

RECOGNISING THE STRENGTHS OF LD INDIVIDUALS



One of the most frustrating problems about being a person with a learning difference is that during our school experiences people around us focused too much attention on what we could not do. In contrast, in the business world it is common practice to utilize one's strengths. Therefore it is important for those who have a learning difference to recognize the strengths they possess and use them whenever possible to put forth their best effort.

Unfortunately, not enough attention is placed on the strengths of the learner who is different. Since weaknesses are the focus of attention, there are few attempts to teach LD people how to utilize strengths; as a result many of these strengths are underdeveloped or not recognized as useful.

Because of individual differences, not all strengths are possessed by everyone. What might be a strength in one individual may be a weakness in another. However, the following is a list that we have found to be characteristic of many individuals labeled as 'learning disabled':

- **HARD WORKING** immediately comes to mind when we think of education because academic studies do not come easy. This is also true in employment situations.
- **CREATIVITY** is another trait, which is often observed in individuals who have a learning difference. Many are successful artists and performers.
- Often they are very **PERSISTENT** and have an untiring desire to achieve against all odds.
- For many, **VERBAL SKILLS** provide the ability to overcome or cover deficits in other areas.
- Those who have a learning difference are often very **TOLERANT** of others and demonstrate much **EMPATHY** and a **DESIRE TO HELP** others.
- Many LD individuals are more **CAREFUL** because they know they are prone to make mistakes.
- **GOOD OBSERVATION** skills are a noted strength in many learning different persons.
- **CURIOSITY** is a very strong quality in many.
- Some have excellent **MEMORY**, and they rely on their memory skills to get them through difficult situations.

We too often forget our strengths. ...We need to see them in ourselves and point them out to others in order to put a balance into the perspective of learning differences.

Last Updated April 2010