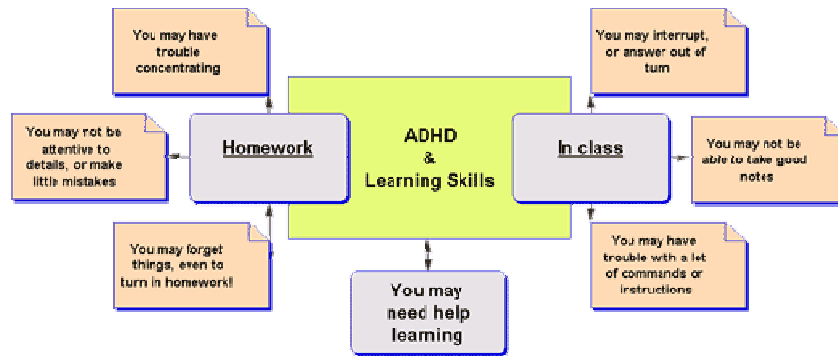


Student Learning Services

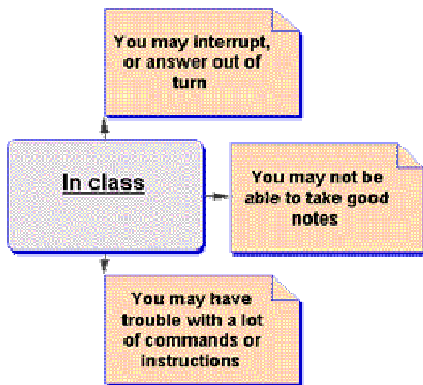
Studying with ADHD and ADD

You are not alone if you have attention-deficit hyperactivity disorder.
Many students have one or a few of the characteristics of ADHD.

Characteristics:



In class:



Answering out of turn, or interrupting the class or teachers is normal for ADHD, but it is best to remember that you are trying to learn

- Write your question or comment down on paper before speaking
- Practice raising your hand before volunteering

To help you follow instructions:

- Simplify instructions down to a basic one or two, and build from there. Verify these with your teacher, or
- Ask your teacher to break down assignments into steps for you to follow

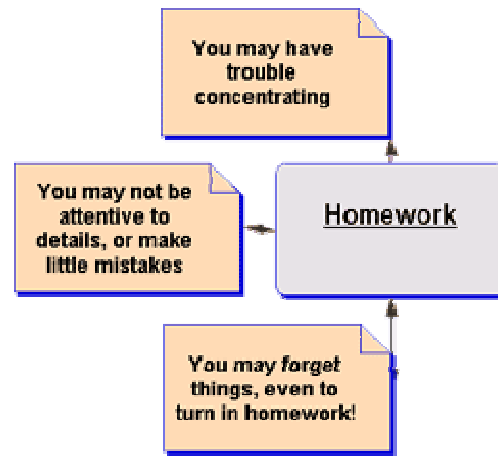
To take good notes is task for all students. These techniques may give you an advantage:

- Bring a tape recorder to class
- Study with a classmate taking the same class
- Use a proven note taking system such as Label in the Margins
- With ADHD, lecture is not the best form of learning. Ask your teacher for a printed summary of the lecture, or alternative methods to get the same information

Homework:

To help you concentrate:

- Find a quiet place in your home, to avoid distraction such as movement and noise of your family, pets, TV, telephones, music, etc.
- If space in your home is limited, your parents or tutor may find space in a library, religious center, neighbor's house, or other sympathetic place
- Special "headsets" can block out noise and help you focus
- get into a routine, a consistent time you study



To help you remember:

- Develop routines/habits!
For example, before going to school, organize your schoolwork in the same way each day. Have someone help you begin to establish this pattern
- Keep your assignments in the same pocket of your backpack. Tell your teacher about it
- Keep a list of things to remember in a pocket of your backpack.

To help with details

- Review your homework with your parents, a classmate, a tutor
- use grammar and spell checkers regularly for computer work

Remember that making mistakes, or overlooking details, is not for lack of intelligence, but rather a characteristic of this condition.

Help with learning

You may need help learning

Take care of yourself; get the help you need:

Patience is a challenge for those with ADHD. If you are feeling angry, discouraged, or frustrated over your progress, find some support. Our learning involves family, teachers, professionals, as well as ourselves. We all need patience. Their messages should be steady and consistent, but try to understand if they aren't always so.

For more information or to inquire about Disability Services, please contact Lindsey Hinds-Brown in Student Learning Services at 297-7545, ext 441.