

Transcript — Anastasia, age 15: Day in the life with dyscalculia

[**On-screen text:** Anastasia's story]

[**Description:** Gentle piano music plays. A teenager with shoulder-length dark hair wearing a white cable-knit sweater sits at a dining table in a home with wood-paneled walls. She speaks directly to the camera.]

[**On-screen text:** Anastasia, 15, Dyscalculia]

Anastasia: My name's Anastasia, I'm 15 years old, and I have dyscalculia.

[**Description:** Anastasia, now in a black puffer jacket over a hoodie, packs a bookbag in her living room. Transition to Anastasia sitting at a table, wearing a yellow hoodie. She writes on a piece of paper. A laptop is open in front of her.]

The way my learning difference affects my daily life, I want to say, for school, it takes me longer to get through a multiplication question or a division.

[**Description:** Anastasia, back at the table in the cable-knit sweater, talking to the camera. Transition to Anastasia sitting at a table, working on a

problem on a sheet of paper and looking at the open laptop in front of her, with a math problem on the screen. She picks up her phone, which shows a calculator on the screen.]

Even with, I want to say, addition and subtraction, I do still have to use my hands, or just use a calculator, even a multiplication chart, which helps a lot.

[Description: Anastasia writes on a small whiteboard in her bedroom. Transition to her sitting on her bed, continuing to write on the board. Transition to her seated at the dining table, talking to the camera.]

The two things that I have difficulty with is multi-step equations and word problems. I despise those two, I can't deal with it.

[Description: Anastasia using a self-checkout kiosk in a store, holding dollar bills.]

Also with money, I can't really count coins.

[Description: Anastasia speaks to the camera from her dining table.]

My teachers, they've been so amazing. They're always very patient with me.

[Description: The camera focuses on framed photos. One shows Anastasia's family in front of a Christmas tree. Another shows the family posing in the water at a beach. Transition to Anastasia sitting at a table with her family, looking over at something, laughing and talking.]

My family and teachers used a lot of songs to help me, I guess, remember basic multiplication and baking.

[Description: In a kitchen, Anastasia stands over the stove, turning off the burner. She smiles as she pours liquid from a measuring cup into a pot.]

It helped a lot, you know, just getting to bake, but also learn about measuring.

[Description: Anastasia speaks to the camera from her dining table. Transition to Anastasia at a desk, turning her laptop screen to show a timer that reads "28:52."]

I get more time on tests. Like, it's not timed, so it makes it so much more easier for me to get through my tests. I don't have to be nervous.

[Description: Anastasia speaks to the camera from her dining table. Transition to her in a yellow hoodie, talking on her phone while writing on a piece of paper and looking over at her laptop. Transition to a close-up of a geometry worksheet as her hand writes and erases an equation.]

I go through a lot of paper in my math classes. The extra piece of paper will definitely help you, 'cause, usually, with my paper, I always erase and rewrite my math problem. So that's really such a great help to have.

[Description: Anastasia speaks to the camera.]

Taking breaks will help you so much. It will clear your mind.

[Description: Anastasia sits at the table and takes a drink from a glass of water.]

Just, you know, go on a walk or take a drink of water.

[Description: Anastasia speaks to the camera. Transition to Anastasia sitting on a couch, wrapped in a blanket, typing notes on her phone.]

I use a lot of positive affirmations. Like, I have an app, and I just look through it and it really helps my day brighten up so much more.

[Description: Anastasia speaks to the camera. Transition to scenes of Anastasia talking to her siblings. The scene shifts back to Anastasia speaking to the camera.]

What I want people my age to know is that you're not alone. Don't be

ashamed. I think it's tough, but you got this.

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