

STRATEGIES FOR WORKING WITH ADHD STUDENTS

Students with ADHD often need additional accommodations and interventions to be successful in the regular educational environment. Students with ADHD may exhibit inattentive, hyperactive, or impulsive behaviors that limit their ability, or willingness to engage in some tasks. However, relatively simple strategies can be used to help these students achieve and show positive behavior.

The following pages depict suggestions for a variety of types of behavioral concerns. The list is obviously not exhaustive, and most libraries and bookstores have a wealth of information for working with students who have ADHD.

General Strategies

Establish a consistent routine so the children know what they should be doing. Provide the children advance notice of any changes in the established routine whenever possible. ADHD children often have difficulties with change, and may need time to adjust.

Provide structure. Structure doesn't mean kids can't get up and move about the room, or engage in nontraditional activities. It simply means that the teacher needs to set limits and expectations, and follow through consistently. Additionally, teachers should provide numerous opportunities for positive reinforcement (special education teachers often suggest making up to 9 positive comments for every negative comment!).

Behavior management interventions are often quite successful with ADHD children. Numerous books are available on how to set up a program in the regular classroom.

Give only one instruction at a time. Children are not always able to process multiple instructions.

Organization and Planning

Provide ADHD children with a list of tasks that are to be completed in the assignment and have them check items off as they finish them.

The child should have around his/her desk only those materials being used for the assignment at hand. Other materials can be kept in a pencil box or crate near the student, but out of immediate reach.

PIRC Pages

Provide the child with a schedule for the day. During assignments, ADHD children will frequently need to be reminded of what they should be doing. However, if they have a schedule using words or pictures they can often monitor their own behavior to some extent.

Encourage the student to keep a notebook with divided folders for each subject. At the end of each period they should put all materials in the appropriate place.

Allow the student to keep an extra set of books at home.

Assist the student in setting short-term goals.

Allow the student to tape record assignments or homework.