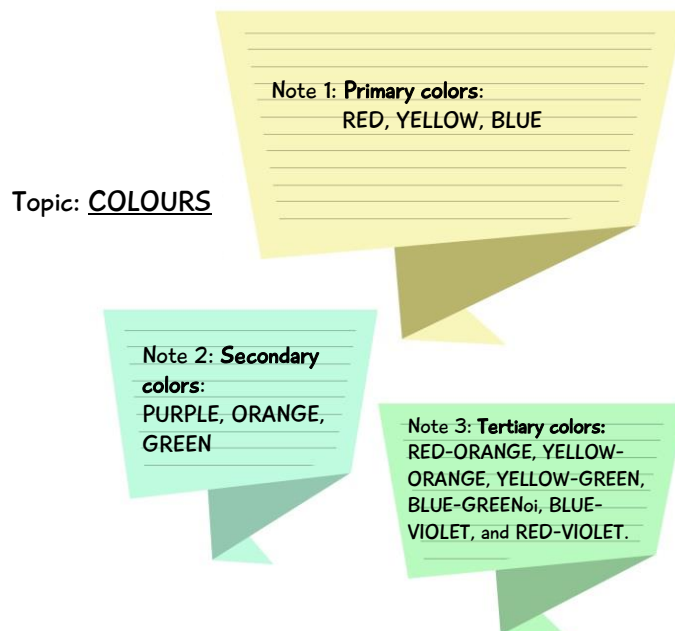


Why Taking Notes Increases An ADHD Student's Learning

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.

Study Guide

This is another note-taking strategy where notes are placed in a hierarchical position and are coloured to put an emphasis on the importance of each note. For each topic, there's a corresponding area assigned for easier recollection and retention. Instead of wasting your time looking for each topic, keep them in one section to cut down your time on reading and reviewing. You can easily write down and segregate them, to help you focus and memorize the details a lot faster. As what you can see below, there are three of them where you can record concepts that relate to the main concept, like keywords and their definition, test questions, diagrams, equations, or any detail to help you recall the topic regardless of the order.





STUDY GUIDE

Topic:

Date:
