

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 prior knowledge. Look for ways to be sure the student understands the situation, perhaps by having the student restate the agenda in his own words.

Use organization to enhance memory

- » Model effective organization during sessions and always use a clear agenda. Explain specifically what is necessary to achieve completion. Offer clear goals and checkpoints along the way so that students can track their progress.