



Study Strategies for Students with ADHD

Students who have attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD) often express frustration when implementing the same study strategies as their peers, but they don't get the same results. While the strategies may be good, they often need to be adjusted to meet the unique needs of the student with ADD and/or ADHD. The following are a few suggestions to consider and check out these websites for resources:

www.addwarehouse.com and www.additudemag.com

Reading the textbook:

- Take breaks more frequently.
- Read for 15-20 minutes, then take a 10-minute break.
- Do something physically active on the break to improve circulation and oxygenation.
- When you return to reading, reread the last few notes you took before the break.
- Try listening to the audio version of your textbook while reading and taking notes.
- Prepare to read by reviewing the weekly course objectives. Then quickly read each PPT slide and turn them into questions (this is called preparing the slide for later quizzing). This will give you a good idea of what to look for in the textbook.
- Take notes using the Cornell note-taking method. Reread your notes immediately after completing your reading. The next day, use the Cornell notes to quiz through your material.

Listening to lectures:

- Come prepared by having reviewed the objectives, prepared your PPT slides by turning them into questions, and completed the textbook reading.
- Take frequent breaks if the lecture is recorded. Sit in the back or side of the room for in-person lectures if you need to stand periodically.
- Take Cornell notes for new information being presented.
- After the lecture, decide if you would like to write out a summary for some of the main ideas.
- If permitted, record a live lecture to review later.
- Compare and share notes with a study buddy to create a more comprehensive set of notes.

Time management:

- Use a planner to schedule your assignments throughout the week.
- Plan to reward yourself during your breaks; take a short walk, play with the dog, send a quick text to a friend, take a snack outside, or do yoga.