

## The three core deficits:

Latin translation: *Deficit = to be lacking in something.*  
*Core - the centre.*



### Short-term memory:

The bit of our memory that holds information whilst our brain decides if it is to be stored or discarded; sometimes referred to as working or active memory.



### Phonological Awareness:

Put simply: the awareness of, the small units of sound, that make up words.



### Automaticity:

The ability to do things automatically e.g. driving, swimming, recalling a spelling!

The good thing is that once we know about these three core deficits, it helps us understand how they affect us individually.

So next time you look at that lists of symptoms, try to think about how one, or a combination of the core deficits are impacting: to create the symptoms that you read & hear about.

You may hear dyslexics say:

"I'm a terrible speller" or "I spell a word right once then wrong several times in the same piece of work".

This could be down to one, two or even all three of the core deficits mentioned on the last page.

'... when I am asked how to spell something I find I am often able to spell it straightaway, but, if i am asked again even 10 seconds later I am usually unable to recall the spelling!'

Never forget that that each dyslexic is an individual, with an individual set of symptoms. The way the core deficits or combination of core deficits affect dyslexics, will differ from person to person.

If you are interested in finding out more, why not sign up for an introduction or awareness course with The Dyslexic Dyslexia Consultant. Dyslexic herself Elizabeth runs courses that are easy to understand, empowering & informative and a very positive learning experiences.

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# Dyslexia?

There are lots of dyslexia symptoms to be found on the internet and in books.

There are also so many different definitions, that it can get very confusing and frustrating trying to pin point what dyslexia is.

As a dyslexic I found it useful to know that there are 3 main areas that many researchers have proven are the key to identifying dyslexia..

These three areas are often referred to as the 'Core Deficits' of dyslexia.

