



It is getting chilly in these days. Have you prepared for the coming winter? In this issue, we introduce 2 types of developmental disorders/disabilities.

What is “Developmental Disorder”?

Have you heard the story that “Albert Einstein and Isaac Newton had Asperger’s Disorder”?

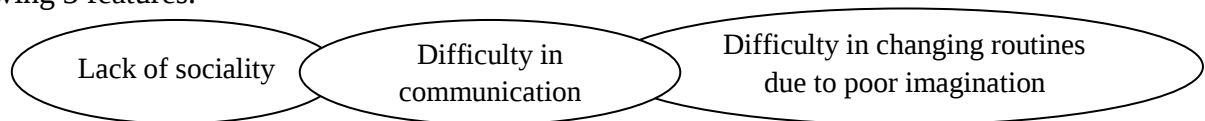
The brain activities of people with developmental disorders have congenital uniqueness. Thus they are poor at daily and easy tasks, while they are very good at some other special activities. This deviation or imbalance is not easily understood (often misunderstood) by people around, which troubles people with developmental disorders. However, their uniqueness and imbalance light up as their own originalities, if there is understanding and help by people around. In this issue, we introduce “Pervasive Developmental Disorder” and “Attention-Deficit/Hyperactivity Disorder”.

When you look around or think about yourself, you will find that many people have more or less some of the features of developmental disorders described below.



Pervasive Developmental Disorder

This is a category of disorders including Autistic Disorder and Asperger’s Disorder. It is characterized by the following 3 features.



- In order to behave appropriately in a specific situation (sociality) or to show and use appropriate feelings/attitudes and words to someone (communication), we need imagination to understand the current situation and look ahead into the future. This is difficult for people with pervasive developmental disorders who have poor imagination. They have difficulty in applying one thing to another, also due to poor imagination. They tend to stick to rules and routines and have difficulty in changing them.
- People with Asperger’s Disorder have a relatively normal intelligence and language development, thus do not recognize their problems by themselves, and are not recognized by people around. However, they show difficulty in language-understanding/expression and conversation when facing someone. Thus they are often seen as “Why they cannot do such easy things?”, “Why they act that way?”, “A strange person!”, or “An egoist!”

For example,

- They have difficulty in reading someone’s face, gauging the atmosphere, understanding unspoken agreement, metaphorical phrases, vague expressions, and having a chat (they sometimes feel pain or fear). They cannot stand a sudden change of plans, cannot quit something half way through (even if they are going to have trouble later), or cannot do multiple things at a time.
- They prefer being alone at their own pace, have a good memory, a straightforward character, pure thoughts, and master something special. They are often very good at science and mathematics.
- Many of them are hypersensitive. Chitchat sounds loud like listening with headphones. Fluorescent lighting irritates them, which makes them difficult to concentrate.



They are good at routine work and more easily understand/recognize something visually rather than by words. We can highlight their good points by logical explanation (rather than emotion) and by specific (rather than vague) instruction. The idea that life is a series of application helps them understand their problems.

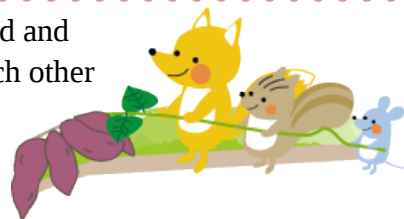
Attention-Deficit/Hyperactivity Disorder

This is characterized by inattention, hyperactivity, impulsivity, and is sometimes called “Nobita-Jaian syndrome”. Like “Nobita” and “Jaiian”, their attention is completely turned to what has just appeared in front of their eyes one after another, which causes this disorder. Medication is effective in many cases.

For example,

- They forget to bring things frequently, have difficulty in focusing on one thing, miss details frequently in their work, are constantly in motion, have difficulty in planning ahead, are poor at clearing up, lose their temper quickly, talk nonstop, and say everything on their mind.
- They are single-minded, think fast, and are chatty and friendly.

People with these disorders often have troubles with people around and are puzzled and worrying every day. Shall we be friendly with each other by covering weak points and highlighting good points?
If you have any trouble in dealing with other people, please come to Harassment Consultation Center.



Coming soon!

*** We will hold a lecture. ***

Lets' take this opportunity to learn about developmental disorders.

You could apply what you learn not only to your students but also to the people around you.

“Understand and help students with developmental disorders”

Speaker: Dr. Keiichiro Watanabe (Chief of Communication Support Room, The University of Tokyo)

December 10th (Monday) 13:00-14:30 at Environmental Studies Hall (lecture hall)

This lecture is for faculty members and staffs.

We will inform you in detail by our leaflet and website.

<http://www.sh-help.provost.nagoya-u.ac.jp>



Nagoya University Harassment Consultation Center

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