

Academic Success Strategies

101

Adolescents with Learning Disabilities & ADHD

Esther Minskoff & David Allsopp

Break memorizing into short, 5-10 minute sessions.
Recite and inform on aloud as you write it.
Establish mnemonics.
Always try to picture information in your mind.
Key words help.

Have all equipment nearby.
Establish rewards for yourself.
Create a checklist of tasks to be done.
Keep a "worry pad."

At the end of each class, make a list.
Decide what you need to take home from the list.
Ask your teacher to explain.
Pause and ask yourself, "Do I have everything I need?"
Try not to give out.

Change environments.
Have all equipment nearby.
Establish rewards for yourself.
Create a checklist of tasks to be done.
Keep a "worry pad."

Cover the answers.
Read the question carefully.
Answer the question with looking at the choices.
Match your answer to one of the given choices.

Pick the right environment.
Always reduce visual distractions.
Try to eliminate noise around you.
Self talk to control internal distractions.

Check your calendar.
List the items you need for the next day.
Always gather the materials from your list.
Set your bookbag by the door.
Have a list in your locker of the materials you need.

Buy a different notebook for each class.
Always divide each notebook into sections.
Need to update notebooks daily.
Do buy a new notebook if you lose one.

Look at the causes.
Identify the consequences.
Set goals to increase your self-esteem.
Talk to your teacher.

Work with both note cards from reading and lecture.
Outline main ideas covered in both reading and lecture.
Read note cards from reading for facts.
Read lecture notes for facts.
Yes, you're ready after one more reading of your outline.

Breathe deeply.
Relax.
Attitude is everything.
Visualize yourself in your favorite place.
End is in sight.

Look at the causes.
Identify the consequences.

Academic Success Strategies For Adolescents With Learning Disabilities And Adhd

K Morrison



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