



## Study Strategies for School Success

- 1) Have a permanent home for **school supplies and books**.- Gather everything that your student uses while doing homework and store in one easy accessible area. Keep text books within easy view.
  
- 2) Create a “**homework spot**”. Choose a spot that is comfortable with minimal distractions and be open to student input.
  
- 3) Establish a **regular homework time!** Students with ADHD thrive on routine. Some kids need a break after school while other kids prefer to dive right in and take intermittent breaks along the way.
  
- 4) Studies show that **music** can greatly help with focus and concentration for those with ADHD. Have your student make a 30-45 minute playlist of instrumental music. Take a look at Spotify for "focus" music. The end of the playlist signals a 5 minute break. The added bonus is the student's ability to recall while playing the same playlist tunes in their head.
  
- 5) Allow for breaks. Set a timer or use the playlist to schedule **frequent breaks**. The key is to re-set the timer for five minutes so the break doesn't extend for too long.
  
- 6) Allow students to “**fidget**” while they study. Research shows that children with ADHD perform better on cognitive tasks when allowed to fidget because it increases their alertness. Squishy balls, sensory balls, Silly Putty and Wikki Stix are good fidget objects. Sitting on an exercise ball helps channel excess energy into balancing to stay seated.
  
- 7) Students study better if they have some **outside time or physical activity** before settling down to do homework. Ask them to accompany you as you walk the dog! This is a win/win!
  
- 8) Be their **study buddy**. Students with ADHD work better if they have someone "mirroring" their activity. Sit near your students and do your work. Libraries and study groups are good options too.
  
- 9) **Break projects into small, manageable parts**. Projects can seem over-whelming to students with ADHD. They often don't know where to begin...so they don't. Offer assistance at first to teach students this lifelong skill.
  
- 10) Put homework, study times, project due dates and tests on calendar or **planner**. Don't cram for a test! Research shows that it is more effective to study for shorter times over a period of days.