia.php.en)

**This leaflet is available in
alternative formats**

Dys - lexia means 'difficulty with words', and the neurological differences associated with it generally relate to written language problems: reading and spelling skills are usually much harder to master, and they do not necessarily become automatic. Dyslexic students may have to give much more time, effort and concentration to all aspects of word-based tasks when studying.

Additionally, dyslexic problems may be apparent when:

- Using short term memory - remembering information absorbed through listening, reading or writing.
- Sequencing material - structuring written work, organising ideas, working through calculations.
- Processing information at speed - in lectures, skimming and scanning for reading research in books or on the internet.
- Managing time.

"Dyslexia is my sixth sense, one that in many respects I am grateful to have. It's given me many opportunities which I might not have had if I didn't have the brain wiring of a dyslexic."¹

Despite these difficulties, students with dyslexia often have great strengths through their ability to:

- Make unexpected connections between ideas.
- Think in pictures.
- Visualise three dimensionally.
- Work creatively.
- See things from a holistic perspective.

If you would like to find out more about dyslexia, please see:

<http://www.bda-dyslexia.org.uk> - British
Dyslexia Association
<http://www.dyslexia.uk.net/>

¹[http://www.beingdyslexic.co.uk/
forums/index.php?showtopic=1378](http://www.beingdyslexic.co.uk/forums/index.php?showtopic=1378)

