



## 19 Ways to Step Back



It often feels right to give help to students with visual impairments, but this may not be in their best interest. Use this list to help yourself to step back.

1. You're stepping back so your students can step forward and become independent. Keep this in mind
2. Clock how long it actually takes for students to start zippers, pick up dropped pieces of paper or find page numbers. What's a few more seconds in the grander scheme?
3. Sit on your hands for a whole task while you practice giving verbal instead of touch cues. Hand off the hands!
4. If you need touch cues, try hand-under-hand instead of hand-over-hand. This gives students much more choice.
5. Let your student make mistakes and get into trouble. It's part of the human experience!
6. Acknowledge your own needs. There's reason you chose the helping profession.
7. Sit further away. If you've been within arm's reach, sit in earshot. If you've been sitting within earshot, sit across the room.
8. Pat yourself on the back every time you help with seeing, not thinking. Your job is to give information.
9. Even though helping can feel right, be aware that too much assistance is short-sighted. Sometimes less is more, less is better.