

# Tîm Dyslecsia



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

## Dyspracsia

Rydym ar y Llawr Gwaelod Isaf, Neuadd Rathbone, Ffordd y Coleg, Bangor, LL57 2DF

Cysylltwch â ni i drefnu apwyntiad i weld cynghorwr:

Ffôn: 01248 383620

E-bost: [gwasanaethanabledd@bangor.ac.uk](mailto:gwasanaethanabledd@bangor.ac.uk)

<http://www.bangor.ac.uk/student-services/disability/dyslexia.php.cy>

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

Achosir **dyspracsia**, a elwir weithiau yn **Anhwylder yn Natblygiad Cydsymud - Developmental Coordination Disorder (DCD)**, gan wahaniaethau mewn prosesu niwrolegol sydd, fel rheol, yn effeithio ar gydsymud: mae'r gair 'praxis' yn golygu 'gwneud a gweithredu'<sup>1</sup>. Gall y rhain achosi problemau gyda lleferydd, symudiad cyffredinol, canfyddiad gofodol, a sgiliau motor manwl.

Mae problemau'n gysylltiedig â dyspracsia'n codi fel rheol gyda'r canlynol:

- Trefnu.
- Rheoli amser.
- Cof - anghofio pethau.
- Prosesu gwybodaeth yn gyflym.
- Cydbwysedd a chydsymud llaw/llygad.
- Rhoi sylw i bethau a chanolbwytio.
- Sensitif i synau, goleuadau a phethau eraill sy'n effeithio ar y synhwyrâu.
- Trefn a llif syniadau.
- Lleferydd - gelli'r effeithio ar ynganiad neu gall y lleferydd fod yn rhy gyflym, yn rhy uchel, neu'n rhy araf.
- Problemau gyda'r golwg - trafferth i dracio testun print neu sgimio a sganio i gael gwybodaeth.
- Llawysgrifen, ac weithiau ni ellir gweld uchafiaeth un llaw dros y llall.

"Mae fy nghydsymud yn hynod wael ac mae fy atgyrchion yn araf iawn. Gallaf fod yn bur drwsogl ac rydw i wedi syrthio i lawr grisiau sawl gwaith. Ond roeddwn yn fy elfen yn pwysu'r seiniwr [ar University Challenge]."<sup>2</sup>

Fodd bynnag, yn aml gwelir nifer o gryfderau ymysg myfyrwyr dyspracsig:

- Awydd cryf i lwyddo.
- Penderfyniad.
- Gallu meddwl yn greadigol a gwreiddiol.
- Da am ddatrys problemau.

Os hoffech gael rhagor o wybodaeth am **Ddyspracsia**, ewch i'r gwefannau canlynol:

<http://www.dyspraxiafoundation.org.uk>

<http://www.dyspraxiaconnexion.org.uk>

<sup>1</sup>[www.ox.ac.uk](http://www.ox.ac.uk): cyrchwyd 30 Gorffennaf 2014

<sup>2</sup><http://www.telegraph.co.uk/health/3354324/Dyspraxia-clumsy-but-clever.html>



## Dyslexia Team



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### Dyspraxia

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](mailto:disabilityservice@bangor.ac.uk)

<http://www.bangor.ac.uk/student-services/disability/dyslexia.php.en>

**This leaflet is available in alternative formats**

**Dyspraxia**, sometimes known as **Developmental Coordination Disorder (DCD)**, arises from neurological processing differences that characteristically affect co-ordination: the word 'praxis' means 'doing and acting'<sup>1</sup>. These can result in problems with speech, general movement, spatial perception, and fine motor skills.

Typical problems associated with dyspraxia arise with:

- Organisation.
- Time-management.
- Memory - forgetfulness.
- Speed of processing.
- Balance and hand/eye coordination.
- Attention and concentration.
- Sensitivity to sounds, lights and other sensory stimuli.
- Sequencing and flow of ideas.
- Speech - pronunciation may be affected or speech may be too fast, too loud, or too slow.
- Visual problems - difficulty tracking print or skimming and scanning for information.
- Handwriting, and sometimes a lack of hand dominance.

"I'm incredibly poorly co-ordinated and have very slow reflexes. . . I've been known to fall up and down stairs and be quite clumsy. But I was in my element pressing the buzzer [on University Challenge]."<sup>2</sup>

However, the strengths that dyspraxic students often show are numerous:

- A strong motivation to succeed.
- Determination.
- Creative and original thinking.
- Excellent problem-solving ability.

If you would like more information about **dyspraxia**, please see the following websites:

<http://www.dyspraxiafoundation.org.uk>

<sup>1</sup>[www.ox.ac.uk](http://www.ox.ac.uk): accessed 30<sup>th</sup> July 2014

<sup>2</sup><http://www.telegraph.co.uk/health/3354324/Dyspraxia-clumsy-but-clever.html>

