

## Strategies for ADHD students:

1. Task duration: academic assignments should be brief to accommodate for the student's short attention span. Break lengthy projects into manageable parts.
2. Direct instruction: Attention to a given task is improved when the student with ADHD is engaged in teacher-directed activities (as opposed to independent seatwork). In addition, teaching note-taking strategies increases the benefits of direct instruction.
3. Peer tutoring: Match students according to gender while also selecting peer partners with higher academic and behavioral skills. Provide frequent teacher feedback.
4. Scheduling: Provide the most rigorous academic instruction earlier in the day.
5. Novelty: Presentation of novel, interesting, highly motivating material will improve attention. Increase the novelty and interest level of tasks by using materials with novel colors, shapes, or textures.
6. Provide a lecture outline to help with note-taking to increase memory of main ideas.
7. Place visual rule reminders should be placed throughout the classroom.
8. Place visual prompt cards on individual student's desks. (i.e. "Am I listening?" "Am I doing my work?")
9. Instructions: Keep instructions short, specific, and direct. Ask the student to repeat the instructions in their own words.
10. Choice: When possible, allowing the student a choice of activities can help reduce disruptive behaviors and increase work completion. Give student a list of possible tasks to complete with choice about what to do 1<sup>st</sup>, 2<sup>nd</sup>, etc.
11. Productive physical movement: The student with ADHD has difficulty sitting still. Give them opportunities for controlled movement (i.e. run an errand, take a stretch break). Alternate seatwork with other activities.