

## Advice and Guidance for students with ADHD

### **Top Tips for getting the max from your lectures!**

**Always let the University or College know if you have a diagnosis of ADHD and any other neurodevelopmental conditions such as dyslexia.**

Universities and Colleges have whole student support departments that are very proactive in helping students wherever possible. University and College can be very challenging as there is always so much going on so it is really important to access all the support you can get.

In certain circumstances students are provided with a support worker to accompany them to lectures and take notes where appropriate. In other cases you might be provided with extra time in examinations.

**Check out any lecture notes or power points in advance.**

The majority of universities and colleges put lecture notes or any power points on an intranet. Access them before the lecture wherever possible so you are already cued up before you walk in the room.

**Make sure you understand the teaching from the previous lecture** If you are confused about information shared in the last lecture then make sure you arrange a tutorial prior to the next lecture.

**Reduce as many external distractions as possible**

Sit at the front of the class and away from windows whenever possible

**Adopt Active listening techniques**

If you feel your mind wandering, ask a question or make some notes immediately as this will help to re-engage your focus on the lecture. Take small sips of water throughout the session to keep you hydrated which aids concentration.

**Use assistive technology to support your learning.**

Record your lectures where possible in order to catch up on anything you missed in the session.

iPads or other tablets and small electronic notebooks are easily portable and great for making notes as bullet points and can host downloadable programs for mind maps and note-taking software

### **Use visual supports**

Colour code different subjects using different coloured paper and notebooks as this makes notes extra easy to find.

Use coloured highlighter pens to make key points stand out with ease.

### **Date and Number all your sheets**

Put the date, lecturer and subject on all notes therefore if you are confused or have any questions you know who to ask.

If you handwrite notes or are printing out notes made on a laptop always number them. This just makes things a lot easier to organise.

### **Essay Writing**

#### **Academic Writing and Referencing.**

If you are unsure about academic writing and referencing it is important to attend any study support sessions that the University or college are organising. The majority of student support departments run sessions in groups and on a one to one basis where required to help students use correct terminology and referencing systems. This is very important as marks can often be needlessly lost through inappropriate terms and poor referencing.

#### **Organising your essays, assignments and projects**

There are some great downloadable Apps such as iShould that are designed to support students manage multiple tasks at University and College, they send reminders, tutors can communicate with you directly regarding a project via the app. Groups are able to collaborate on projects and assignments via the app too.

<http://www.ishould.co.uk/>

If you prefer paper systems, wall planners are a great tool with all due dates easily visible and can be highlighted in the colour you have chosen for each

subject. That way you can see if all your assignments are due in at around the same time.