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.