

Tutoring Guide for ADHD

Characterized by:

- Distractibility
- Constant movement

Recognize that:

- Students with ADHD encounter severe problems completing even the simplest of tasks.
- Students with ADHD have exceedingly short attention spans, sometimes less than a minute.
- Expecting a student with ADHD to sit still for a 30-minute session is unreasonable.

Useful strategies:

- Be overt and explicit
 - » Tell the student exactly what the expectations for the session are. It is best not to assume previous knowledge. Look for ways to be sure the student understands the situation, perhaps by having him restate the agenda in his own words.
- Use organization to enhance memory
 - » Model effective organization during sessions and always use a clear agenda. Explain specific steps necessary to achieve completion. Offer clear goals and checkpoints along the way so that students can measure their success.
- Take breaks
 - » During the session, take a water fountain or bathroom break. Asking a student with ADHD to sit still for 30 minutes is torture!
- Encourage movement
 - » Encourage the writer to pace while reading her paper and to use highlighters while going over her paper.