Suppressing tics
For some people, having vocal and motor tics during the school day can be disruptive or embarrassing. Many young people make great efforts to suppress their tics during school hours and this involves significant energy and concentration. Unfortunately, the energy and effort spent holding in tics can distract from classroom work.

Ask for help
Some people with TS can have specific difficulties with reading, writing or numeracy. If this is the case or you feel you are not making progress, speak to the special educational needs coordinator (SENCo) at school and let them know. They should have some ideas to help support you in the classroom and at home.

Organisation
The most common difficulty for young people with TS is concentrating in the classroom and organising homework. Certain approaches can help, such as sitting near the front or at the side of the classroom so you can hear what the teacher is saying clearly and read the board easily. Attending a homework club can help you understand all the work covered in class. Strategies like ‘mind mapping’ can help you plan your work too. If organisation is a problem, you could try thinking and planning before carrying out a task. For instance, asking yourself “what am I going to do now?”, “how am I going to do this?”, “is this the right way of doing it?” and “is this how I want the work to look?” can be helpful.

Noting down tasks
Sometimes, writing can take longer for young people with TS or they may not understand new ideas as quickly as other students in class. Writing information down from the board can also take time. This can cause difficulties with homework, as what is needed might not be clear from your notes.
Moving to secondary school

The transition from primary to secondary school can be difficult for any young person but particularly young people with TS. Secondary schools tend to put more emphasis on self-management, need more organisation and involve learning lots of new rules. If these sound difficult, talk to a teacher before you make the move to secondary school. Having a timetable in your homework diary can be helpful, as can making checklists or maybe having a buddy who will help you out during your first half-term.

So, in short...

- Work out how you can take notes most efficiently
- Organise yourself as best you can
- Plan your move from primary to secondary school
- Ask advice from your teacher, SENCo or educational psychologist
- Have a look at the BBC Bitesize website at www.bbc.co.uk/bitesize for ideas to help you study