

Time 2 Train

Asperger traits

Aspies

- feel 'different' from their peers
- struggle in social situations – often operate in social situations by acting according to learned rules rather than intuitively e.g. “when is eye contact appropriate?”
- are much better in ‘one on one’ situations – increasing the number of people increases the stress.
- often have Central Auditory Processing problems so that they take extra time to take in and understand another’s speech.
- are not much good at “small talk”.
- lose their train of thought if interrupted while speaking
- tend to use more sophisticated language than their peers.
- are often better at formulating ideas in written form than in speech
- find solitude restorative
- value intelligence and logic – need to have a reason for doing things in a particular way
- do not value or find emotions informative
- are natural specialists – become expert in the areas in which they have an interest, retaining details easily but have difficulty memorising general information in which they have little interest.
- can speak knowledgeably and at length about topics in which they have an interest, but are not good at picking up cues their audience might give that they are no longer interested in listening.
- make good accountants, engineers, IT and computer specialists
- tend to perform at the extremes of cognitive ability e.g. hyperlexic or dyslexic
- appreciate order – tend to create systems to manage information and items.
- are able to notice connections that others overlook, so can be very creative e.g. designing equipment.
- often have above average visual reasoning skills
- find multitasking difficult
- learn best by self tuition
- are easily distracted, but can ‘hyperfocus’
- are perfectionists – dislike making mistakes
- can be pedantic about others complying with ‘rules’ (manners, grammar)
- notice details – make very good proofreaders
- struggle with everyday organization.
- tend to be slow and thorough workers and are not good at assessing how long a task will take, so are often late for deadlines.
- are better at solo sports than team sports, especially if skill can be perfected by dedicated practice
- often have poor handwriting
- tend to be either hypersensitive or insensitive in sensory areas - touch, smell, taste, pain...
- are often very good with animals
- are often very musical e.g. perfect pitch
- are often good at drama
- are often night owls
- are often really good in crisis situations