

Practical steps to help your son regain his confidence

FOUR TECHNIQUES TO HELP YOUR TEEN EXCEL IN SCHOOL WITH ADHD

Your son's grades are slipping. His teachers are concerned, and his unmotivated spirit has left you with an uneasy feeling in your stomach. He feels overwhelmed and defeated on school days, and you're searching for ways to help him at home.

We have practical steps you can take to help your son regain his confidence. Most important is your focus on progress. Completing a whole week with a clean backpack is a big step, and so is catching up on school work. Highlight your son's headway, no matter how simple, to help him rediscover success in school. As you embrace positivity, use these four techniques to approach his unique learning style.

1

Communicate with teachers.

Learning in a traditional school setting poses tremendous difficulty for students with ADHD. With high student-to-teacher ratios, it can be nearly impossible for your son to receive the individual attention he needs. Communicate with your son's teachers to improve his success in the classroom.



Request a meeting.

Request a meeting with your son's teachers on a monthly or bi-monthly basis. This scheduled time will keep everyone on the same path. [Helpguide.org](https://www.helpguide.org) also suggests, if possible, arranging a meeting before the school year kicks off to develop a strategy for your son's year ahead.¹



Share information.

It's vital that information is shared and discussed openly during these meetings. You know your son's history, and your son's teachers can indicate how he is doing on a daily basis. This information will lead to developing effective strategies for working with your son's challenges.



Get feedback.

Discuss the goals you have for your son with his teachers, and ask how you can support the classroom goals at home. Teachers hold an abundance of methods and resources that can carry over to homework, studying, and learning with ADHD.

Communicate with your son's teachers to improve his success in the classroom.

2

Get organized.

Keeping school materials tidy goes a long way for children with ADHD. Organization leads to improved focus, prioritization, and time management. [ADDitude Magazine](#) suggests the following ways you can help your son get organized:

Color Code

Have your son pick a different color for each subject to match folders, notebooks, book covers, and binders. Associating one color with one subject will help him keep all related subject materials in one place.

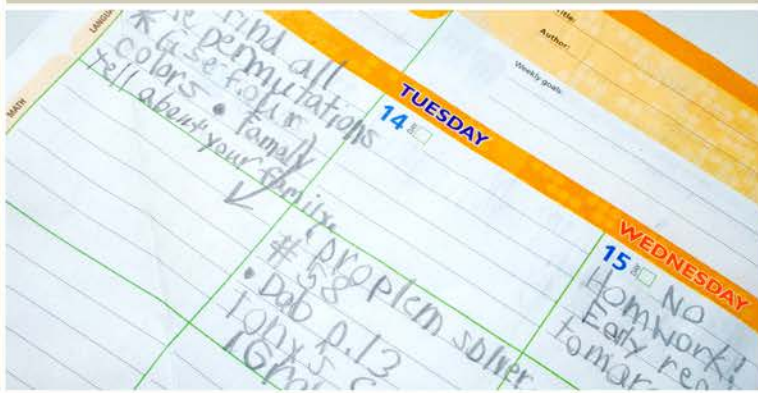


Weekly Clean-Out

Work with your son to clean and reorder his backpack, folders, and notebooks each week. This will help move the practice of organization into a habit.²

Agenda Review

Forgetting assignments, due dates, and events can be prevented by keeping an up-to-date agenda. Take time each day to have your son explain his assignments to you and reiterate when they're due.



Organization leads to improved focus, prioritization, and time management.



3 Master homework.

Schoolwork to be completed outside the classroom requires your son to understand class materials and work without the guidance of his teachers. This is a large challenge for children with poor memory, focus, and attention. Do the following to support him at home:



Designate a homework time and place.

Work with your son to choose a time and place for homework to be completed. This will set the stage for a consistent routine. Pick a place in the house that is comfortable for your son and free of distractions.



Offer assistance.

Work with your son's teachers to remain current on what he's learning in school. With your support at home, he can feel confident about completing his homework and studying for tests.



Schedule breaks.

According to [ADDitude Magazine](#), allowing your son to take a five-minute break every 20 minutes will help him regain focus until his homework is complete.³

Set the stage for a consistent routine.

4

Make learning fun.

According to [Helpguide.org](http://helpguide.org), most children with ADHD are concrete thinkers. They like to hold, touch, and move while learning something new.¹ Listening, reading, and participating from a desk is a painful process for children with a hyperactive mind. Teaching your son various ways to actively study will help him grasp concepts in a way that's conducive for him.

Math

Numbers can be understood artistically. Illustrate word programs to help him understand concepts, or create acronyms to help him remember orders of operation.

There are 12 eggs in the carton. 5 of the eggs are cracked. What fraction of the eggs are cracked?



Reading

Your son's mind may start to drift while reading silently. Reading aloud or retelling the story to a group of people will help his mind remain focused.



Science

Science can come alive for your son when he steps outside the box. He can rent documentaries that relate to topics he's studying, visit the science center, or spend time in nature connecting class material to the world around him.



Social Studies

Visiting historical monuments and museums and conducting personal interviews will empower your son to take a deeper look into his studies. Closer to home, he can transform historical facts and dates into a trivia game or relationship.



At Grand River Academy, we view ADHD not as a setback but as a different way of learning. **With individualized instruction and guidance, your son can discover his wealth of intelligence.** Comprehensive academic support for students with learning challenges such as ADHD is provided to GRA students through the [Foundations Learning Program](http://www.grandriver.org). We invite you to learn how teens just like your son are taking an active role in their education at www.grandriver.org.

Resources:

- 1 Help Guide. "ADD / ADHD and School" Accessed July 16, 2015. <http://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-and-school.htm>
- 2 ADDitude Magazine. "Helping ADHD Students Get Organized for School." Accessed July 20, 2015. <http://www.additudemag.com/adhd/article/5943-3.html>
- 3 ADDitude Magazine. "Homework Help! A System That Works for ADHD Children." Accessed July 20, 2015. <http://www.additudemag.com/adhd/article/1034.html>