

ADHD 1/2

HOW TO TAKE ADHD INTO ACCOUNT IN ONE-ON-ONE GUIDANCE SITUATIONS?

- Structuring studies together
- Possibility to go through assignments together
- Short instructions given one by one
- Reflecting on what is difficult and what is easy to learn
- Teaching / going through study techniques

HOW TO TAKE IT INTO ACCOUNT IN GROUP WORK?

- Go through the roles together.
- The teacher can divide the groups.
- Go through the group's tasks so that no one does too much.
- Reflecting on previous group work experiences.

HOW TO TAKE IT ACCOUNT IN MATERIALS

- A clear assignment
- Notes in advance
- Key concepts explained

OTHER THINGS TO NOTE

- A suitable environment
- Senses can become overloaded
- Regulating emotions can be challenging
- A regular daily rhythm supports learning
- Adequate sleep and exercise support overall wellbeing
- Energy level calendar – when is the easiest time of day to study?

ADHD 2/2

HOW TO MAKE IT EASIER FOR STUDENT TO ATTEND A LECTURE

- As noise-free an environment as possible.
- During the lecture, you can walk or do other things to regulate your alertness. Agree on the possibility to leave if necessary.
- Clear lectures. Short instructions, one instruction at a time.
- Explain the concepts you are using.

CONCENTRATION TOOLS FOR STUDENT

- What sensory stimulus reduction tools could you use?
- Choose a quiet place to sit.
- Write down any distracting thoughts that come up during the lecture.

PLANNING YOUR TIME USE

- Practising time-use evaluation.
- Anticipating situations – which situations take up your energy, where is it difficult to concentrate?
- How much time is actually spent on coursework?
- Planning your study day every day – what do I need to get done today?

FACTORS THAT FACILITATE TIME MANAGEMENT

- Calendar
- Prioritised to-do lists – get the most important things done
- Establishing rules and routines – supported by a daily plan and to-do lists
- Checklists – what has been done, what still needs to be done?

INFORMATION AND SUPPORT FROM ORGANISATIONS

- ADHD-liitto → adhdliitto.fi
- Different organizations providing help for students and young adults in various life challenges → [Find help](#)