Tips for Online Learning for Students with Autism Spectrum Disorder

Helpful Contacts:

Additional Updates on COVID-19 from York U:
https://coronavirus.info.yorku.ca/

Your Accessibility Counsellor
Your ASD Coach: Raymond Peart | rpeart@yorku.ca
ASD Mentoring Program: asmentor@yorku.ca
Student Accessibility Services | sasinfo@yorku.ca
Student Counselling & Development:
Ph: 416-736-5297 | 9:00 am - 3:00 pm

Set a specific goal (e.g. read pages 30-45, read for 45 minutes or answer study questions #2-10)

Maintain a routine/ set a schedule

Find a quiet space or one that suits your learning style

Practice self-care (e.g. eat healthily, establish sleep routine, do some movement everyday)

Ask for help (e.g. Disability Consultant, Academic Advisor, Faculty Member)

Make a list of distractions and think of strategies on how to avoid them.

Practice good hygiene (e.g. wash hands frequently, shower daily)

Limit interruptions (e.g. give others a warning of when you will start studying or put a sign on your door indicating you are busy)