



Ask the Expert Webinar Chat Series

Presented by the
National Resource Center on ADHD

Ask the Expert

Overcoming Academic Obstacles with ADHD From Procrastination to Perfectionism



Ann Dolin, MEd

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in two business days at www.Help4ADHD.org**



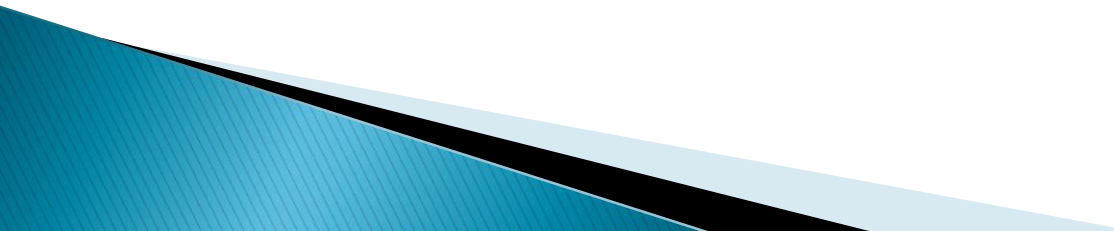
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would like to talk with a Health Information Specialist**

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(800) 233-4050



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Ask the Expert

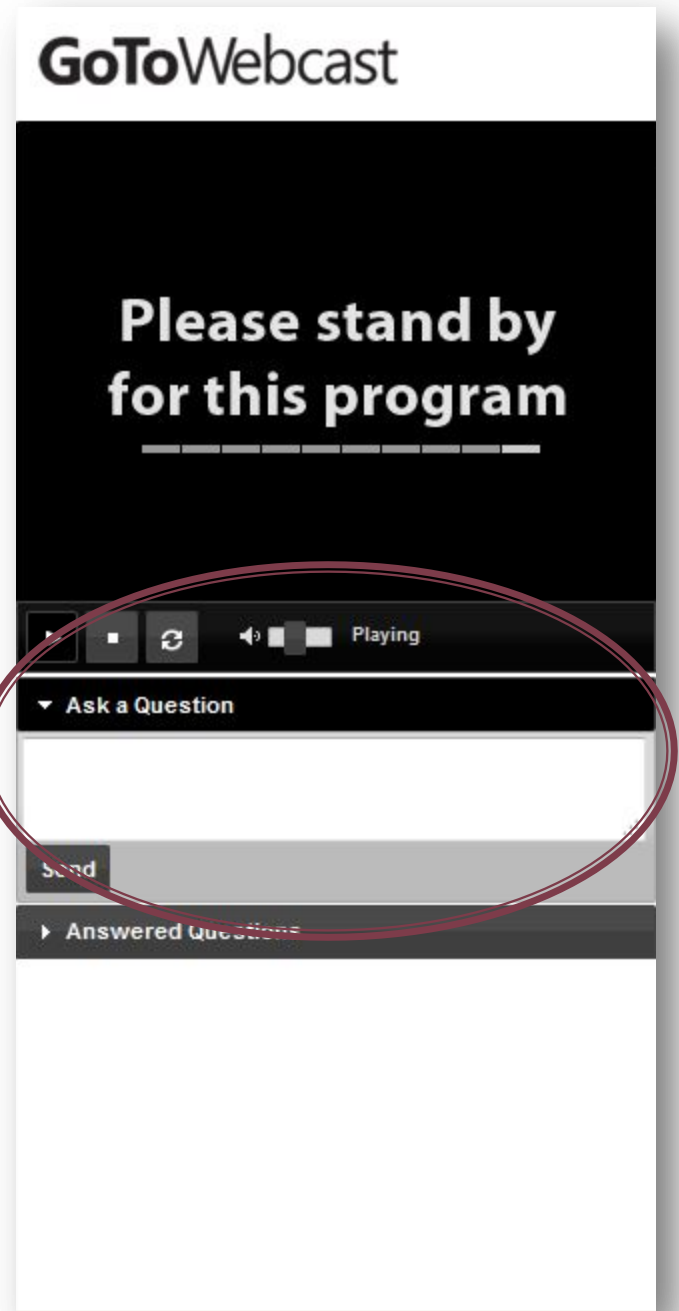
Overcoming Academic Obstacles with ADHD From Procrastination to Perfectionism



Ann Dolin, MEd
Educational Connections

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To Ask A Question:



Ask the Expert:

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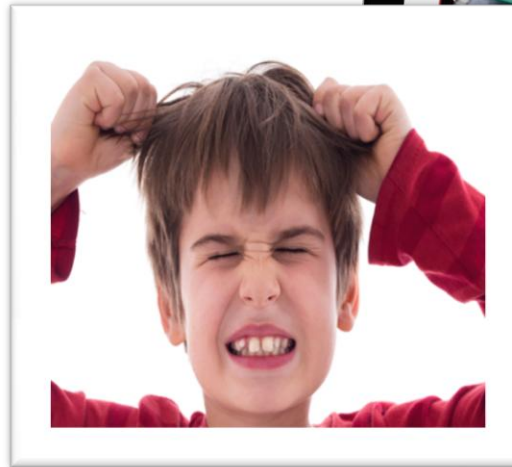
Ability vs. Performance Brain

- ▶ There's a divide between what kids are capable of doing and what they produce.
- ▶ This is why many bright kids struggle academically.



Academic Obstacles

- Students with ADHD often face several academic obstacles:
- Organization
- Maintaining Focus
- Procrastination
- Study Skills
- Technology Distractions
- Perfectionism



Solutions for Organization

- ▶ Make it simple
- ▶ Use a homework folder
- ▶ Weekly “clean sweep”
- ▶ Archive regularly



The Use of Photographs

- ▶ Definition of “clean” may not be the same
- ▶ Take a picture
- ▶ Create a checklist WITH your child



Additional Solutions for Organization

- ▶ Launching Pad
- ▶ Sparkelized Reminders



Tools to Focus and Finish

- ▶ Do HW on the floor, standing up, or whatever works
- ▶ Sip a sugary drink
- ▶ Use a fidget toy, take breaks
- ▶ “How many reminders will you need?”



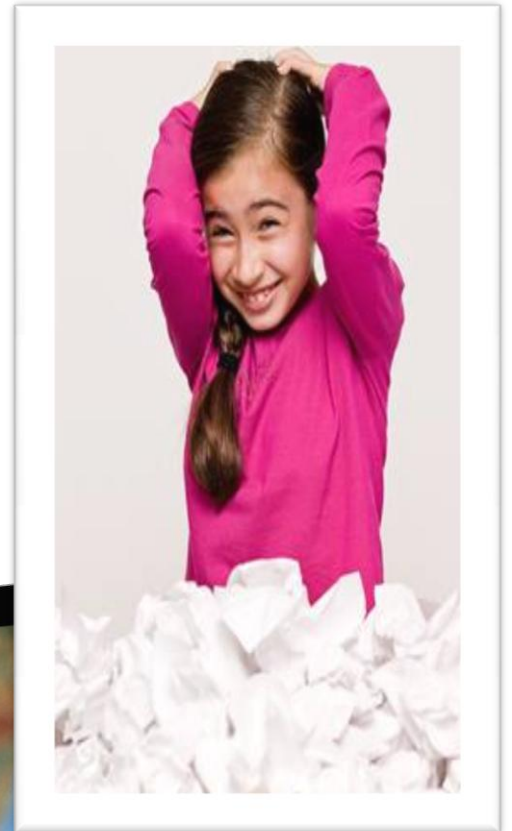
Dealing with Procrastination

- ▶ Use timers for an external sense of urgency:
 - “Five Minutes of Fury”
 - “Tolerable Ten”
 - Longer periods for older students
- ▶ Use Designated Homework Time
 - 10 minutes per grade level
- ▶ Process over product



Study Skills

- ▶ Distributed Practice
- ▶ Multi-Modal Studying
- ▶ Review Before Bed
- ▶ The Power of Smell
- ▶ Exercise



Managing Distractions from Media

- Distractions:
Different for Each Student
 - Music: Okay for rote memorization, not okay for tests
 - TV: Controllable
 - Texting and apps: Phone in another room
 - Computer: Reduce windows open



Apps for Success

- ▶ Digital Agenda Books:
 - MyHomework
 - iStudiez Pro
- ▶ Virtual Timer:
 - 30/30
- ▶ Study Apps:
 - StudyBlue
- ▶ Avoid Distractions:
 - SelfControl



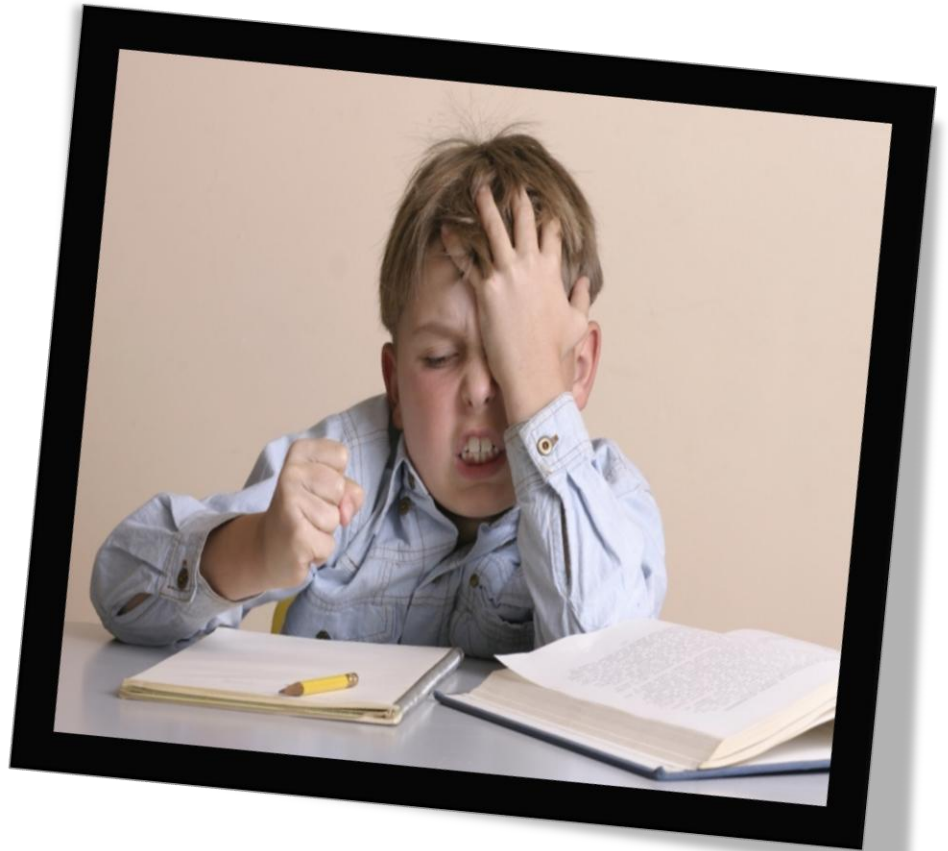
Working with Perfectionists

- ▶ Shredder App
- ▶ Must Do – Should Do – Could Do Strategy
- ▶ Timers



The Emotional Side of ADHD

- ▶ Poor regulation is common
- ▶ About 3 years behind in maturity
- ▶ Learn how to deal with feelings:
 - “I hate math”
 - “This is stupid. Why do I have to learn fractions anyway?”
 - “My teacher is so mean!”



Empathizing with Your Child

- ▶ The Less is More Strategy
 - Listen
 - Empathize
 - State the Feeling
 - Stop There
- ▶ Also consider the magic wand strategy



Push and Pull of Academics

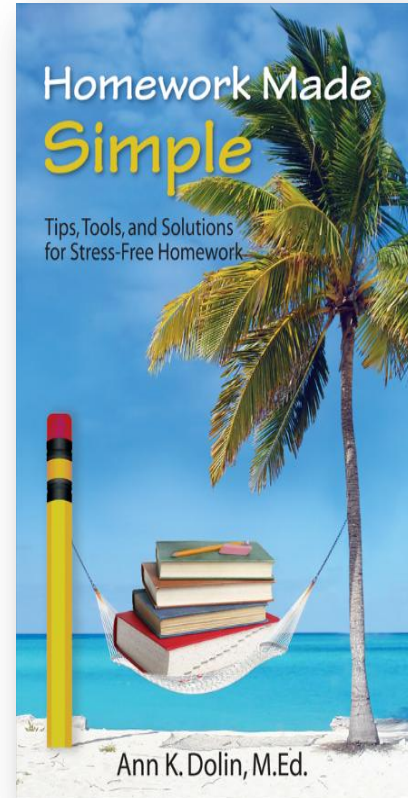
- ▶ “Do not sacrifice your parent/child relationship on the altar of academic performance.”
 - Russell Barkley, PhD
- ▶ A neutral third-party can help to diffuse tension, teach good academic habits, and improve grades.



Thank you for attending!

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Ask the Expert: Finding the Right Summer Camp for Your Child Affected by ADHD



Wednesday, Feb. 25, 2015, 3 p.m.

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