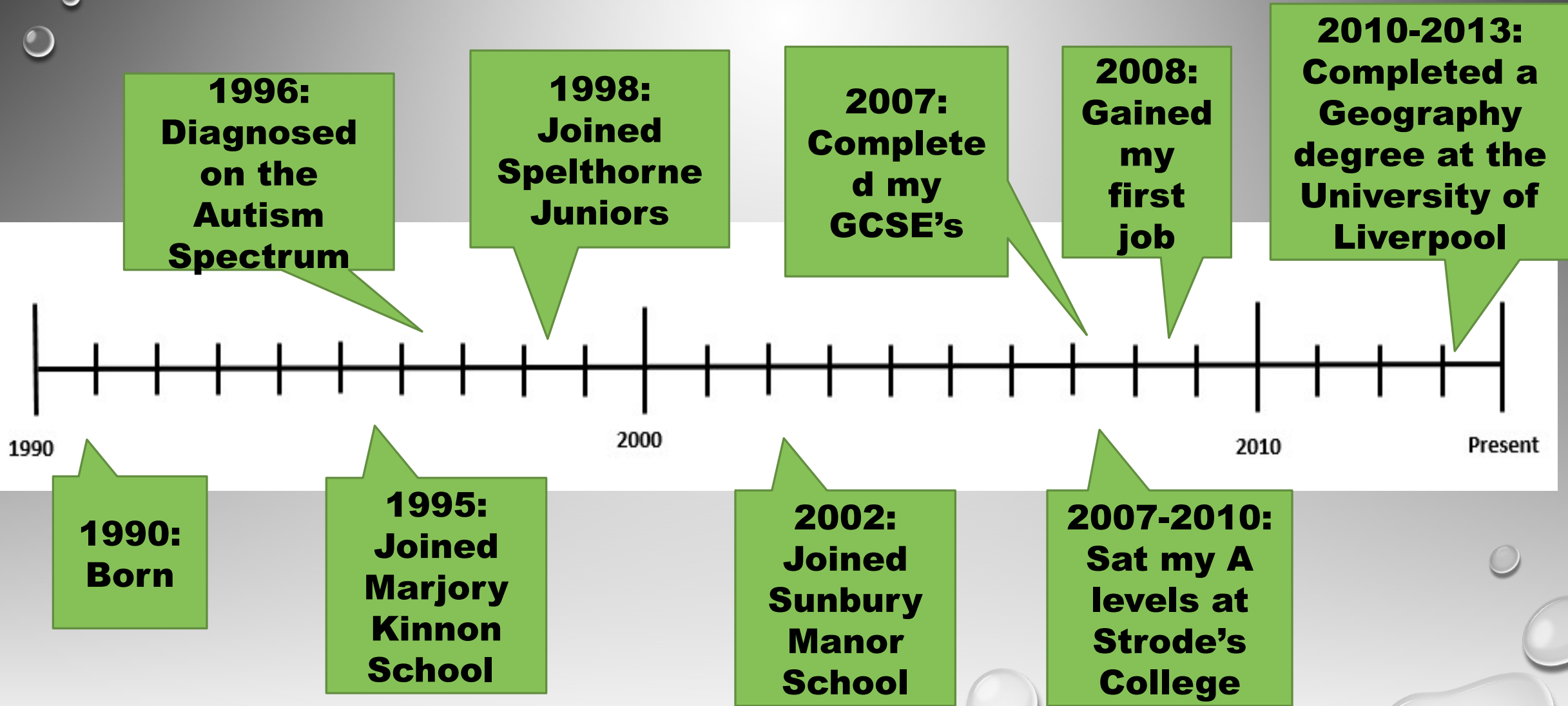


The background of the entire page is a light gray gradient. Scattered across this background are numerous water droplets of various sizes and shapes. Some are large and prominent, while others are small and subtle. The droplets have a realistic appearance with highlights and shadows, giving them a three-dimensional effect. They are distributed across the top, bottom, and sides of the page, framing the central text.

MY PERSPECTIVE OF HAVING ASPERGER'S SYNDROME

BY JAMES LIASI

LIFE TIMELINE



**1990:
Born**

**1995:
Joined
Marjory
Kinnon
School**

**1996:
Diagnosed
on the
Autism
Spectrum**

**1998:
Joined
Spelthorne
Juniors**

**2002:
Joined
Sunbury
Manor
School**

**2007:
Complete
d my
GCSE's**

**2007-2010:
Sat my A
levels at
Strode's
College**

**2008:
Gained
my
first
job**

**2010-2013:
Completed a
Geography
degree at the
University of
Liverpool**

1990

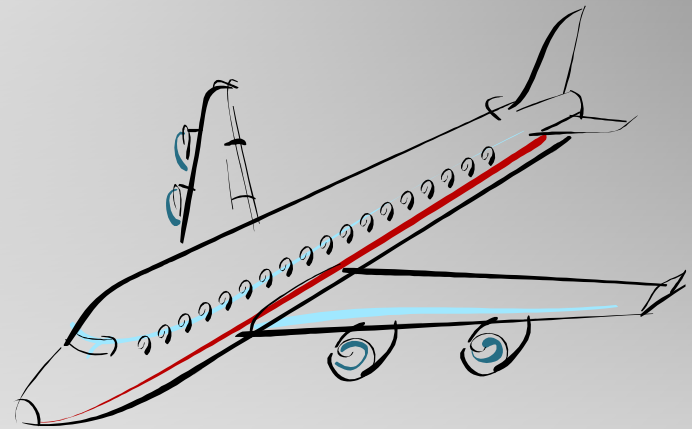
2000

2010

Present

INTERESTS

- Geography (transport, transport issues, climate change, food security and sustainable development)
- Football
- Cricket
- Darts
- Spending time with friends



HOW WAS I AFFECTED 10-15 YEARS AGO?

- Routines
- Reluctance to try new food
- Narrow minded with few but intense interests
- Lack of ability to have a two way conversation
- Strong difficulties in reading body language
- Social awkwardness and trouble making friends
- Poor English reading comprehension
- Extreme anxiety

HOW DOES MY CONDITION STILL AFFECT ME?

- Reluctance to try new food (though I am getting better)
- Sensitive to food texture
- Difficulties meeting groups of people At the same time and fitting in
- Changed attitude (scared of failure)
- Some occasions where I do not know when it is my turn to speak
- Anxiety to some extent

DIFFICULTIES I HAVE MAINLY CONQUERED

RELATING TO THE LAST TWO SLIDES AND THROUGH SELF-CONFIDENCE I CONSIDER MYSELF TO HAVE LARGELY OVERCOME THE FOLLOWING:

Less dependence on others

Confidence going to parties, bars and to nightclubs despite having some issues meeting new people

More open minded and welcome to learning and trying new things

Ability to express emotion to people

WHAT MOTIVATES ME?

1. I hate being different (I blame it for bullying during childhood)
2. Eagerness to fit in
3. Success (achieving targets and accomplishing goals)

COPING STRATEGIES

Socially	Academically/at workplace
Being diagnosed at the age of 5. Knowledge is power!	
Being thrown in the deep end. Assessing the worst that can happen and having a go at the mission	
Exposure and learning from neurotypicals/people without Autism/Aspergers syndrome	Not being afraid to ask questions and for feedback. Open to criticism
Having a small but loyal batch of friends eased me into experience of social events regularly	Help and support from teachers and personal tutors at school, college and university
Recognising people at a gathering or meeting will also be in my boots and be nervous	Making myself approachable
Recognising how I would feel if someone duplicated my actions on myself	Setting myself targets

ANY
QUESTIONS?

