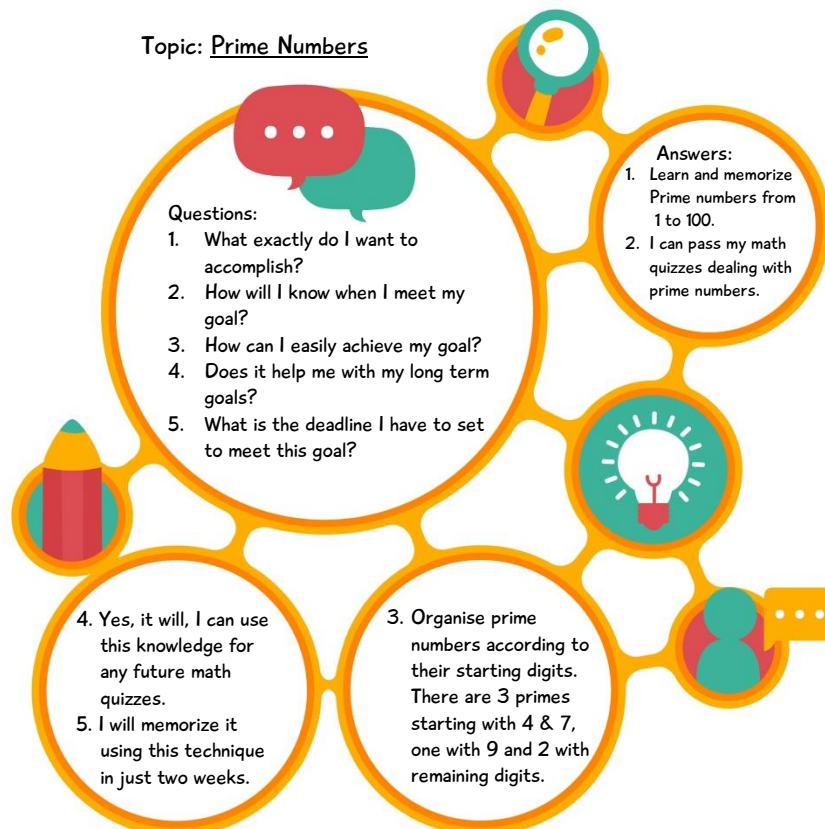


Why Taking Notes Increases An ADHD Student's Learning?

Students, especially for those who are clinically diagnosed with Attention Deficit Hyperactivity Disorder or ADHD, experience difficulties retaining information and struggle with studying. The ADHD Centre in UK offers different note-taking resources to let your mind stimulate, assess and perform better in a classroom setting.

Goal Guide

A student clinically diagnosed with ADHD has it hard when they are faced with prioritizing things. It's overwhelming, especially for students, where it might lead to a poorly planned and an overly-exerted mind. The ADHD Centre in UK prepared this Goal Setting resource to help better and ameliorate your comprehension and memory retention. This resource lets you explore, observe and answer questions. You identify and discover answers to answer any possible questions backed up with information.

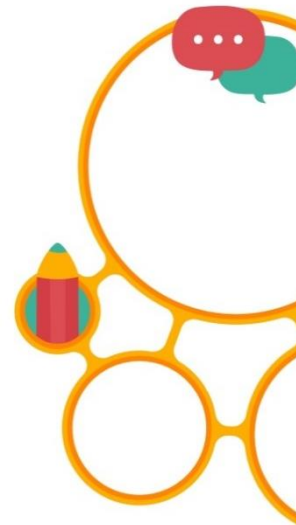




Procedures

In goal setting, you write down all the possible and reasonable outcomes you can, to achieve a goal. All that's left is the process on how to reach them. First on the process, is jotting down your idea or questions. This falls on the magnifying glass icon. Although, these questions may start with 'How', 'When', 'What', 'Where', 'Who', 'Why', or 'Which'.

After you've identified the questions, start to do some research and a plan to answer those questions. You can, then, guess or make an attempt to answer the question. After that, it's time to analyze, whether your assumption would then answer the question and accomplish the goal or not. Lastly, compare whether you've achieved your expected result or not; whether your goal is achieved or not.





GOAL

Name: _____

Topic _____ Date: _____

