Neurodiversity Definitions

SSU is committed to making sure its environment is welcoming to all types of people, including those who consider themselves neurodiverse.

Basic Definitions

- Neurotype refers to the specific way(s) in which someone's brain works
- Neurodiversity refers to the natural diversity of neurotypes among people
- Neurodivergent refers to a person – or group of people – with a minority neurotype
- Neurotypical refers to a person – or group of people – with a majority neurotype. This is the preferred term to "normal."

Much like a single person cannot be "diverse," a single person cannot be "neurodiverse."Groups of people, however, can be neurodiverse.

"Neurodivergent" refers to anyone whose neurotype (brain chemistry, brain structure, way of thinking) is outside of the "norm." On the other hand, if your neurotype is similar to the majority of people, then you would be "neurotypical." A person can identify as neurodivergent or neurotypical.

Resource List

Disability Services for Students
- disability.services@sonoma.edu
- 707-664-2677

Counseling and Psychological Services
- caps@sonoma.edu
- (707) 664 - 2153

Student Health Center
- (707)-664-2921

Learning and Academic Resource Center
- larcdeskw@sonoma.edu
- (707)-664-4401

Seawolf Service Center
- seawolf.servicecenter@sonoma.edu
- (707)-664-2308

Neurodiversity Club
- neurodiversityclubssu@gmail.com
- ND Club Interest Form:

Sonoma State University

Neurodiversity Resources & Definitions

SSU's
EdEon STEM Learning

&
Education
Development Center

EDC.ORG

Visit our website!

Neurodiversity Is Everywhere!

Neurodiversity is in your communities!

It is estimated that *15 to 20 percent* of the world's population exhibits some form of neurodivergence.

That means that about *1000 members* of the SSU community are Neurodivergent.

Masking is a behavior where a neurodivergent individual attempts to hide their differences.

This might give the false impression that there are fewer neurodivergent individuals than there actually are.

This has been shown to have negative mental health effects on neurodivergent people.

It can also cause us to underestimate the diversity of neurotypes in our community.

An assortment of resources available at CAPS (Bldg 17A)

What Does Neurodivergence Look Like?

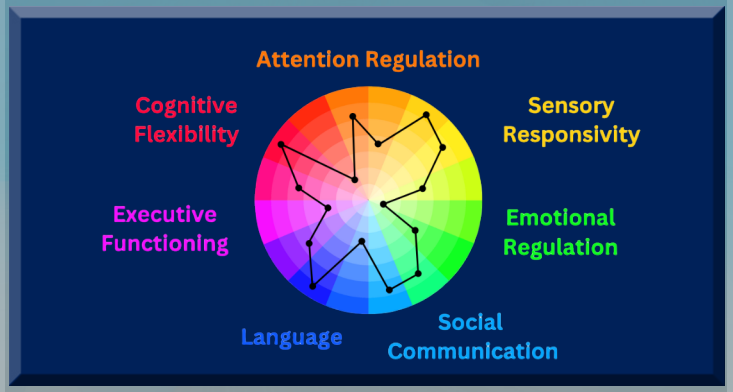
Neurodivergence isn't a straight line from "*a little*" to "*a lot.*" It's a multidimensional spectrum that affects people in many different and interacting ways.

What people think neurodiversity is:

Neuro-typical

Neuro-divergent

A more nuanced view of neurodivergence:



Each individual's profile is unique, shaped by multiple interconnected domains. Different forms of neurodivergence (like autism, ADHD, dyslexia, and more) may impact these areas in distinct ways—sometimes as challenges, sometimes as strengths, and often as both.

Image courtesy of pngtree.com

People can face challenges or have strengths in different areas, and there's no single way that neurodivergence "looks."

WHY IS THIS IMPORTANT?

- Our world was built for neurotypical people and often fails to accommodate neurodivergent individuals.
- This causes unnecessary distress in many parts of everyday life, such as at school, work, shopping, and in social spaces.
- While having a nervous system that works differently can come with unique challenges, it can also come with unique strengths.
- Neurodivergent individuals often bring creativity, deep focus, and fresh perspectives to the table. An accommodating environment can ease difficulties and encourage these strengths.
- While it may not always be feasible to accommodate all the needs of neurodivergent people, even small adjustments can make a big difference.
- The most important thing is to ask and make an effort!

Assortment of resources available at DSS (Schulz 1014A)