

LEARNING DISABILITIES AND ADHD: AN INSIDERS PERSPECTIVE

STRATEGIES FOR SUCCESS

- Learning styles
 - Audio
 - Visual
 - Tactile/Kinesthetic
- More about learning styles:
 - Printable Learning Styles Inventory --
www.odessa.edu/dept/govt/dille/brian/courses/1100orientation/learningstyleinventory_survey.pdf
 - Vark: A Learning Styles Overview [Www.Vark-learn.Com](http://www.Vark-learn.Com)
 - What's Your Learning Style - www.educationplanner.org/students/self-assessments/learning-styles.shtml
- Study tips
 - Manage frustration.
 - Planning
 - Learn to break task into small chunks.
 - Timer
 - Control study environment
- Adult learners must be proactive in getting needed help.
- A support system is essential to success.
- Accommodations
- Finding the right program.
- Resources
 - Headstrong – www.headstrongnation.org
 - LD Online - www.ldonline.org
 - National Center For Learning Disabilities www.ncld.org

TECHNOLOGY ~ HARDWARE

- Things to remember when selecting devices.
 - Purpose or goal
 - Cost
 - Technology is a tool for success.

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For more resources on learning disabilities check out: www.thedeezone.com.

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TECHNOLOGY ~ SOFTWARE

- Productivity
 - Google Drive
 - MS Office
 - Polaris Office
- Note Taking
 - Paper 53
 - Note Everything
 - One Note
- Organization
 - Cozi
 - Flyhelper
 - Outlook
- Navigation
- Timers
- Books
 - Audible
 - Kindle

ADHD: MANAGING THE CHAOS

- Routines
- Scheduling
- Use a planner or organizer
- Control the clutter
- Tackling impossible tasks.
- Money

ADHD IN WOMEN

- Often not diagnosed until middle school or adulthood.
- Women are more likely to have trouble at home than work.
- Remember:
 - It is okay to ask for help.
 - Know your limitations and accept them.
 - Find ways to reduce stress.
 - Simplify

ADHD RESOURCES

- CHADD -- www.chadd.org
- Help Guide ADHD - www.helpguide.org/topics/adhd.htm
- National Resource Center On ADHD - www.help4adhd.org
- Webmd: Adult ADHD -- www.webmd.com/add-adhd/adult-adhd-directory