

Study skills for the (Look, a squirrel!) ADHD Brain

Key Points

1. Know your brain
2. Develop a growth mindset
3. Keep looking for the right key
4. Be aware of how your lifestyle and environment affect your thinking
5. Physically and mentally engage in every learning opportunity
6. Don't keep throwing random facts at yourself... understand and *stick* them instead.
7. Be indefatigable. It does get better!

Key (Print) Resources

- *The ADHD Book of Lists* by Sandra Rief {KSC CML}
- *The Big WHAT NOW Book of Learning Styles* by Carol Barnier
- *Brain Integration Therapy Manual* by Dianne Craft
- *Energizers!* by Susan Lattanzi Roser {available at the KSC Curriculum Materials Library}
- Family Resource Connection (www.nh.gov/nhsl/frc -- Loans resources free)
- *How to Get Your Child Off the Refrigerator and on to Learning* by Carol Barnier
- *How to Study* by Ron Fry
- *Learning Outside the Lines* by Jonathan Mooney and David Cole ... not for youngsters ☺
- *S.O.A.R. Study Skills* by Susan Woodcock Kruger, M.Ed.
- *Strategies for Teaching Adolescents with ADHD* by Silvia L. DeRuvo {KSC CML}
- *The 6 Success Factors for Children with Learning Disabilities* by The Frostig Center {KSC CML}
- *Times Tables the Fun Way* by Liautaud & Rodriguez
- *Umm... Studying? What's That?* By Fitzell & Fitzell
- *The Young Peacemaker* by Corlette Sande

Key (Online) Resources

- ADD Crusher (www.facebook.com/ADDCrusher)
- ADDitude Magazine (www.additudemag.com/resources/printables.html)
- Carol Barnier's Site (www.westfieldacademy.org/adhd)
- Chisanbop: Korean finger abacus (en.wikipedia.org/wiki/Chisanbop)
- Creative Homeschooling Solutions (www.davidsongifted.org/db/Articles_id_10634.aspx)
- Dianne Craft's handouts (www.diannecraft.org/handouts.htm)
- Improving Education: The Connection Between Motivation, Mind-Set and Achievement (iTunes U; Leading Matters #43, itunes.apple.com/us/itunes-u/improving-education-connection/id385564195?i=85421631)
- Learning Styles Information (www.greenville.k12.sc.us/hillcrm/lstyles/)
- Parent Information Center of NH (www.parentinformationcenter.org)
- Remembering What You Read (ectutoring.com/resources/articles/keys-to-remembering-what-you-read/)
- Struggling Learner Department (HSLDA) (www.hslda.org/strugglinglearner)