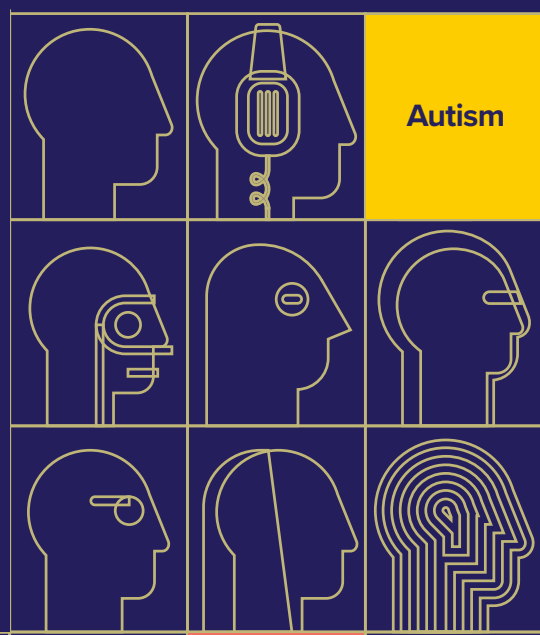


What is Neurodiversity?



Neurodiversity is a social idea and movement based on a biological fact: The human brain is the most complex thing on Earth, and every brain is different.

A myriad of cognitive differences like learning disabilities (such as dyslexia), ADHD, and autism fall under the term neurodivergent. The brains of individuals with these diagnoses are “wired” in ways that deviate from the neurotypical brain in terms of structure and function.

As a result, **neurodivergent individuals experience and interact with the world in unique and often beneficial ways.** However, these differences can bring about challenges throughout their lives—in social, familial, academic, and workplace settings.

Dyscalculia

Examples of Neurodivergence



Autism

Impacts social skills, communication, relationships, and self-regulation



ADHD

Impacts a person’s ability to plan, focus on, and execute tasks



Learning Disabilities

Impacts a person’s ability to understand or use language, math, or direct attention

Common Learning Disabilities



Dyslexia

Impacts the ability to read, spell, and write



Dyscalculia

Impacts the ability to learn and understand math and arithmetic symbols



Dysgraphia

Impacts the ability to write and spell

Dysgraphia



WORKING MEMORY

FLEXIBLE THINKING

INHIBITORY CONTROL



GOAL-DIRECTED BEHAVIOR

The Role of Executive Function

Many neurodivergent individuals experience challenges with their executive function—the cognitive abilities that help regulate goal-directed behavior—components of which include working memory, flexible thinking, and inhibitory control.



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