



PRIFYSGOL
BANGOR
UNIVERSITY

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 / 01248 382032

E-mail: 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'¹. 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]."²

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

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

¹www.ox.ac.uk: accessed 30th July 2014

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