

Why Taking Notes Increases An ADHD Student's Learning?

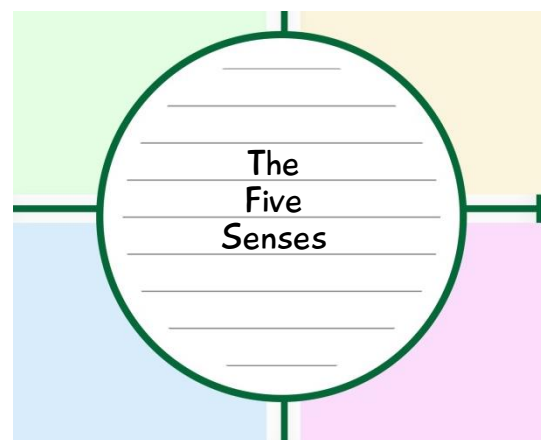
Students, especially for those who are clinically diagnosed with Attention Deficit Hyperactivity Disorder or ADHD, experience difficulties retaining information and struggle with studying. The ADHD Centre in UK offers different note-taking resources to let your mind stimulate, assess and perform better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

Concept Map

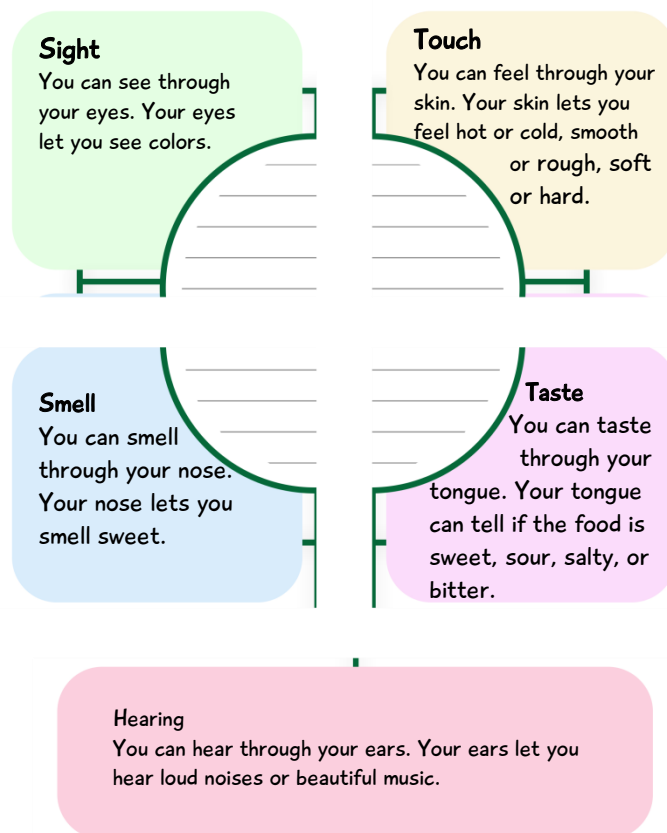
Concept Mapping is a brainstorming where it stimulates your mind into visualising ideas that help in idea recollection and stores information to your long-term memory. It's a great way to capture and organize your ideas that use multiple of your senses. Ideally, you can create a visual framework of your idea and or concept and organize them logically. This resource is an outline form, where the circle on the center is where you put the main topic; on the left column are for keywords, some clues and sample questions. On the other hand, the right column are for processes, concepts, definitions, etc strategy.

Procedure

Think of the lesson or lecture you just had. After you've identified and determined the main concept, write it down on the circle in the middle, that's your main idea of all the sub-topics.



After determining the main point, you branch out topics and supporting details. List down and organise pieces of information as points to each of the boxes down below. You can write down vocabulary, definition, keywords, and any questions you still find confusing or likely test questions. Using symbols, arrows and colours, also, shows the representation of relationships between the ideas. It's also ideal to include equations, definitions, diagrams, and summary for a better understanding.





CONCEPT MAP

Name: _____ Date: _____

