



Neurodivergent and teaching in the time of Covid-19

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Teacher Journeys 2021



Tips that have helped me



“Mentally prepare” for the next semester

Make a to-do list of questions you have

Make note of which questions you can confidently answer

Identify as best as you can whom you can contact about unknowns

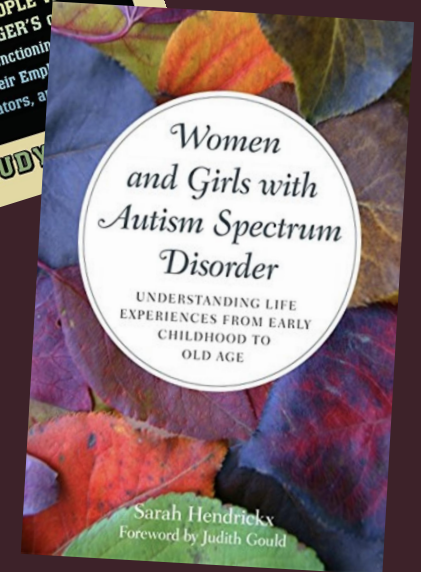
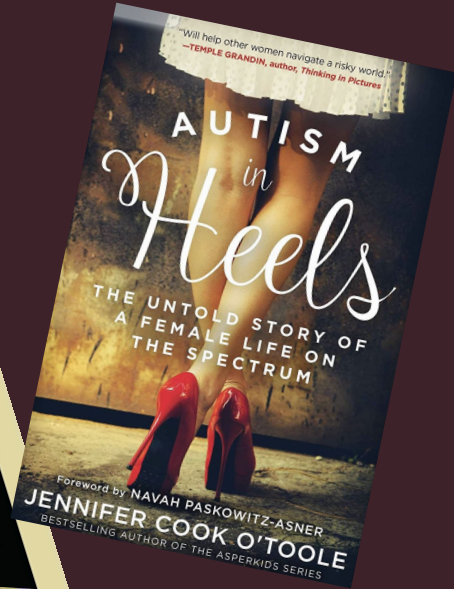
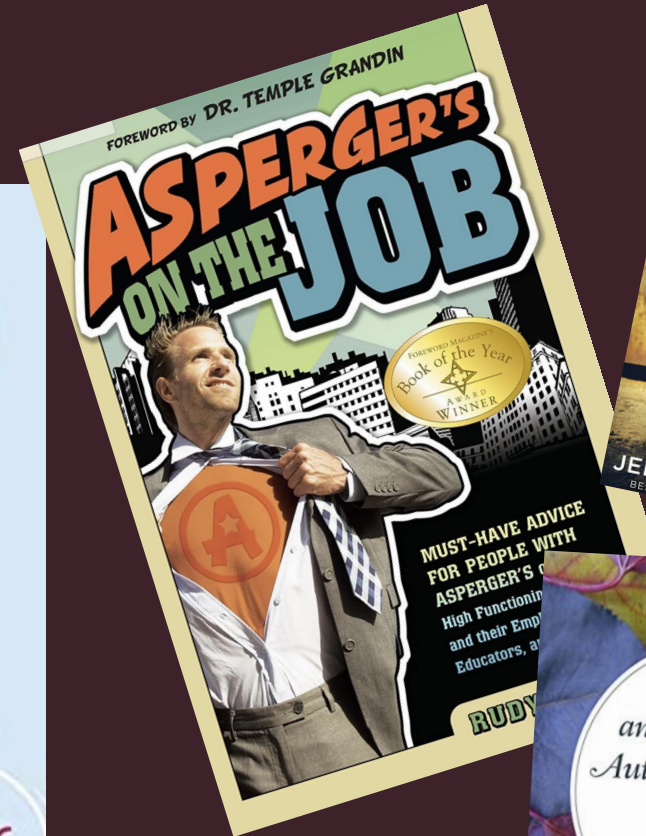
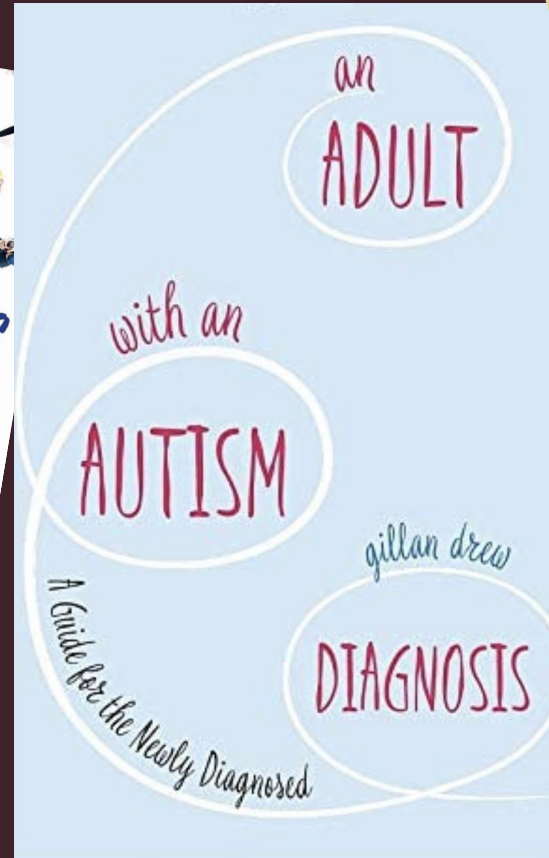
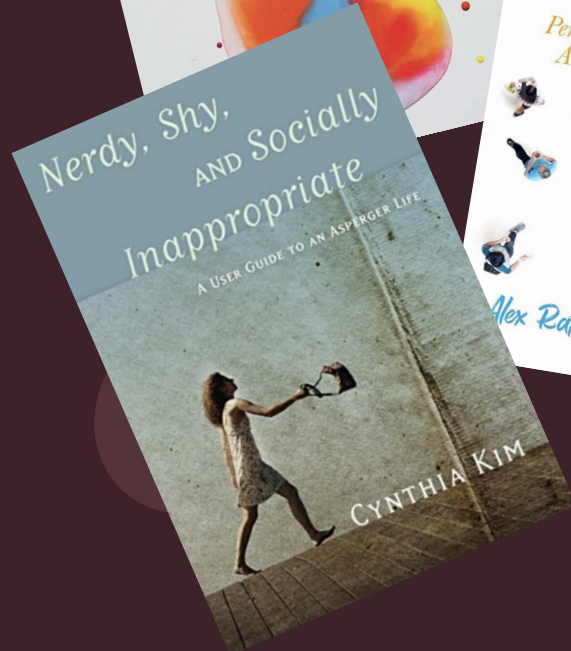


Seek support and advocacy from colleagues

Understand that not all neurotypical colleagues may fully understand your disorder(s)

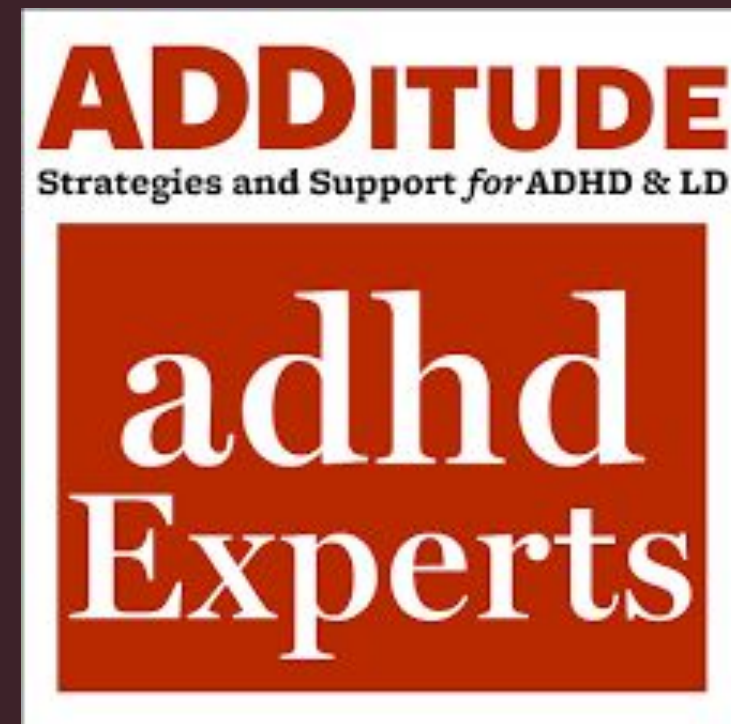
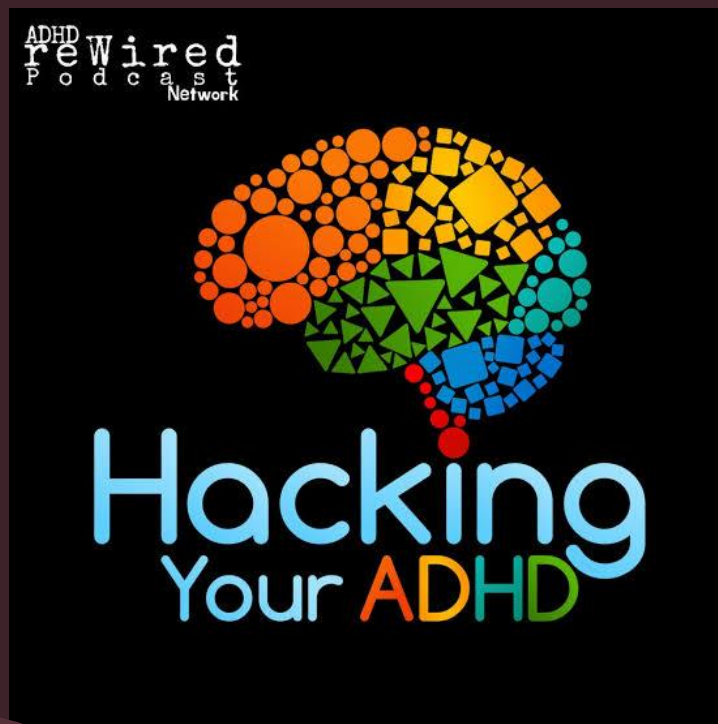
Speak from the viewpoint of your major symptoms: “I’m uncomfortable in situations where there are many faculty I do not know” or “There are many tasks that need to be done. Which do you need done first?”

ASD Adult Diagnosis resources: books I've read



ADHD

resources:
podcasts I've
listened to



Additional resources



TELL offers online counseling: telljp.com



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