

How AD/HD Affects Learning

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Procrastination your worst enemy! Prepare to do BATTLE! **Prioritize** – DON'T procrastinate!

1. Organization and planning are **crucial** to; arriving to class on time, completing assignments by due dates and effective studying; each of these count as a large percentage of your grade, and are important to learning course content.

Ask your counselor for a worksheet to help you get started managing your time

2. **Clearly define** your assignments; set timeframes and deadlines for different stages of completion. Use a notebook planner using color coded tabs for reminders - or use your smart phone's calendar with alarms and reminders set to go off as reminders a week, day, and hours before deadline.
3. **Develop a system of precise note taking.** Find a system that works for you or ask your Counselor for details on the Cornell Notetaking System. Take notes while reading too – noting your questions.
4. **Think of college as a Full Time Job!** The general rule is; for every one hour spent in class the student should spend 2 hours studying (this **does not** include reading and completing assignments.)
5. **EAT FROGS!** It means to begin with the most difficult, most dreaded subject or assignment you must complete. Let this be your mantra as you begin your study session. Eat the frog so you can move on to the more yummy bits!
6. **Try out different study methods.** Remember, the study method that works for an English or Psychology class won't work for a Math or Science class. Study SMARTER, not harder!
7. **Get Centered.** Develop techniques that help you get back on track when you lose focus. (i.e. Tunnel Vision, Centering With Silence, Be Here NOW)
 - ✓ Control the things you *can* when you sit down to study. Clear your mind of distractions. When thoughts distract you, practice telling yourself silently to “STOP!” Turn off devices, put up a “silence” sign, tell yourself to “Be Here NOW!”
 - ✓ Tunnel Vision: While at home or someplace outside of school, practice tunnel vision by focusing on one thing while people move around you.
8. **Take short breaks** while studying but **REMEMBER** to set an alarm to remind you to get back to studying after the 10-20 minute break is over. View your breaks as REWARDS for working hard.
9. **Alternate the subject** you are studying every hour in order to keep your brain from getting board.
10. **Pay Attention to the Details** If your strength is in seeing the “big picture” realize that you might miss the important details along the way. Look for and write out details as you study.

Your DSPS team is here to help you overcome the hurdles and challenges of learning with AD/HD.

We can also help you to **turn your differences into strengths.**



