

Why Taking Notes Increases An ADHD Student’s Learning?

Students, especially for those who are clinically diagnosed with Attention Deficit Hyperactivity Disorder or ADHD, experience difficulties retaining information and struggle with studying. The ADHD Centre in UK offers different note-taking resources to let your mind stimulate, assess and perform better in a classroom setting.

Two-Column Note Taking

Two-column notes is a student resource that is divided into two columns, where the left side is labeled as the ‘recall column’ and the right side as ‘note column’. The purpose of this resource is to better your comprehension and memory retention. This note-taking strategy lets you identify the important information in a lecture, film, or reading material. You restate or paraphrase the information you’ve taken it into different words. Technically, you maintain the idea or the meaning of the topic but you rephrase it into your words. This strategy lets you multitask and use all of your senses.

Procedures

Basically, you just put the main ideas and or subtopics on the left side, while you put the corresponding key details on the right side. The left side is for the big ideas that generally encompasses, for instance, a paragraph’s main idea, main events, topics, sub-topics, etc.; mainly, phrases that stimulate an easy recollection to your memory.

| RECALL COLUMN SUBTOPICS / MAIN IDEAS |
|---|
| The Subject |
| The Verb |
| Singular Subject |
| Plural Subject |
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Column Note Taking

**NOTE COLUMN
SUPPORTING DETAILS**

- The **subject** is the person or thing that is doing the action
- Father, ice cream, dog, tree,
- The **verb** is the action word, or is the state of the subject
- is, are, bark, give, have
- If the **subject** is singular, the **verb** is plural if it is an action word. The **verb** singular if it is a state.
-My **father** writes a book.
-The **dog** barks at her
-The **house** is white.
- If the **subject** is plural, the **verb** is singular if it is an action word. The **verb** plural if it is a state.
- **Ice creams** are cold.
-The **tree** gives us air to breathe.

On the other hand, however, you put the supporting details of the topics you've written on the left side. It could be details of the paragraph's main ideas, definition, use in a sentence, supporting sentences, etc. that supports the ideas you've written on the left side.

Lastly, for the 'general subject', you just have to write what the general idea of what the note is about. The 'date' is the consequent date you've written on this resource.

