

Characteristics common to many forms of neurodivergence

Here are some of the most common characteristics of neurodivergence, in its many forms. People who have a SpLD will probably not have all of these traits, but they may experience several of them.

- good and bad days (to a significant degree)
- issues with short term and/or working memory
- lack of time awareness and time management
- hypersensitivity (or hyposensitivity) to environmental factors
- difficulties with sequencing
- difficulty in maintaining focus and especially in changing focus (from board to book, or TV to magazine)
- difficulty with regulating pitch / volume / pace when speaking
- issues with timing and rhythm
- difficulties with focused listening, especially when talking in groups
- a strong preference (or need) for routine and familiar situations
- difficulty understanding metaphoric language
- difficulty getting to sleep or remaining asleep for a whole night
- **the ability to surprise**
(especially by making unexpected connections between ideas)