

# ADHD & YOU

## Need to Take Notes?

Children who experience the core symptoms of ADHD (inattention, hyperactivity, and impulsivity) may need help with school-related matters. For example:

### Children With ADHD May:

- Have a short attention span
- Have difficulty with listening
- Have difficulty paying attention to details
- Be easily distracted
- Have trouble with organization

### This Tool Was Developed to Help Children With ADHD:

- Focus on the key information they need to write down during class lessons
- Organize the information they are writing down in a way that will be easy to review after the class is over



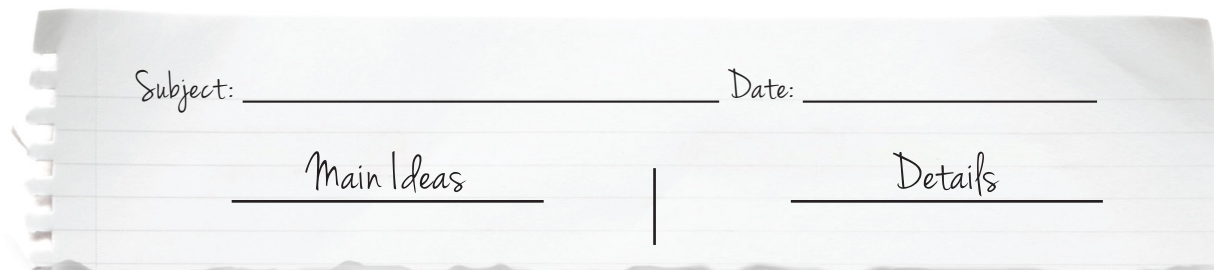
### How to Use This Tool:

- 1 Print out a copy of this tool for a child with ADHD and review each of the steps with him or her.
- 2 Provide help as needed.

# Need to Take Notes?

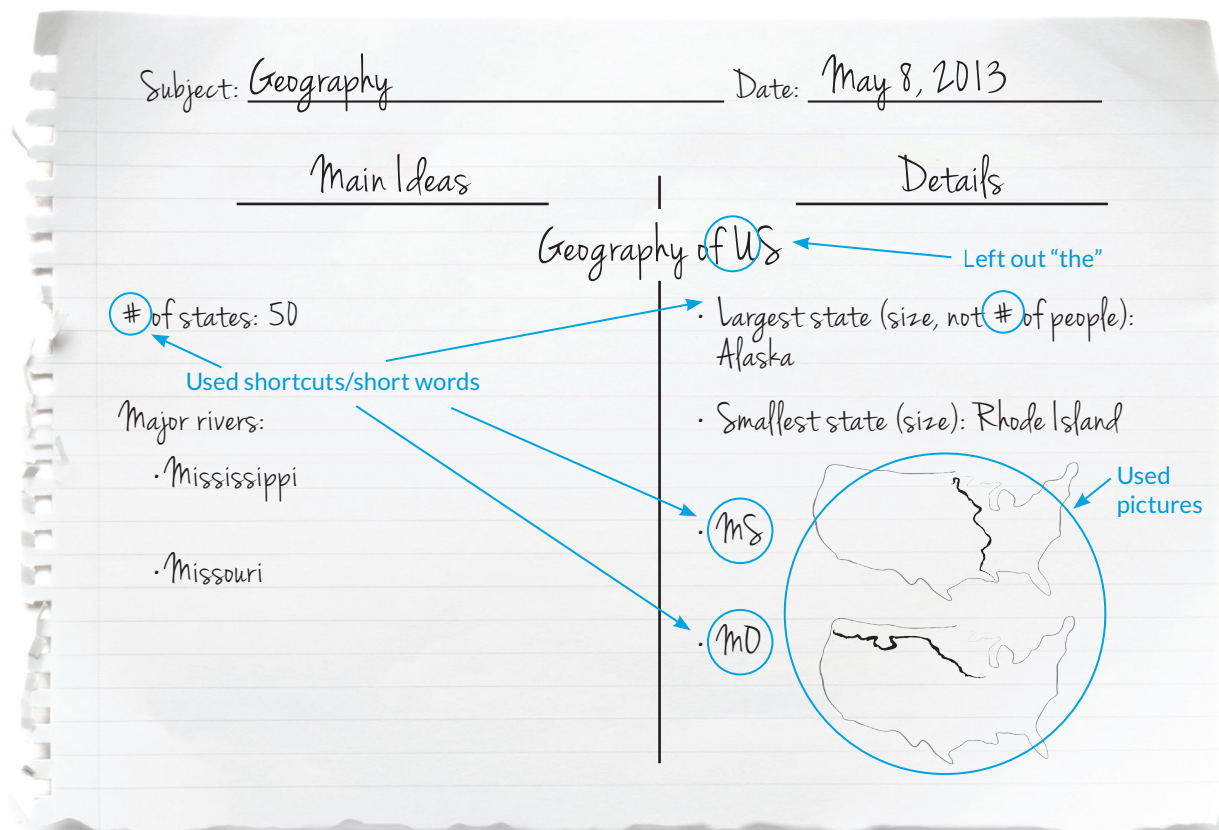
## Instructions:

1. Start by dividing your page into 2 columns.
  - You can fold the paper in half lengthwise or draw a line to divide the page.
  - Label the left side “Main Ideas” and the right side “Details.”



2. During class, use the left side of the page to write down the main ideas and the right side of the page to list any details you need to know about these ideas.
  - Focus on key words.
  - If it helps:
    - i. Use short words or shortcuts for words. (For example, you can use “in” for “inches.”)
    - ii. When you can, leave out small words like “the” and “to.”
    - iii. If it’s easier, use pictures instead of words.

## Sample Notes


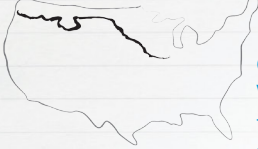


3. Once the lesson is over, review your notes:

- If you missed a detail, add it
- If you find any mistakes, fix them.
- Write down any questions you have on the page, so you remember to ask your teacher.

## Sample Notes

Subject: Geography Date: May 8, ~~2013~~ 2014

<u>Main Ideas</u>	<u>Details</u>
<u>Geography of US</u>	
# of states: 50	• Largest state (size, not # of people): Alaska
Major rivers:	• Smallest state (size): Rhode Island
• Mississippi	• MS 
• Missouri	• MD 
• Colorado <span style="color: blue;">← Add: Colorado</span>	Question: Where do these rivers start and end?

# Note-taking Template

Name: \_\_\_\_\_

Subject: \_\_\_\_\_

Topic: \_\_\_\_\_

Main Ideas	Details

