

Speech and Language Therapy advice for young adults in College (for students)

Things you may find helpful to get your message across:

1. Use gesture (show someone by using your hands), written words, facial expressions, pictures etc.. to show the person what you mean or what you are trying to explain
2. Speak more slowly to give your listener chance to process what you have said.
3. You could repeat the main words in your message
4. If your message is long, pause between small chunks of information and wait for your listener to confirm that they have understood.
5. Use the good interaction strategy (by Elklan)
 - ⇒ **STOP** what you are doing
 - ⇒ **LOOK** at the person to whom you are speaking or listening to
 - ⇒ **THINK** about what they are saying
6. Don't pretend to understand. If you are confused or have mis-understood tell the speaker.
7. Stick to one point at a time
8. Give the speaker time to talk and finish what they are saying
10. Remember to use word learning strategies– word webs, spider diagrams, use pictures/ photos, diagrams to support your learning and remember key words and information.





Practise communicating in different situations with support

- ⇒ It is important to identify situations where you find communicating more challenging so you can get some help with these. For example, making an appointment over the telephone or filling in forms.
- ⇒ Role play situations with your tutor or other staff at college.
- ⇒ Ask for help when you need it, for example when filling in forms - you could ask someone to check the form for you.
- ⇒ It may be helpful to think about times where you need extra help in college (write these below) and share this with your parent/carer and college staff so they know how best to help you. This may be e.g. in a particular subject, with a particular person or in a social situation.