

Tips for ADHD Brains at School

- ✓ Sit near your teacher and the smart board to help you to pay better attention.
- ✓ Sit around students that focus on their work and are not too chatty or who may be distracting.
- ✓ Use your planner to write down homework notes or things to remember as your teacher mentions them. You could use a sticky note for this as well. If you miss one of these messages, ask your teacher after class so you do not miss the needed information.
- ✓ If you get fidgety in class talk with your parents and teacher to set up a way you can move that is not distracting to others, but will help you stay focused in class.- We need to have a plan for this that everyone supports.
- ✓ If distractions are a big problem, ask your teacher about doing your work, or test in a quieter place that has less distractions.
- ✓ We all need to use new skills for learning- work with your teacher and parents to build your study skills, organization skills, and test taking skills.
- ✓ To keep your work organized have separate books or folders for each of your subjects. Check these folders regularly to keep you up to date on what is due and what needs to be completed.
- ✓ Before leaving school each day go through a check list to make sure you have everything need to get your homework done for the next day.
- ✓ Study for every test- you can even make practice tests at home to help you practice the subject and get you ready for the real test.
- ✓ We can sometimes rush through our work so it is important to always read over the work we do. This helps us to catch our mistakes.
- ✓ With larger project it is best to beak the activity into smaller pieces. Complete these tasks one at a time and before you know it you have completed the full project!
- ✓ Have some added school materials at home (pencils, notebook, pencil crayons etc) to make sure that you always have what you need to complete your work.

