

# ADHD Study Tips

Effective study habits for young people with ADHD.



## Break Tasks Up

*Don't overwhelm yourself!!*

- Break tasks into smaller, manageable chunks to reduce the feeling of being overwhelmed.
- Ask for study/revision guides.
- Establish what topics you NEED to cover.





## Create a Study Space

- Find a comfortable area - not necessarily silent, that has minimal distractions to enhance focus and concentration.
- Putting your phone on silent/aeroplane mode/tuning off notifications can help you to not become distracted.



## Set a Schedule

*It's okay to ask for help with this - organisation is tough when you have ADHD!*

- Plan a study schedule, allocating specific times, and stick to it as much as possible.
- Sometimes it can be helpful to have someone check in on you to bring you back on task.



## Use Timers & take breaks

- Some with ADHD find it best to work in short bursts of 15 minutes and then a 15 minute break.
- Others find it better to work for 1 hour, as it can take time to get into a flow and then take a short break - whatever works best for you!



## Visual Aids & Music

Aids that are effective for those with ADHD, to boost memory & help retain information, include:

- Spider diagrams - not mindmaps, they're too messy!
- Listening to music whilst revising
- Flashcards
- Diagrams
- Repetition - writing important facts out 3-5 times
- Coloured highlighters
- Drawing associated pictures

***Make sure you don't get distracted and procrastinate with highlighting or drawing!***

- Use a timer to enforce your focused periods, and to remind you when to end your breaks.
- Make sure you get away from your study space.



## Reward yourself

Find a way to give yourself a little reward at each of your breaks. People with ADHD thrive when you get a little dopamine hit!



## Effective ADHD Learning

With assisted time management, a conducive study environment, and creative learning techniques, students with ADHD can excel in their studies.