

Processing

“I am so often expected to process more than one thing at any one time. I find this demanding and because it is so difficult to do I can become anxious even thinking of the event.” (Lawson 2001)



Strategies

- Reduce verbal input – keywords, chunks of information
- Give more processing time by counting to 10/20 in your head and waiting for a response
- OR give them pre-warning of a question and come back to them
- Be clear: explain idioms and metaphors
- Use their name
- Positive language - what you want the young person to do
- Check for understanding
- Give choices

If you have a certain topic you would like tips on, email rebecca.duffus@cognus.org.uk