STUDY SKILLS

& Time Management

ADHD-FRIENDLY STRATEGIES



TIME MANAGEMENT

- **Make time visible** — use a visual timer and phone alarms for start times, not just deadlines.
- **Shrink the first step** — "open the notebook" or "do problem 1." Starting is the hardest part.
- **Study at your best-focus time** and write it into a weekly schedule.
- **Put due dates where you'll see them** — planner, phone, and a wall calendar.

STUDY STRATEGIES

- **Move while you learn** — stand, pace, doodle your notes, or use a fidget.
- **Use short sprints** — try 10-15 minutes of focus, then a 5-minute break.
- **Talk it out** — explain the material out loud or teach it to someone else.
- **Try body doubling** — work alongside someone else, in person or on a video call, to help you stay on task.
- **Quiz yourself** with flashcards instead of just rereading notes.
- **Switch tasks when focus fades**, and start with a quick win to build momentum.

TECH & TOOLS

- **Let your phone help** — set reminders and alarms, or record voice memos.
- **Block distractions** — notifications off and phone in another room while studying.
- **Check Canvas and Skyward at the same time each day**, tied to a routine.

GOAL-SETTING

- **Set tiny goals for today** plus bigger ones for this week and semester.
- **Use a checklist** and cross off each step — then reward yourself.
- **Celebrate small wins** and switch strategies if one isn't working.

ORGANIZATION

- **Create a launch pad by the door** and pack your backpack the night before.
- **Color-code each class** — folder, notebook, and calendar.
- **Use one planner or app**, not several.
- **Keep your desk simple** — only what you need for the task at hand.

CLASSROOM SUCCESS

- **Sit where distractions are fewest** — often near the front, away from doors.
- **Identify a reliable peer in your class** to be a study-buddy — working side by side helps you stay on task.
- **Participate in discussion** — it keeps your brain engaged.
- **Ask questions** and use teacher office hours early.

WELL-BEING & BALANCE

- **Prioritize sleep** — a rested brain focuses better.
- **Move first** — a walk or stretch before homework helps you settle in.
- **Eat healthy snacks and stay hydrated** — fuel your brain!
- **Give yourself time** for friends, hobbies, and fun.

GROWTH MINDSET

Every brain works differently. Try a strategy, keep what works, and tweak what doesn't. Mistakes and setbacks are part of learning.

The goal is improvement, not perfection.