

# ADHD and Learning Disability Resources

<http://www.addresources.org/?q=node/270>

<http://addresources.org/category/adhd-life-skills/>

The Totally ADD website has a collection of interesting videos presenting helpful tips and treatments for adults living with ADD/ADHD (select from "Mastering your ADD" from the Videos drop box at the top of the page). <http://totallyadd.com/video-gallery>

The following article, *ADHD - Building Academic Success*, provides a detailed discussion of how ADHD impacts on academic success. The authors promotes a collaborative model where schools and families work together to design instructional environments that accommodate learning weaknesses and improve the fit between children with ADHD and their school environments. A variety of instructional strategies and accommodations in the school environment are discussed in detail.

<http://www.idonline.org/article/5925>

This guide for studying with Attention-Deficit Hyperactivity Disorder (ADHD) was created by the Study Guides and Strategies website. It provides a number of specific suggestions for coping with classwork, homework and learning.

<http://www.studygs.net/adhd/index.htm>

A wealth of useful strategies for successful coping with ADHD are discussed in this article, *Adult ADHD: 50 Tips on Management* at the following web link:

<http://www.drhallowell.com/adult-adhd-50-tips-of-management/>

This site contains an inventory which helps students to develop their time awareness by reflecting on where they spend their time. *Where Does Time Go?*, Virginia Polytechnic Institute & State University

[http://www.ucc.vt.edu/academic\\_support\\_students/study\\_skills\\_information/where\\_does\\_time\\_go/index.html](http://www.ucc.vt.edu/academic_support_students/study_skills_information/where_does_time_go/index.html)

This site at James Madison University outlines the TAP-D strategy which can be used to help students to set and prioritize goals within four categories, school, work, home and social.

<http://coe.jmu.edu/LearningToolbox/tapd.html>

An excellent resource which students can use to break-down and time-line assignments into smaller more manageable parts. *Assignment Calculator*, University of British Columbia

<http://assignmentcalculator.library.ubc.ca/>

This *Getting it Together - Study Skills On-line* module from James Cook University provides tools which can help students to organize and prioritize their time. This site contains a ready-made Activity Log, Semester Timetable, Flexible Timetable and Daily Diary which students can download and modify to meet their planning needs.

<http://www-public.jcu.edu.au/learningskills/resources/lonline/git/index.htm> *Time Management*