FindMyFlow
Recommendation Guide

Introduction

The purpose of this document is to outline the different ways FindMyFlow can support a student with a SpLD or mental health condition, to assist the Needs Assessment process.

Overview

FindMyFlow is an e-Learning solution that ensures students will be able to make full use of the software provided. FindMyFlow offers tailored support, based upon a student's individual DSA recommendations.

FindMyFlow gives students flexibility, depending on the time available. The Essentials videos allow students to quickly recap on the features of the software, learnt during their AT Training. Alternatively, students can learn how to apply their Assistive Technology to specific study tasks.

Often, students have software to make tasks easier but do not have the study skills strategies to use the software most effectively. For instance, Text-to-Speech software may be recommended to help a student read Online Research, but the student may lack the skills to find and organise that research. FindMyFlow was created to bridge the gap between Study Skills and Assistive Technology.

FindMyFlow delivers course-long 24/7 support, enabling all recipients of all abilities, regardless of how much or how little time they have available.

Student Needs	FindMyFlow solution
Students may struggle to remember all the features of the software from their initial training.	FindMyFlow provides access to Essentials video modules that outline the main features of each software. These are simple, quick videos that allow students to refresh their memory regarding the features of the software.
New study skills are required as individuals progress through their degree. Students may struggle to remember all the features of the software from their initial training throughout their degree.	FindMyFlow teaches students how to apply their AT to a specific study task. In addition it also shows how different pieces of software can be used together to achieve different study goals.
Students may know how each piece of software works but not when, where and how they should use it.	FindMyFlow will allow students to select the task they are doing e.g. Reading and Research. FindMyFlow will then take them through a "Flow" which guides them through key features of the software that will help with that task. FindMyFlow also includes guides to making the most of freeware such as Google Scholar.
Students with learning differences may lack the strategies to make the most of the software they have been provided. For example, they do not know how to break down an essay question in order to continue with the next phase of using their assistive tools e.g. generating content to make a Mind Map on their essay question.	FindMyFlow is full of tips and tricks (study skills strategies) that students can use to help them make the most of the software. For instance, FindMyFlow provides students with 'reading techniques' and 'breaking down your essay question'. This means students who do not qualify for Specialist Study Skills Support will benefit from these strategies.

Student Needs	FindMyFlow solution
The student studies outside of normal working hours and therefore cannot access 1-2-1 support.	The student can access FindMyFlow 24 hours a day 7 days a week. It provides a number of ways for students to learn the software and also how to integrate it into their studies. With the addition of study skills strategies, the student will be able to access tips and ideas that can help them approach their work. FindMyFlow gives autonomy to those students who may not take up training or feel comfortable asking for help.
Extra time is required to process new information due to the impact of their condition.	FindMyFlow is a resource that students can refer to when learning to use their AT and to complement face-to-face training sessions. They can view video tutorials about the recommended AT to ensure they have on-going support throughout the course. This will compensate for the extra time required to process new information due to the impact of their disabilities.
The demands of the course have changed, and the student is encountering new challenges and is unsure how the software can help.	FindMyFlow will support students when encountering new challenges on their course. It has broken down the various aspects of a course and allows the student to explore how each of the software can help.
The student is unsure when it is appropriate to use the different pieces of software together.	Using the 'flows' within FindMyFlow, the student is shown how different software packages can work effectively together. Using FindMyFlow will ensure that the student is able to use multiple pieces of software to achieve their goals.

Conditions helped by FindMyFlow

Condition	Benefits
Specific Learning Differences (Dyslexia, Dyspraxia, Autism, ADHD).	• Supports students when working out of hours. • Enables them to recap anything they have forgotten regarding the software. • Allows them to integrate the software into their working processes. • Encourages independence with studies as the student has not just instructions on the software but study strategies to implement to enhance their use of the software.
Mental Health, Anxiety and Depression	• Reduces the anxiety felt when approaching their work. • Allows them to work out of hours because they have access to instructions on the software should they forget anything. • Increase confidence in their work by benefitting from the study strategies. • Speed up the time it takes to produce work by implementing techniques and tips learnt in FindMyFlow. • Reduces the chance the student will feel overwhelmed by the amount of software and the features they have. They can focus on the feature they need for the task they are doing.

Condition	Benefits
Physical Difficulties	- Increase confidence in their work by benefitting from the study strategies. - Allows them to integrate the software into their working processes which increases efficiency. - Overcomes difficulties with memory as anything about the software that has been forgotten can be reviewed in FindMyFlow.
Neuro-differences	- Compensate for the extra time required to process new information. 24/7 reference for refreshing or learning to use the AT. - Support for the recommended AT to ensure on-going support after one-to-one training is completed.

Benefits for those with SpLDs

FindMyFlow is commonly recommended as it will allow students to learn how to integrate the software into their current working processes.

It does this by showing how to use specific features of each software to overcome the particular difficulty they are having.

Also, when a student is studying out of hours, they can struggle to independently recall what features of the software will support them with the current difficulty they are experiencing. This is because their Specific Learning Difficulty impacts their working memory. Being able to use FindMyFlow at any time will ensure they are able to utilise the software appropriately as it will reinforce what they learned in the Assistive Technology Training.

In addition, should the student need to quickly recap a specific feature of the software, they can access short videos that provide an overview of the software and certain features.

Benefits for those with mental health issues

FindMyFlow is recommended as it will allow students to learn how to integrate the software into their current working processes. It does this by showing them how to use specific features of each software to overcome the particular difficulty they are having.

The study strategies provide students with techniques to make overwhelming study tasks feel more manageable.

Additionally, FindMyFlow offers students access to stress reduction strategies. When studying out of hours due to challenges stemming from their condition, being able to use FindMyFlow at any time will ensure they are able to recall which features of the software can help them with the specific activity they are currently completing.

If your student struggles with their memory because of their condition, using FindMyFlow they will be able to reinforce what they learned in the Assistive Technology Training.

FindMyFlow also includes a complimentary 1-year access to a mindfulness solution, which can further reduce and help to manage anxiety and stressful situations, such as revision and exams.

If you have a query about any information contained in this document, please email contact@findmyflow.co.uk.