Autistic Strengths



Visual Skills visual learning detailed focus



Attention to Detail thorough & accurate



Creativity
unique way of
thinking, novel
solutions to problems



Integrity
honest &
trustworthy



Expertise
in-depth knowledge,
high level skills



Memory excellent recall, factual and long-term memory



Observational Skills notice what's not right, learn by doing & self-evaluation



Analytical problem solve, observe patterns



Deep Focusconcentration &
responsiveness to
structure



Critical Thinking may question normative behaviour



Tenacity & Resilience strength & determination, self-motivated



Kindness kind to others, acceptance of difference