

101 Awesome Study Tips for the ADHD Middle School Student

Middle school can be a tough time for students with ADHD. But with the right study tips, they can succeed. Here are 101 tips to help your child with ADHD thrive in middle school.



101 Awesome Study Tips for the ADHD Middle-School Student: Achieve School Success: learn how to take notes, study for exams and get better grades in school

by Collegiate Learning

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1. Get organized.

- Use a planner or calendar to keep track of assignments, due dates, and appointments.
- Break down large assignments into smaller, more manageable tasks.
- Create a designated study space that is free from distractions.
- Use color-coding or other visual cues to help stay organized.

- Declutter your child's backpack and desk regularly.

2. Manage time effectively.

- Set a regular study schedule and stick to it as much as possible.
- Use a timer to break down study sessions into smaller chunks.
- Take breaks every 20-30 minutes to avoid burnout.
- Prioritize tasks and focus on the most important ones first.
- Delegate tasks to other family members or friends if possible.

3. Improve focus and concentration.

- Find a study spot that is quiet and free from distractions.
- Use white noise or music to help block out distractions.
- Take frequent breaks to move around and get your blood flowing.
- Try using a fidget toy to help you stay focused.
- Reward yourself for staying on task.

4. Enhance memory and recall.

- Use mnemonic devices to help you remember information.
- Create visual aids, such as charts, diagrams, and flashcards.
- Read aloud or recite information to yourself to help it stick.
- Take breaks to review material you have already learned.
- Get a good night's sleep before a test or exam.

5. Stay motivated.

- Set realistic goals and break them down into smaller steps.
- Reward yourself for completing tasks and achieving goals.
- Find a study buddy or tutor to help you stay on track.
- Talk to your parents, teachers, or counselors about any challenges you are facing.
- Remember that you are not alone and that there are people who care about you and want to help you succeed.

6. Take care of yourself.

- Get enough sleep.
- Eat a healthy diet.
- Exercise regularly.
- Take breaks when you need them.
- Find healthy ways to manage stress.

With the right study tips, students with ADHD can succeed in middle school. By following these tips, your child can learn to manage their symptoms, improve their academic performance, and reach their full potential.

Additional resources:

- Study Skills for Children with ADHD
- Study Skills for Students with ADHD
- ADHD Study Tips for Parents



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