

## 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 the UK offers different note-taking resources to let your mind stimulate, assess and perform better in a classroom setting.

### Daily Study Guide

The ADHD Centre in the UK presents the 'Daily Study Guide' for an easier and seamless studying experience. To make studying easier for students with ADHD, this guide consists of boxes that sum

arises what you're studying. On the left column, there are two (2) boxes: (1) topic summary and the (2) action summary. On the other hand, however, there are five (5) boxes labeled: (1) notes, (2) web links, (3) emails, (4) references, and (5) books. The procedures below will guide you on what to record to each box respectively.

### Procedures

Starting on the left column, there's the Topic and Action Summary.

Basically, what you record on the 'Topic Summary' is the synopsis of the main idea or topic. For instance, whether in lectures, a film, or a documentary, you can jot down short summaries on the box. The summary could be in

Topic Summary:

**A poem about a child  
wanting to be a king**

Action Summary

- Ask children what they want to do if they were a king/queen
- Let the children read the poem "If I Were King" together
- Ask the children what they think about the poem
- Tell the children to draw a castle they want.

a phrase or a keyword, as long as it expresses and it's easy for you to comprehend.

The 'Action Summary' is where you write down your plan of action. For example, if you're having a quiz or test tomorrow, write down what topic you need to study for. It's your planned series of activities for you to remember and attend to.

On the other hand, the right column has Notes, Web Links, Emails, Reference, and books. The most top part of the right column is the Notes. Mostly when you talk about for notes, this is where you write down the important supporting details of your topic. Important details may come as keywords, definitions, equations or formula, a diagram, or sample questions you want to ask. These details give depth to your topic summary and will give you an idea of what the covers.

Notes

**Bring Crayons and Bond Papers**  
Lead a prayer before class starts

Sample questions:

"What do you want to do if you were a king or a queen?"

"What do you think about the poem? Is it nice?"

These remaining four (4) boxes on the right column are good for to write your references on. You can write down the website links, your teacher's or classmate's email, reference links or books that are related to the main topic you will be studying in. It's what you call the resource boxes, where you can write all the possible resources you can get more information for your topic. These may be given either by your teacher or you get them yourself.

Web Links

<https://www.familyfriendpoems.com/poem/if-i-were-king-by-a-a-milne>

Emails

None

Reference

None

Books

None



# DAILY STUDY GUIDE

Topic: \_\_\_\_\_ Date: \_\_\_\_\_

Topic Summary:

Notes

Web Links

Emails

Reference

Books

Action Summary