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How I Learned to Communicate My Inner Life with Asperger's: TED Talk Annotated Resource List

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Annotated Resource List

TED Talk

The TED talk that I chose was *How I learned to communicate my inner life with Asperger's* by Alix Generous. Asperger's is a form of autistic spectrum disorder, and this can seriously hinder one's communication abilities. She has been made fun of in elementary school, denied jobs, specifically Waffle House, and was denied a typical life for a woman. Generous didn't let this stop her though, she has worked hard all her life, and has developed new technology that can shake the way those diagnosed with Asperger's can communicate.

She has graduated college and is now a cofounder of Autism Sees, a biotech company. Autism Assistive Technology is an app that was developed by her company that helps develop communication skills for those diagnosed with Autism Spectrum Disorder, or Asperger's. It gives tips on eye contact with the camera on your phone and also helps with interview skills. Generous aims to have the perspective that people have of those with ASD to change and she hopes to improve the skills of those with Asperger's so that they can live normal lives. She wants to prove to the world that just because some people have this disorder, it doesn't mean that they are different. This talk was to prove that people with Asperger's are capable of doing anything, even though there will be obstacles and challenges.

Resource List

Book Sources

Attwood, Tony. *The Complete Guide to Asperger's Syndrome*. Pbk. ed., London ; Philadelphia, Jessica Kingsley, 2008.

This book explains in detail what Asperger's actually is. It goes into how the disorder is diagnosed, theories and other scientific facts about this, but it also talks about how Asperger's can impact an individual in their social lives. This book would be helpful for a more scientifically detailed explanation on Asperger's syndrome, and also a more broad look on how it impacts individuals.

Robison, John Elder. *Look Me in the Eye : My Life with Asperger's*. 1st ed., New York, Crown Publishers, 2007.

This book is about another individual who is diagnosed with Asperger's, and this gives a look inside their life. This is about John Robinson, and he was an individual who didn't know why he was different from the other kids for half of his life. He was mostly alone because his parents weren't around much, but he became extremely successful in the world of technology. This book would be helpful because it would give another insight on how it is to live with Asperger's, and how hard it is to be socially accepted.

Scholarly Journal Article

Lorenz, Timo, and Kathrin Heinitz. "Aspergers - Different, Not Less: Occupational Strengths and Job Interests of Individuals with Asperger's Syndrome." *PLoS One*, vol. 9, no. 6, 2014, pp. PLoS One, Jun 2014, Vol.9(6).

This journal focuses on the strengths of those diagnosed with Asperger's. Like Alix Generous talked about in the TED talk, it is hard to find a job for those affected by the disorder but this journal focuses on the positive attributes and why they would be great employees. This journal would help someone who is curious of the strengths of an Asperger's individual.

Reference Sources

Colman, Andrew M. "Asperger's Disorder." *A Dictionary of Psychology*, 2008, pp. A Dictionary of Psychology.

This reference gives many scientific details about what Asperger's is and how it affects the individual. It describes how it affected the individual in their daily lives. This source applies to the TED talk because it gives us more information on what Asperger's really is and how it is diagnosed. This gives a better look on how the disorder is characterized.

Koegel, Lynn Kern, et al. "Increasing Socialization in Adults with Asperger's Syndrome." *Psychology in the Schools*, vol. 50, no. 9, 2013, pp. 899–909.

This source focuses more on older people diagnosed with Asperger's Syndrome rather than children. They found that the social skills in college aged students diagnosed with Asperger's were lacking and that they tend to skip out on events because of their challenges. This source is helpful because it explains that Asperger's impacts more than just younger people, and that social comfort is hard to come by with Asperger's.

Internet Source

Nordqvist, Christian. "Asperger's syndrome: Causes, symptoms, and management." *Medical News Today*, 23 May, 2017. <https://www.medicalnewstoday.com/articles/7601.php>

This source goes into detail about what Asperger's actually is and how it affects people. This would be useful for someone who just wants to know more scientific facts about the disorder, such as statistics and when the disorder is diagnosed. This also gives an insight on what those diagnosed has to deal with and overcome to be accepted.