

Coping, accommodations, and strategies: An interview study on academic and employment experiences with adults with dyslexia

Dyslexia is a neurologically-based learning disability where people have difficulty with reading and writing despite adequate intelligence and educational opportunity. Qualitative research on people with dyslexia has shown that the use of various accommodations and implementation of personal strategies can be vital for overcoming their difficulties. Considerable research has been conducted worldwide, but in the United States, interview studies on diverse samples of people with dyslexia remain rare. Fifteen adults with dyslexia were individually interviewed about their academic and employment experiences. Participants reported that extra time on exams and additional help from a teacher or tutor were the most common and most helpful accommodations they received. Participants also discussed generating various additional coping strategies such as exerting greater effort than others, implementing organizational strategies, using technology, and receiving support from others. Future research should investigate whether the strategies implemented by those with dyslexia lead to improved academic and employment experiences and achievements.

Keywords: dyslexia, accommodations, strategies, interviews, qualitative research