

BLOOMSBURY 
studyskills

STUDYING WITH DYSPRAXIA

ROSEMARY RICHINGS

BLOOMSBURY

Press kit

About the book:

“Studying with Dyspraxia helps readers to understand what to expect at university and gives support in adjusting to a more independent lifestyle.”

— Bloomsbury Study Skills

“It’s essential reading for any student who wants to get the most out of their time at university.”

— Tumi Soitre, award-winning neurodiversity speaker, advocate, and researcher

Studying With Dyspraxia supports students who are navigating the realities of university life, from understanding reasonable adjustments and accessing support to developing strategies that work for their individual needs. The core mission is to help dyspraxic students become confident self-advocates: communicating their needs, making informed decisions, and recognising the approaches that allow them to thrive.

“Reading the book is like having an encouraging personal coach by your side.”

— Carolyn Kiel, host of *Beyond 6 Seconds: Neurodiversity stories from neurodivergent people*

Through the lens of lived experience and disability expertise, the practical challenges of studying with dyspraxia are explored, including the ongoing need to reduce low motor pain while studying. In the final chapter, readers are encouraged to reflect on their experiences, recognise their achievements, and consider their next steps beyond university.

Book information:

Studying with Dyspraxia is published by Bloomsbury Study Skills, an imprint specialising in practical resources for students and education professionals.

Author: Rosemary Richings

Publication date: 9 July 2026

Formats: Paperback and eBook

Pages: 192

ISBNs:

Paperback: 9781350524644

eBook: 9781350524668

Both eBook and print editions are available, but there is currently no audiobook edition.

The book is available directly from Bloomsbury and through major booksellers including Barnes & Noble, WHSmith, Indigo, Waterstones, Blackwell's, and Amazon. Copies can also be ordered through independent booksellers including Bookshop.org and Hive.co.uk, as well as specialist booksellers such as Caversham Booksellers and SEN Books.

If a local bookseller does not have the book in stock, they can usually order it on request.

About Rosemary Richings



Rosemary Richings is an author, editor, speaker, and independent consultant specialising in disability and neurodiversity. She is the author of *Studying with Dyspraxia* (Bloomsbury) and *Stumbling Through Space and Time: Living Life with Dyspraxia* (Jessica Kingsley Publishers). Her writing has appeared in publications including Travel + Leisure, Reader's Digest, The Toronto Star, and Happiful Magazine. She has also worked with organisations including eBay, Lexxic, Uptimize, and Yellowpages Canada, and has delivered talks and workshops for organisations including Reach PLC, Railpen, and Delinan. Rosemary also serves on the board of trustees of Dyspraxic Me. For more information about Rosemary's work visit rosemaryrichings.com.

Topics Rosemary Discusses

Dyspraxia, Neurodiversity & Student Experience

- The impact of dyspraxia on studying, organisation, and everyday life
- Strategies for students, families, and educators

Neurodiversity in Education & Workplaces

- Creating inclusive learning and working environments
- Supporting neurodivergent students and employees

Study Skills for Neurodivergent Students

- Time management, planning, note-taking, and exam strategies
- Practical tools and adaptations that support different learning styles

Digital Accessibility & Inclusive Content

- Applying “nothing for us, without us” principles to content creation

Disability, Representation & the Social Model

- The social model of disability
- The relationship between disability, education, and career opportunities

Suggested Interview Questions

1. What is dyspraxia, and how can it affect someone's everyday life, education, and work?
2. Why are dyspraxic students often overlooked in wider conversations about neurodiversity and educational support?
3. What do you wish educators and employers understood about supporting neurodivergent people?
4. How can students become more confident self-advocates and communicate the support they need?
5. Why don't traditional approaches to studying and organisation work for every student, and what alternatives can help?
6. What role do reasonable adjustments play in helping disabled and neurodivergent people thrive in education and workplaces?
7. How can organisations move beyond awareness of neurodiversity towards meaningful inclusion and accessibility?
8. What does the social model of disability teach us about barriers, support, and creating more inclusive environments?
9. Why is lived experience important when creating disability resources, policies, and content?
10. How can writers, organisations, and media communicate about disability and neurodivergence in a more accurate and inclusive way?

Available media assets include:

- Author headshots
- Book cover images
- Speaking and event photographs
- Previous media/interview appearances

More press resources, including images and previous media features:

[rosemaryrichings.com/press.](https://rosemaryrichings.com/press)

How to reach me:

Email: rosemary@rosemaryrichings.com

Website: rosemaryrichings.com

LinkedIn: <https://www.linkedin.com/in/rosemaryrichings/>

YouTube: <https://www.youtube.com/@DyspraxicRosieWrites>

Bluesky: <https://bsky.app/profile/rosemaryrichings.bsky.social>

Instagram: https://www.instagram.com/rosemary_richings/