TEACHING AND LEARNING STRATEGY (DYSCALCULIA)

Guiding questions for group discussion:

- What do you think is the real problem in this case?

- Has something similar ever happened to you?

- What could help this person manage their time better?

- Is there a strategy or tool you know of that might work?

CASE 1 – Luca: Always everything at once

Luca works in a small office and is always busy. As soon as he arrives, he opens his email, responds to two messages, but in the meantime, notifications arrive on his phone. He opens one "just for a moment," but then finds himself on Instagram. Meanwhile, he starts working on an Excel file, but gives up halfway through because he remembers he has an urgent document to write.

At the end of the day, he's exhausted. He's started five things and finished two. He's been working nonstop for hours, but he feels frustrated and disorganized. He also occasionally gets headaches and tension, but he doesn't know what to change.

CASE 2 – Mara: I start tomorrow

Mara is taking an online course for adults and has an important deadline every week. When she receives the assignment, she thinks, "I'll start calmly tomorrow," but the next day she already has other things to do. She puts it off again, and again. She thinks she has time, but in the meantime, she watches a series, scrolls on her phone, or goes out to run a couple of errands.

With 24 hours left until the deadline, she gets down to work anxiously, writes in a rush, and is dissatisfied with the result. Every week, she tells herself, "Next time I'll start earlier," but the cycle repeats itself identically. She begins to feel incompetent and guilty.

CASE 3 – Stefano: I always say yes

Stefano is a kind and helpful person. He works as an educator and loves helping others. But every day he receives requests: a colleague asks for help with an activity, a friend wants to chat, his mother calls him with an errand. He always says "okay," even though he already has a busy day.

So, his personal tasks pile up, he falls behind on projects, and he works late at night to catch up. He can't even find 30 minutes for himself. When he tries to say "no," he feels guilty, as if he's disappointing someone. But inside, he feels increasingly tired and frustrated.

CASE 4 – Giulia: The Never-Ending List

Giulia loves making lists. Every morning she writes down everything she needs to do: emails, cleaning, grocery shopping, replying to a colleague, paying a bill, reading an important document. But the list is long, full of different items, and out of order.

She looks at the list, not knowing where to start. Sometimes she does the easiest things, other times she starts and then switches tasks. At the end of the day, she often hasn't done what was truly urgent. The important things pile up, while the quick (and less relevant) ones get checked off. She feels "productive," but then realizes she's always falling behind on the things that really matter.