



## **RICHLAND COMMUNITY COLLEGE**

Teaching and Learning Support Services

Learning Accommodation Services

### TIPS FOR HELPING ADHD STUDENTS

- ✓ Modify the pace of the classroom. The curriculum for the hyperactive student should be presented in short blocks of time.
- ✓ Give short assignments with definite finishing times.
- ✓ Set clear limits on behavior. Be sure the limits are fair and consistently enforced.
- ✓ Begin work assignments at the level where the student can surely succeed. Gradually progress as skills are acquired.
- ✓ Use demonstration instead of verbal explanations whenever possible.
- ✓ When correcting the student's behavior, keep your voice firm, quiet and calm. **Keep emotions under control.**
- ✓ Avoid situations in which the student is likely to become frustrated.
- ✓ Discuss methods of conflict resolution other than fighting.
- ✓ Wait until noises and distractions in the room are at a minimum before beginning a lesson.
- ✓ Break assignments into smaller parts to prevent overwhelming the student.
- ✓ Be sure the student understands the purpose for the assignment.
- ✓ Inject humor into frustrating situations.
- ✓ Teach the student to pay attention. Train him/her to have shoulders squared toward the person to whom he/she is to attend, and lean slightly forward and keep eyes on the person to which he/she is paying attention.