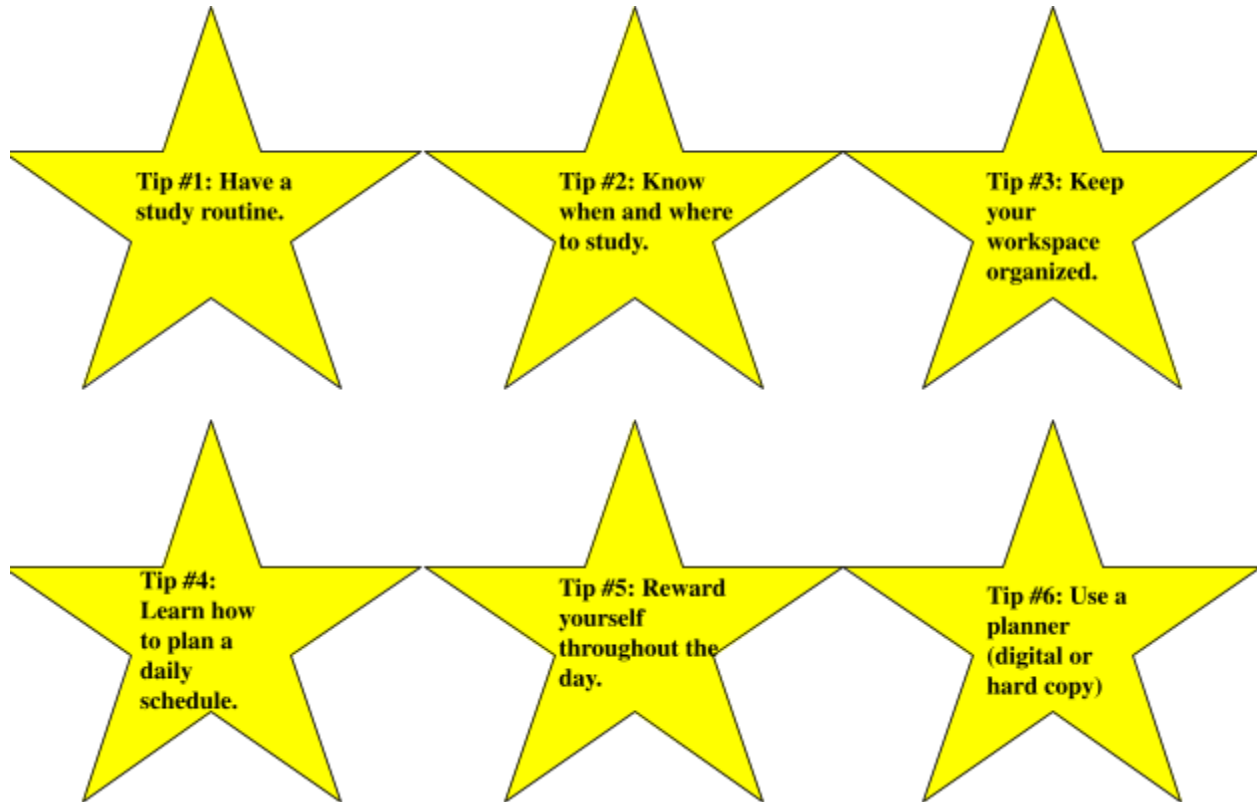


STUDY TIPS FOR ADHD



1. Have a study routine.

Creating a study routine that works for you is very important so studying becomes more of a habit. This way your body knows what to do when you sit down to study, and it doesn't take as long for you to focus. For instance, maybe you're someone who likes to do the easy tasks first to ease into the hard ones; or maybe you're someone who likes to do the hard tasks first to get them over with.

2. Know when and where to study.

People are productive in different environments. For example, some people like dim light, while others prefer bright light. Some people like background noise, while others prefer complete silence. Some people like to study in the morning, while others prefer to study at night. Whatever it is, knowing which environment is best for you, will allow you to be more productive with your studying.

3. Keep your workspace organized.

Making sure your workspace is organized is important because if things are organized and in the right place, then there is less room for distractions. Cleaning up at the end of each day is also important, so that when you come in the next day, everything is clean and not overwhelming.

4. Learn how to plan a daily schedule.

At the beginning of each study session, write down what needs to be done. Maybe you like to take a break between each task, or maybe between each half task. Having the tasks written down in front of you will help keep the tasks present in your mind. It is also important to prioritize your tasks. For instance if you have a test tomorrow and the next day, your primary focus should probably be on the test tomorrow.

5. Reward yourself throughout the day/study session.

Reward yourself for your hard work. These can be little rewards throughout your study session and/or a bigger reward at the end. For instance, throughout your study session you can allow yourself some time to go on your phone, go on a walk, or get a coffee. You can also reward yourself at the end of your study session with your favorite dessert or an hour of your favorite show. Rewarding yourself is a way to keep yourself motivated while studying and a way to ensure that you remain focussed.

6. Use a planner.

Use a planner to write out things that are due throughout the week. You may do this on a device or paper. Using a planner will allow you to visualize what needs to get done throughout the week. It will also allow you to better understand what you need to have done each day so that all of your tasks throughout the week are completed.