



10 Tips for Youth with AD/HD

- 1) If you miss what was said, **ask the teacher to repeat instructions**, rather than guess.
- 2) **Break large assignments into small, simple tasks.** Set a deadline for each task, and reward yourself when the task is finished.
- 3) Each day, **make a list of what you need to do.** Plan the best order for doing each task. Make a schedule for doing them. Use a calendar or daily planner to keep on track.
- 4) Work in a quiet area. **Do one thing at a time. Take short breaks.**
- 5) **Write things down in a planner** divided into sections (i.e., assignments, appointments, phone numbers, etc.). Keep it with you at all times.
- 6) **Post notes to yourself as a reminder** of things you need to do. Put the notes wherever you are likely to need the reminder.
- 7) **Store similar things together.**
- 8) **Create a routine for yourself.**
- 9) **Exercise, eat a balanced diet, and get enough sleep.**
- 10) **Expect to make mistakes.** When you do, be nice to yourself. If someone was hurt, annoyed, or upset, then try to apologize and smooth things over.

Adapted from C. Weinstein (Cognitive Remediation Strategies)

