Ok, so when I was at school, I was only assessed for dyspraxia and scotopic sensitivity by our learning support teacher. I received 15mins extra time in exams, per exam, and my exams printed on coloured paper to make it easier than using an overlay.

At college and university, I received 15mins extra per HOUR in exams and exams on coloured paper. I had use of a computer, which I didn't have at schools, because I struggle with writing fast enough; my handwriting goes funny and I can't get my thoughts onto the page fast enough using pen and paper. I find touch typing far easier! There was also a spellcheck on the computer so I was able to concentrate on the content rather than on if my spelling was in check.

Technology has changed a lot since I was at school. I have tried out Dragon NaturallySpeaking a long time ago, which is meant to write down what you speak into it. I have friends who work in office jobs who DO use Dragon to help them in their work, but I personally find it difficult to use (probably my accent, look up the Scottish people in the lift with voice recognition...). She has said it does help, but at times it will only pick up on her cursing and swearing at it for not picking up what she's said (she's not got the same accent as I do). Speech recognition software really isn't my area though. I've tried a few free apps on my iPad too and not only does it not understand me, but I find it slightly embarrassing speaking out loud and I find it far easier to type what I think than to verbalise in certain situations.

There are a number of useful pieces of software and apps for text to speech, which for me has been an absolute lifeline! I use the Claro package I was given in university through my Disabled Student Allowance. ClaroRead Plus is what I have on my laptop. It can read websites, Word documents, some PDFs... I used it not only for helping me to read literature for my courses but also as a proof reader after my actual proof reader had sent back my essays for editing, just so I could HEAR if it made sense. Sometimes you can read things 100 times but you still don't see a mistake than you can hear. I use the FREE ClaroPDF app on my iPad to read PDF files to me. It not only reads to me, but I can change the screen colour too so I can read along as I listen (this is the best way I learn, reading with both my eyes and ears at the same time). However, there are other ways to make your iPad read to you, that's assuming you use one at all. I bought mine (through my own money) after being recommended it as a piece of kit for dyslexia, but they are expensive and I'm not sure if a Kindle or other similar pieces of kit have similar or the same capability.

The Claro software I have not only has ClaroRead Plus but also the two pieces of software I've spoken about in the last few weeks, Screen Ruler and ClaroView (hopefully you'll have seen the pictures of it and my little review).

Another essential piece of kit for me at college and university was my Dictaphone. It meant I could record classes and go back to take notes if I needed to. I can't take notes and keep up with the teacher, I have to do one or the other. It gave me the freedom to just listen to lectures and to get involved in discussions without frantically trying to write down notes, unless it was stuff written up on the board or on slides.

Technique rather than technology; I had different colours for different classes. I don't know if it would be allowed, but with more freedom at university, I had different coloured folders and different coloured pens for different subjects. Not only did it help me to know what papers were what if I had a pile of papers, but I had an association with certain colours that helped it to stick into my head a little bit easier than just blue or black.

Mindmaps. They're the best things ever. Finding out how to do mindmaps and using them in essays and exams was probably one of the most valuable things at university. I'm thinking of writing up a blog on how to do mindmaps with photos of my map as I build it to help people to see how beneficial it is for dyslexics. I'm sure there'll be a teacher at the school especially in the SEN department if you're not sure how to do them. It means that I could write down all of my ideas into little categories to trigger my memory as I was writing. My extra time in exams went towards mindmapping. There is mindmap software too, I'm not sure on which ones to recommend, I've always done it on paper.

Coloured pens... Coloured paper! My notebooks in university for when I was writing by hand, were coloured. I used yellow paper as it was the easier one to find, but I know Pukka Pads do a variety of different colours, though you may have to shop online for those.

Hopefully that's a few helpful hints and tips. If you need any more information on anything I've said, PLEASE ASK! I'm MORE than happy to help!!! :) Contact me via my blog page thedyslexicstudent.wordpress.com