

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.

Note Taking

This note-taking strategy is divided into two: questions and notes. You can easily write down and segregate your questions and your notes. The key points and supporting details will be put on the 'notes' section, while the questions are separated into the 'questions' section, to help your review of the details become easier. As you can see below, there are two rows. The top is where you write your questions. Basically, these questions may be unanswered or just sample test questions, while on the bottom, the notes, is where you can record concepts, like keywords and their definition, diagrams, equations to help you review seamlessly.

Questions

1. How do you convert from a greater unit to a lesser unit?
2. Is there other measurement unit that can be used for measuring weight?
3. How do you add/subtract different measurement unit?
4. Can 'metre' be used as a unit for measuring a liquid?
5. How to compute the area of a different polygon?

Notes

- 1 kilometre (km) = 1000 metre
- 1 hectometre (hm) = 100 metre
- 1 decametre (decam) = 10 metre
- 1 metre (m) = 1 metre
- 1 decimetre (decim) = 0.1 metre
- 1 centimetre (cm) = 0.01 metre
- 1 millimetre (mm) = 0.001 metre
- Unit measurements for liquids are millilitre and litre.
- Area of Square = squared of its side
- Area of Triangle = $\frac{1}{2}$ (base x height)
- To add or subtract different units, make the units the same by converting the other one. Then add/subtract.
- Other units used for measuring weight in metric system are kilogram, quintal, metric ton, etc.



Name: _____ Date: _____

Topic: _____ Subject: _____

Questions

A large yellow rounded rectangular area containing 15 horizontal lines for writing questions.

Notes

A large light green rounded rectangular area containing 15 horizontal lines for writing notes.