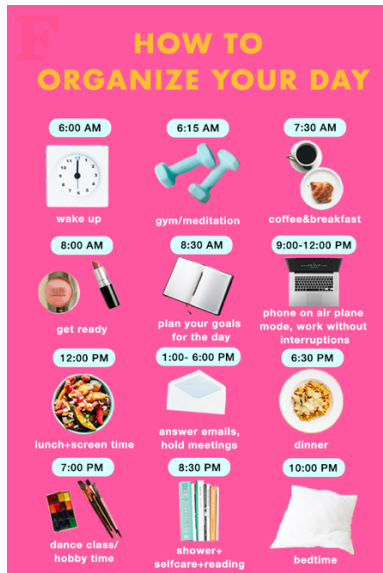


ADHD Study Strategies:

Organizational Skills

- **Keep desk clear of mess.**
- **Use folders/binders to organize class notes and study notes.**
- **Clear/straighten desk at the end of every day.**



- **Develop a regular routine.**
 - **Organize time with space for breaks, rest, exercise, social time, and meals.**



- **Make a list- and check it off as you go.**

- Start each day with a list of what needs to be done and prioritize your goals, for example buying socks does not have the same importance as completing your assignment that is due in class that day.
- Finish “to do” list each day

Tips:

- Be realistic about how long things will take and block off study time, lab work, library research, and writing time in daily planner.
- Build in extra room in case things take longer than planned.
- Break down large tasks into small components and put these in planner. A large task may feel overwhelming however, when it is broken down into small parts each component is quite manageable.

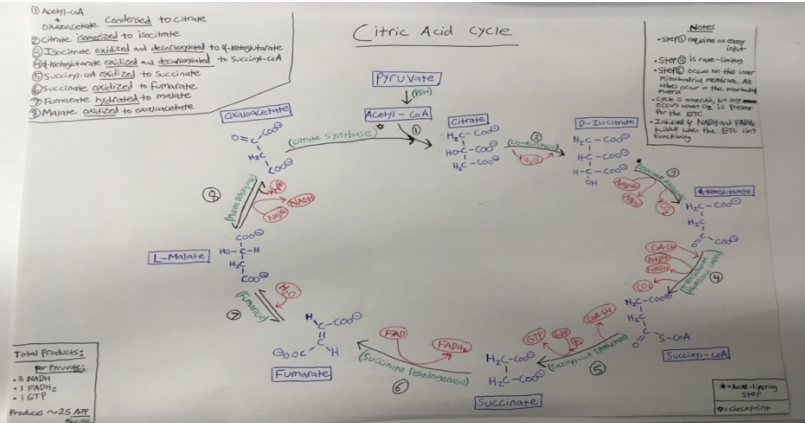
| January | | | | | | |
|---|--|------------------------------------|---------------------------------|--|--|-------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | 1 | 2 | 3 |
| | | | | | Lunch with Richard at noon | Meeting with John @ 5pm |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | MH Morning Meeting Management Pres. at John & Co. | Join with G. Facilities | Meeting and sign Project Report | | Team call with Debra re Project Alpha | Meeting @ 5pm |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | MH Morning Meeting | Final L&L Drafting | | | Dr. Appel with Karon @ 4pm | Meeting @ noon |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | MH Morning Meeting Send out L&L instructions | Lunch with Determan, Hendon @ 5:30 | | Lunch Appel with project/nt leaders @ 12:00-1:00 | | Meeting @ 5pm |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | MH Morning Meeting | | Call with Proj. Assoc re Lab. | Take John to Center Appel @ 4pm | Final Financial report for Proj. Assoc | Meeting @ 5pm |
| NOTES: - General - Personal - Project Center | | | | | | |

Consider use of a daily planner to write down all important tasks/activities for the day.

At home- Use a wall or large desk calendar to keep track of all assignments

Study Skills

- Find a quiet space that is used for studying only.
 - Figure at what type of environment is best, white noise versus absolute quiet.
 - Turn off distractions such as phones, tv, etc.
- Start by making an outline of main ideas of the ppt/ lecture material.
- Rewrite notes / or turn PPT into an easy to read study guide: Link ideas-



White board study-session

4)

Cranial Nerves

Sensory → Primary → Motor

- I - Olfactory** - Smell
- II - optic** - visual acuity
- III - Oculomotor** - eye movement, pupil dilation
- IV - trochlear** - vertical eye movement
- V - trigeminal** - S: facial sensation, M: facial expression
- VI - abducens** - lateral movement of eyeballs
- VII - facial** - S: taste, M: facial expression
- VIII - auditory** - hearing + balance
- IX - glossopharyngeal** - S: taste, M: swallowing
- X - vagus** - S: sensation in throat, M: vocal cords, peristalsis
- XI - accessory** - head + shoulder movement
- XII - hypoglossal** - tongue movement



BLOOD

Functions

- delivers O_2 throughout the body
- transports nutrients absorbed by the GI tract
- protects the body from infection
- maintains body temperature and chemical balance

Contents of Blood



- Plasma**
 - Water
 - Albumin
 - Globulins
 - Fibrinogen
 - Wastes + Ions
- WBCs + Platelets**
- RBCs**

Blood Clotting

Extrinsic Pathway

triggered by an outside trauma

Intrinsic Pathway

triggered by damage to the internal vessel wall

Common Pathway

both extrinsic/intrinsic lead to the common path

Albumin

most abundant, transports fatty acids + steroids, hormones, vit. B12 + blood vit.

Globulins

alpha, beta + gamma

Fibrinogen

produced by the liver, essential for blood clotting

Leukocytes (WBCs)

protect the body from external threats

Erythrocytes (RBCs)

transport O_2 and CO_2 between tissues + lungs. They live about 120 days.

Hemoglobin

% of Red Blood cells

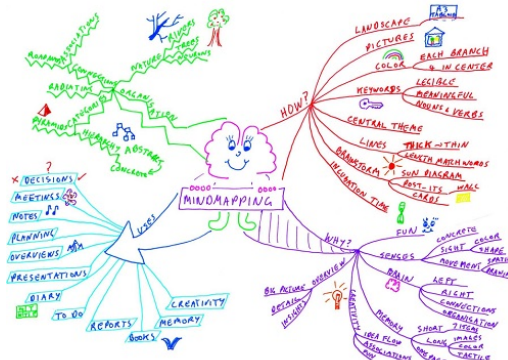
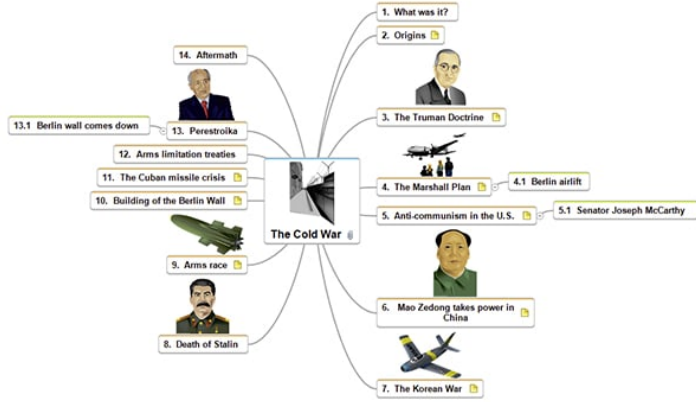
Basal Cell Volume

volume of RBCs

| | |
|-----------|-----------------------|
| WBCs | → 4.5-11 $10^9/L$ |
| RBCs | → 3.5-5.5 $10^{12}/L$ |
| Platelets | → 150-450 $10^9/L$ |

Make a one-page study guide with pictures

Use Flow Charts to connect ideas



Etsy: TheSmartBlondeNotes

Psychiatry

(Handwritten notes with colorful highlights and diagrams)

Etsy: TheSmartBlondeNotes

(Handwritten notes with colorful highlights and diagrams)

Try making a one page, colorful DIY guide
(I used these in Med-school)



5)

- 1) Test self on information studied: flash cards
- 2) Make up practice essay or multiple-choice questions
- 3) Use Quizlet

Time Management:



Plan sufficient study time to do justice to each subject. Most college classes are planned to require about two hours of outside work per week per credit. By multiplying your credit load by two you can get a good idea of the time you should provide for studying.

- slow reader, or have other study deficiencies, you may need to plan more time in order to meet the competition from your classmates.

Break assignments into smaller segments, such as library research, read articles & take notes, rough draft, edit paper, final draft.

Break study tasks into smaller segments, such as: read chapter, outline chapter, make note cards, study note cards, review for exam.

Study at a regular time and in a regular place.

- Establishing habits of regularity in studying is extremely important. Knowing what you are going to study, and when, saves a lot of time in making decisions, finding necessary materials, etc. Avoid generalizations in your schedule such as "study". Commit yourself more definitely to "study history" or "study chemistry" at certain hours.

Study as soon after class as possible. Check over lecture notes while they are still fresh in your mind. Start assignments while your memory of the assignment is still accurate.

- Remember, one hour of study immediately after class is probably better than two hours of study a few days later.

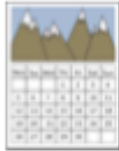
Study no more than two hours on any one course at one time.

- After studying for two hours you begin to tire and your ability to concentrate decreases rapidly. To keep up your efficiency, take a break and then switch to studying another subject.

Borrow time-don't steal it.

- Whenever an unexpected activity arises that takes up time you had planned to use studying, decide immediately where you can trade for "free" time to make up the missed study time and adjust your schedule for that week.

Executive Functioning Skills



Planning is the ability to figure out how to accomplish our goals.



Organization is the ability to develop and maintain a system that keeps materials and plans orderly.

Time Management is having an accurate understanding of how long tasks will take and using time wisely and effectively to accomplish tasks.



Task Initiation is the ability to independently start tasks when needed. It is the process that allows you to just begin something even when you don't really want to.



Working Memory is the mental processes that allow us to hold information in our minds while working with it.



Metacognition is being aware of what you know and using that information to help you learn.



Self-Control is the ability to regulate yourself, including your thoughts, actions, and emotions.



Attention is being able to focus on a person or task for a period of time and shifting that attention when needed.



Perseverance is the ability to stick with a task and not give up, even when it becomes challenging.



Flexibility is the ability to adapt to new situations and deal with the change.

