Autism: I learn best when I am interested
Nothing about me without me

My passionate mind

Communication and being social works best around my interests.

As an autistic I am single minded. I think OR I feel. I am great at doing one thing at a time.

I can’t multi-task unless I am interested. My interest facilitates and maintains learning for me.

Sometimes I get anxious. My stomach gets upset and I might eat smaller portions. I might need a heat pad, to walk shorter distances (10 – 15 min) and not sit too long (move every hour).

People use metaphors which I may take literally. I may get anxious trying to understand them.

I can ask people to say what they mean and mean what they say.

Sharing my interests is a way to connect with others.

Relationships centered around shared interests work well for me, as long as it begins with mine.

I learn differently to others. Ask me what might help. It may be technology, visuals, auditory information or clear instructions. Using colours may help me find my place. Stories can help explain stuff.

Sometimes non-autistic people don’t understand me. I need to be patient with them.

Interests connect me. I connect to what interests me
Motivation draws me towards learning
Negotiation helps me feel more valued
Learning through what interests me suits me
Rewards can make me happy, but don’t help me learn

Make reasonable accommodations for my autism.

My interests

My passionate mind

My interests switch me on!

Personal stories by autistics show that interests have opened doors to learning in ways nothing else could.

(e.g. Grandin & Scarlino, 1988; Elder Robison, 2007; Lawson, 2000; Perkis, 2006; Santomaura, 2012; Murray, et al. 2006)