



Provincial News

LEARNING DISABILITIES ASSOCIATION OF ALBERTA

LDAA Office
P.O. Box 29011
Lendrum P.O.
Edmonton, Alberta
T6H 2T6

BOARD OF DIRECTORS

President
Elayne Harris-Lorenz
Vice-President
Michele Pentyluk
Treasurer
Janice Mills
Secretary
Bonnie Blankert
Directors
Kathryn Burke
Sandy Bray
Brent Smith
Harvey Finnestad

STAFF

Executive Director
Bob Ward
Communications
Director
Dina Hendzel

The Provincial News is published three times a year. If you would like to contribute to this newsletter, please contact us at info@ldaa.ca for more information.

SEPTEMBER 2007

The Mandin Award offers Financial Support to Children and Youth with Learning Disabilities

The Learning Disabilities Association of Alberta (LDAA) is pleased to announce the Mandin Award - a financial award of up to \$400.00 to assist Alberta children and youth living with learning disabilities.

The Mandin Award was established in 1991 in memory of Maurice, Susan, Islay, and Janelle Mandin. Maurice and Susan Mandin were teachers with a sincere interest in children with special needs. Islay and Janelle, their daughters, were students.

The primary purpose of the Award is to provide resources to initiatives that will have the greatest positive impact for children and youth between the ages of four and 21 and who live in Alberta. The second purpose is to encourage those the recipients to pursue their educational goals with enthusiasm and confidence.

Eligible programs and services for this Award include, but are not limited to, supporting the costs of attending summer camp, social skills development courses, tutoring, and assessments. Disbursement of the fund will be made directly to the program or service provider upon receipt of an invoice.

The deadline for applications is September 30, 2007. Please send your application to:

Awards and Scholarships Committee
C/o LDAA, P.O. Box 29011, Lendrum P.O.
Edmonton, Alberta T6H 5Z6



LDAА CHAPTERS

Edmonton Chapter
5540-106 Avenue
Edmonton, Alberta
T6A 1G3
Phone: (780) 466-1011
Fax: (780) 466-1095
E-mail: ldaec@nucleus.com
www.ldaa-ec.ca

Red Deer Chapter
2nd floor, 5017-50 Street
Red Deer, Alberta
T4N 1Y2
Phone: (403) 340-3885
Fax: (403) 352-0099
E-mail: ldard@shawbiz.ca

Calgary Chapter
The Kahanof Centre
340, 1202 Centre St. S.E
Calgary, Alberta
T2G 5A5
Phone: (403) 283-6606
Fax: (403) 270-4043
E-mail: info@ldaa.net
www.ldaa.net

2007 Scholarship Recipients

The LDAА is pleased to award the Siobhan Isabella Reid Memorial Scholarship to two University of Alberta graduate students:

Tracy Muth, who is taking her Doctorate in Educational Psychology; and

Janelle Marie Job ,who is enrolled in Graduate Studies in the field of Psychological Studies in Education.

We wish them all the best in their future endeavors.

2007 LDAА Conference “The LD Challenge: Together We’re Up For It”

Registration is still available for the 2007 LDAА Conference. Register before September 30th to receive the “early bird” registration price. For more information see our website at: www.ldaa.ca/conference.htm



Unable to attend the conference and want to attend the Opening Reception to hear Henry Winkler’s keynote address?

Tickets are now available!

\$35.00 each General Admission
\$25.00 each for post secondary students

Tickets are available at Ticketmaster at www.ticketmaster.ca; or by phone at 403-777-0000

[ticketmaster](http://www.ticketmaster.ca)

Conference delegates receive one free admission to the opening reception as part of their registration to the conference.

You Asked...

Frequently Asked Questions From Our Readers

Q: My adult son was just let go from another job this year. This is really upsetting for him as he tries so hard to do well in everything that he does. His father and I are frustrated and we think he might have a learning disability, although he has never been tested. What can we do to help him?

A: Without more information, it is difficult to determine whether or not your son has a learning disability or if there are other issues involved. However, it does appear that he needs support.

Regardless of where you live in Alberta, you might want to contact Alberta Immigration, Employment, and Industry for an interview with one of their career counselors.

Career counselors can assist you with career planning to help identify your career interests and aptitudes, provide you with occupational information on careers that your son might be interested in, and help him identify a career planning path, and then support him on that path.

It might be that your son will need an assessment to test for a learning disability. This would be arranged through the career counselor and be completed by a psychologist.

If your son requires further training or upgrading in order to reach his career goal, the career counselor can suggest appropriate schools in which to take this training. If your son is diagnosed with a learning disability your son can access services for students with disabilities at his chosen post-secondary institution. Additionally, the career counselor can help with information on how your son can apply for student loans, grants or bursaries, and scholarships.

For more information on how you or your son can contact this service, please call 422-4266 (in Edmonton) or 1-800-661-3753 to find out where your son can access the nearest Alberta Immigration, Employment, and Industry service centre, or you may access this information on the web at <http://www.alis.gov.ab.ca/career/cs/abcareer.asp>.

Reference:

<http://employment.alberta.ca/cps/rde/xchg/hre/hs.xsl/3155.html>

CALENDAR OF EVENTS

September	October
Provincial Office	Provincial Office October is Learning Disabilities Month! October 31 - November 2 "The LD Challenge: Together We're Up For It" provincial conference on Learning Disabilities * co-hosted by the Calgary Chapter *
Edmonton Chapter September 26 Parent Information Session - Topic TBA	Edmonton Chapter
Red Deer Chapter September 10 Multi-Disciplinary Reading Program begins	Red Deer Chapter Multi-Disciplinary Reading Program Continues
Calgary Chapter September 11 (Calgary), 26 (Medicine Hat), 27 (Lethbridge) Parent Workshop: Developing Good Parent Teacher Partnerships Wednesdays, from September 26 Social Skills Recreational Drop-in	Calgary Chapter October 2 (Calgary), 24 (Medicine Hat), 25 (Lethbridge) Parent Workshop: Individual Program Plans Wednesdays Social Skills Recreational Drop-in Saturdays, from October 13 Teen "Picture This" Social Skills Program Saturdays, from October 13 Fall Social Skills Program for 8-12 year olds October 17 Walk the Red Carpet Fundraising Event

CALENDAR OF EVENTS

November	December
Provincial Office	Provincial Office
<p>October 31 - November 2 "The LD Challenge: Together We're Up For It" provincial conference on Learning Disabilities * co-hosted by the Calgary Chapter *</p>	
Edmonton Chapter	Edmonton Chapter
<p>November 28 Parent Information Session - Topic TBA</p>	
Red Deer Chapter	Red Deer Chapter
<p>Multi-Disciplinary Reading Program continues</p>	<p>December 10 Multi-Disciplinary Reading Program ends</p>
Calgary Chapter	Calgary Chapter
<p>November 6 (Calgary) Parent Workshop: Transition Planning (Junior High)</p> <p>November 28 (Medicine Hat), 29 (Lethbridge) Parent Workshop: Understanding and Dealing with your Child's Behavior</p> <p>Wednesdays Social Skills Recreational Drop-in</p> <p>Saturdays Teen "Picture This" Social Skills Program</p> <p>Saturdays Fall Social Skills Program for 8-12 year olds</p>	<p>Wednesdays (until December 12) Social Skills Recreational Drop-in</p> <p>Saturdays (until December 8) Teen "Picture This" Social Skills Program</p> <p>Saturdays (until December 8) Fall Social Skills Program for 8-12 year olds</p>

Time Management: Making the Most of It!

Now that summer is over, another school year is upon us, and many students might be wondering how they are going to fit in the demands of a challenging school year along with their other responsibilities. While it might seem overwhelming at times, being proactive and having a set schedule will really make a difference.

The first step in creating a schedule is to write down your daily activities - things that you "have to" do during the day (don't forget eating and sleeping!), and also the things that you would "want to" do during the day. "Have to" activities would include family responsibilities such as household chores; and school responsibilities such as homework. "Want to" activities are the things that make life a little more fulfilling and would include sports, hobbies, or other things that are important to you.

The next step in making a schedule is to make a daily "time budget". A daily time budget is just like a "money" budget, but instead of money, time is used. Using the list you have just created, determine how much time you have for each activity, making sure that it doesn't exceed 24 hours. If you are having difficulty with this, you might need to reduce or reallocate "want to" activities to another day, such as the weekend.

Now it is time to create your daily schedule. You can make one on your own, or you can download the schedule template in the "Resources" section of this newsletter. Allocate one half hour to each of the blocks on your schedule. When you start to write things into your schedule chart, start with those things that have specific start times. Once that is done, move on to those things that don't have specific start times but need to get done. Be sure that you give yourself a break too!

While some things happen every day, there are other things that happen during the week. A weekly planner will help you keep track of appointments, important dates, and/or homework assignments. You can make your own weekly planner or you can download the one that is available in the "Resources" section of this newsletter.

The first thing you will want to do, when filling out your weekly planner, is to first include appointments, important dates, and assignments (make sure to carry your weekly planner with you so that you can write these down as you receive the information. After that, fill in the rest of your daily activities in each of the days. This will help you to see conflicts in your schedule so that you can work around them.

Budgeting your time like this can be difficult to start with, but with practice it gets easier. Time management is a good habit to get into and an excellent way to keep on top of things to ensure success!

Truly “Inspirational” Assistive Technology

Inspiration® 8 International Edition is an assistive technology software program for learners aged 10 to adult. It is a diagram, outline, and “mind map” tool designed to help people organize their thoughts and information for school or work. It helps to develop thinking and communication skills and assists with analysis and recall.

The fantastic thing about this software program is its flexibility. It works for people who learn in a variety of different ways.

The diagram and “mind map” tools can be utilized in both “diagram” (pictorial) and “outline” (list) views. For people who require pictorial visual cues, “Inspiration” holds a large picture library, so that topics and sub-topic titles can be replaced with pictures of the word(s).

Placement of topics and sub-topics can be manipulated in arrangement. In the “diagram” view, “Inspiration” helps to organize data in a variety of ways – or, it allows you to create your own way of organization. For the “mind map” tool, a simple “drag and drop” technique allows for flexibility in organization in any way you please. Similarly, in the “outline” view, topics and subtopics can be moved by also using the “drag and drop” method.

For people who work well with colour organization, “Inspiration” is also helpful. At any point in the creation of your diagram, outline, or “mind map”, any part of the work can be changed into a different colour. This often helps people better organize their ideas or understand relationships between topics or concepts.

In addition to all of these wonderful options, “Inspiration” allows for notes and/or website hyperlinks to be attached to each of the topics or sub-topics. The notes can be either typed or be verbal notes that are recorded through the program’s tape recorder (the computer you are using now is fine provided it has a microphone - which most newer computers are equipped with). Using this feature, you can record more detailed thoughts or information in the moment, so that it is not missed later.

This software is worth a try. “Inspiration” offers a 30 day free trial at www.strategictransitions.com.

Resources

The Internet has become a tool to find information quickly. It is important, though, to assess the credibility of the information source and apply your own judgment. Anyone can publish a website. Happily, universities, government, professional organizations, journals, magazines, and individual experts are increasingly publishing information for the public to access freely.

Below are some websites that you might find interesting. Please remember that the LDAA has no control over the information published on other websites and does not endorse any products or services on these sites.

Time Management Schedules

These schedules are a useful tool for students to manage their time successfully.

Daily Schedule

http://pbskids.org/itsmylife/school/time/print_daily_schedule.html

Weekly Planner

http://pbskids.org/itsmylife/school/time/print_weekly_planner.html

Inspiration Software

A 30 day free trial of this software can be found at: <http://www.inspiration.com/freetrial/index.cfm>

PBS Kids: It's My Life

http://pbskids.org/itsmylife/?campaign=list_itsmylife

This is a section of a website geared toward children, but is also useful for parents and teachers.

The main menu of this section of the website is geared toward children and offers information on topics of "friends", "family", "school", "body", "emotions", and "money". Each of these sections offer topics of interest to children and teens.

At the bottom of the main menu page, under the menu there is a small "Parents and Teachers" button. This button leads parents and teachers to resources that can be used to teach children about important issues.

There are printable activities, such as journal pages, discussion pages, worksheets, and word puzzles for children and teens to work on their thoughts and feeling around specific issues in the areas of friends, family, school, body, emotions, and money.

For teachers, the site offers lesson plans and videos on bullying, drug abuse, eating disorders, being home alone, making money, participation in sports, and time management.