

## **A Non-Exhaustive Age-Based List of Strengths That Are Often Present, At Varying Degrees, Within an Individual Identified with Dyslexia**

### **USING STRENGTHS TO FOSTER RESILIENCE**

[https://www.dyslexicadvantage.org/using-strengths-to-foster-resilience/?fbclid=IwAR0hw9\\_ml0GmBEsd1nVz4DYbB6eZ\\_2PJytcRiuU\\_AHGMIyMZ5Jn71M-qG1U](https://www.dyslexicadvantage.org/using-strengths-to-foster-resilience/?fbclid=IwAR0hw9_ml0GmBEsd1nVz4DYbB6eZ_2PJytcRiuU_AHGMIyMZ5Jn71M-qG1U)

#### **K-1**

- Curiosity
- A great imagination
- The ability to figure things out
- Eager embrace of new ideas
- Getting the gist of things
- A good understanding of new concepts
- Surprising maturity
- A larger vocabulary for the age group
- Enjoyment in solving puzzles
- Talent at building models
- Excellent comprehension of stories read or told to him

#### **2nd and up**

- Excellent thinking skills: conceptualization, reasoning, imagination, abstraction
- Learning that is accomplished best through meaning rather than rote memorization
- Ability to get the “big picture”
- A high level of understanding of what is read to him
- The ability to read and to understand at a high level overlearned (that is, highly practiced) words in a special area of interest; for example, if his hobby is restoring cars, he may be able to read auto mechanic magazines
- Improvement as an area of interest becomes more specialized and focused, when he develops a miniature vocabulary that he can read.
- A surprisingly sophisticated listening vocabulary
- Excellence in areas not dependent on reading, such as math, computers, and visual arts, or excellence in more conceptual (versus factoid-driven) subjects, such as philosophy, biology, social studies, neuroscience, and creative writing.

## Young Adults & Adults

- The maintenance of strengths noted in the school-age period
- A high learning capability
- A noticeable improvement when given additional time on multiple-choice examinations
- Noticeable excellence when focused on a highly specialized area, such as medicine, law, public policy, finance, architecture, or basic science
- Excellence in writing if content and not spelling are important
- A noticeable articulateness in the expression of ideas and feelings
- Exceptional empathy and warmth, and feeling for others
- Success in areas not dependent on rote memory
- A talent for high-level conceptualization and the ability to come up with original insights
- Big-picture thinking
- Inclination to think outside of the box
- A noticeable resilience and ability to adapt.

*"In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles and inequities of life."*

- Albert Bandura

*Albert Bandura, O.C. est un psychologue canadien et professeur émérite de psychologie à l'université Stanford. [Wikipédia](#)*

<https://www.dyslexicadvantage.org/?s=strengths>