

Autism: I learn best when I am interested

Nothing about me without me

My passionate mind



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Communication and being social works best around my interests.

As an autistic I am single minded. I think OR I feel. I am great at doing one thing at a time.

I can't multi-task unless I am connected by motivation

Learning is off-line unless I am interested. My interest facilitates and maintains learning for me.

Relationships centered around shared interests work well for me, as long as it begins with

> Sharing my interests is a way to connect with others.

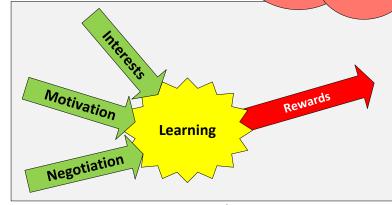
Sometimes non-autistic people don't understand me. I need to be patient with them.

People use metaphors which I may take literally. I may get anxious trying to understand them.

I can ask people to say what they mean and mean what they say.

Sometimes I get anxious. My stomach gets upset and I might eat smaller portions. I might have joint pains and not like to walk. I might need a heat pad, to walk shorter distances (10 – 15 min) and not sit too long (move every hour)

I learn differently to others. Ask me what might help. It may be technology, visuals, auditory information or clear instructions. Using colours may help me find my place. Stories can help explain stuff.



Interests connect me. I connect to what interests me Motivation draws me towards learning Negotiation helps me feel more valued Learning through what interests me suits me Rewards can make me happy, but don't help me learn

Make reasonable accommodations for my autism.

