

# The Neurospectrum

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## Course Description

This course builds directly on the Neurotype Self-Report Inventory (NSRI) and guides you step-by-step through understanding your complete neuroprofile.

## Learning Goals or Objectives

- Interpret Your NSRI Results with Clarity
- Identify Your Strengths & “Why You Are the Way You Are”
- Learn the difference between needs, supports, and thriving conditions—and why they matter.
- Discover how your traits combine and influence one another in complex, insightful ways.
- By the end, you’ll have a polished “Neurospectrum Snapshot” you can use for self-advocacy, communication, and self-understanding.

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## Course Content

### Module 1: Start Here

- Welcome from Dr. Robin
- How to Use This Toolkit
- Where to Find Your Materials Later (includes all downloads)

### Module 2: Take the Neurotype Self Report Inventory

- Introduction to the NSRI
- Download and Complete the NSRI
- Tips for Reflection

### Module 3: Video Guide – Understand Your Results

- Introduction to Your Results
- Interests
- Personality
- Emotions
- Social
- Executive Function
- Creativity & Thinking
- Work & Results
- Communication & Learning
- Physical
- Routines
- Sensory
- Conclusion

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## Course Content

### Module 4: Read the eBook

- Download the eBook (in ePub or PDF format)
- How to Use the eBook with Your Results
- How to Get the Most Out of the Domain Chapters
- Exploring the “Application: Learning Through Real-Life Examples” Section
- Your Lifelong Journey with the Neurospectrum

### Module 5: My Personal Neurospectrum Workbook

- Download & Prepare the Workbook
- Top Strengths
- Important Needs
- What Helps Me Thrive
- What Doesn't Work for Me
- How I Communicate Best
- What to Know About Me
- Final Thoughts from Dr. Robin

### Module 6: What's Next?

- Review and Reflect on Your Journey
- Sharing Your Neuroprofile—with Others and for Yourself
- Share Your Story & Help Shape the Future

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## Materials and Related Courses

### **Neurotype Self Report Inventory (included with every neurodiversity course or available separately)**

This inventory of 52 traits across 11 domains provides a complex understanding of a person's unique brain wiring. There are more different combinations of results on this inventory than there are atoms in the universe! That's how one of a kind you really are!

- PDF printable with brief explanation

### **Neurodiversity 101**

Want to understand what each diagnosis actually means? Join Dr. Robin for a thorough trip through the "alphabet soup" of ADHD, ASD, OCD, and more!

- 13 video lessons
- 55 page workbook

### **Other Related Courses and Books**

- Self Care and Health
- Family Health Planner
- 10 Conversations to Have with Your Tween or Teen
- Parenting for Neurodiverse Families