

# Educational Psychology

## Overview Guide

# Structured teaching approaches

## What are structured teaching approaches?

Structured teaching approaches are teaching strategies designed to support autistic students. These approaches take into account common autistic traits and can be adapted to each specific autistic student. The aim of the approaches is for autistic students to have a better understanding of social skills and reality from a perceptual point of view by using visual aids.

## The core principles of structured teaching

- The organisation of the physical environment
  - It should be interesting and manageable for the students.
  - It should account for learning styles and sensory difficulties.
  - It should decrease stimulation, limit distractions and reduce anxiety.
  - It should promote consistent and effective work.
  - Clear boundaries, explicit visual cues and/or written information are critical.
- A predictable sequence of activities
  - This helps to reduce anxiety.
  - Sequences should be explained with visual aids.
- Visual schedules
  - To help build independence and competence.
  - E.g., to do lists, schedule of activities, step by step instructions, timetables.
- Routines and flexibility
  - To make the activity or everyday task predictable – to reduce confusion and anxiety.
- Work/activity systems
  - To help students understand the task, stay focused and complete the task independently.
  - Pictures, symbols, colours, number or objects can be used to support activities where needed.
- Visually structured activities
  - Sensory engaging the student through touch, sight or taste will make it more meaningful to the student.