

# ALDA

## UPDATE

# Express!

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Fall Edition

### I know what it's like!

My name is Max. I am 20 years old and I currently have a job. For me, having a learning disability is not as scary as I had first thought. I first found out I had a learning disability when I was in Grade five and it scared me.

My parents moved me to a new school that offered a program for kids with learning disabilities and I ended up getting the one-to-one help and support that I needed.

I have had many difficulties in my life and even though it was hard, I always found a way to get past my blocks. The biggest difficulties in school were it was hard to concentrate and some of the work was overwhelming at

times. I made sure to ask for assistance whenever I needed it and did not let my frustrations get the best of me. I also made sure that I had friends to talk to when I needed and that there was a teaching assistant who

would help me with assignments.

If you suspect that you have a learning disability, even if there is a small doubt,

I would recommend getting tested for it. At the very worst, all you might find out is you have a learning disability. The first step in dealing with this is to accept it and recognize it, so that you can create steps for success.

Coping with my learning disability is a lot easier because I know the steps that it takes to be successful. I find it helpful to take small steps in trying to motivate myself. I suggest coming up with a to-do list for the day and giving yourself a reward for accomplishing each goal. I do.

Try to stay positive and remember that whatever happens, the positives always outweigh the negatives!



**Helping people with unique learning needs develop greater independence!**

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## Deana's experience:

I mentored a group at ALDA for the very first time! I was a little nervous at first, but it got better as I told my story. I felt like the participants were listening to what I had to say and that made me feel really good. I would definitely do it again!

Deana, when asked, "What are your greatest strengths?" replied:

I am a visual, hands-on learner (*Kinesthetic*). Once I am shown something once or twice, I learn best by actually doing it myself.

I am also artistic. I do drawings on the computer using Photoshop. I grew up around computers and have had my own computer since I was three years old. There were computers everywhere! I am good with computers and like everything about them. I can take computers apart and put them back together again. I have recently learned formatting.

Comments made by participants after Deana's mentoring session:

"I liked how she was very open and gave us advice."

"The information that I found most useful is that everybody has their own learning style."

"I liked how she asked us questions so that we could be in the discussion."

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Content submissions are welcome but may be subject to editing for content or brevity!

Helping people work with learning disabilities!



## Share what you know!

ALDA's Mentorship Service can always use your input. If you are an adult with life experience then you qualify!

Our members, participants and clients love to hear what it's been like for you, where you're at now and where you'd like to be eventually.

Either one-on-one or in groups. They gain valuable insight into how to handle the small things in life that can be so hard to master when you have a learning disability.

The impact can be very subtle... yet tremendous!

### *Mentees have said:*

*"I feel I'm not alone with this."*

*"I realize that I can do the same things as other people just in a different way and at my own pace."*

*"That it can't hold you back!"*

*"It made me feel more ready to take on anything!"*



**Call 604-683-5554**