



Student Guidance: Understanding ASD

Everyone's brain works differently. Autism is one of the many ways people think, communicate and experience the world. Understanding how your brain works can help you feel more confident and comfortable being yourself.

Autism is part of neurodiversity, which means that people naturally think and experience things in different ways. Some autistic students may prefer clear routines, direct communication or quieter environments. Others may have strong interests, notice details others miss or think about problems in unique ways. There is no single way to be autistic, and everyone's experience is different.

What autism means

- Different ways of thinking, learning and understanding situations
- Communication styles that may be more direct or structured
- A preference for predictability and clear expectations
- Everyone experiences autism differently

Strengths many autistic students have

- Strong focus and attention to detail
- Creativity and unique ways of thinking
- Honesty and clear communication
- Deep knowledge about interests and topics they enjoy

Common experiences

- Sensitivity to noise, light, touch or crowded spaces
- Feeling socially drained after lots of interaction
- Finding sudden changes or uncertainty tiring
- Preferring clear instructions and routines

Why some situations feel overwhelming

- Busy environments or loud classrooms
- Unexpected changes to routines
- Social situations that require lots of quick communication
- Sensory overload from noise, light or movement

Ask for help

- Ask for clear instructions or extra thinking time
- Let a teacher know if you feel overwhelmed
- Use calm spaces or short breaks if they help you reset
- Share what helps you learn or focus best

School can help with adjustments, quiet spaces or strategies that help you feel more comfortable and confident.