

## The Three main core deficits:

Latin translation: Deficit = to be lacking in something.



### Short-term memory:

The bit of our memory that holds information whilst we decide if it is to be stored or discarded sometimes referred to as working or active memory.



### Phonological Awareness:

Put simply ... the awareness of the sounds that make up words.



### Automaticity:

The ability to do things automatically e.g. driving, swimming, recalling a spelling!

The good thing is that once you know about these three areas it helps you to understand how they affect you.

So next time you look at that lists of symptoms try to think about how one or a combination of the core deficits may create the symptoms that we read about or recognise.

Some dyslexics do sometimes say, "I'm a terrible speller" or "I spell a word right once then wrong several times in the same piece of work".

This could be down to a deficit in one two or even all three of the core deficits mentioned above.

'... when I am asked how to spell something I find I am often able to read it off straight away but then I am unable to repeat it if asked again 30 seconds later...'

Remember that each dyslexic is individual with an individual list of symptoms. The way the core deficits or combination of core deficits affect dyslexics will differ from person to person.

If you are interested in finding out more, why not sign up for an introduction or awareness course with Elizabeth Wilkinson of The DDC.

Elizabeth is herself dyslexic as is most of her family which allows her the knowledge and experience to offer a unique and worth while learning experience.

To find out more about courses contact Elizabeth at The DDC.

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## *So what is dyslexia?*

There are lots of symptoms to be found either on the internet, in books etc.

You many have found yourself feeling overwhelmed or inundated with the amount of symptoms that are out there.

As a dyslexic I found it useful to know that there are three main areas that many researchers believe effect dyslexics.

These three areas are often referred to as the 'Core Deficits' of dyslexia.

Roughly translated this means the central problem areas...for want of a much more positive way of putting it!

