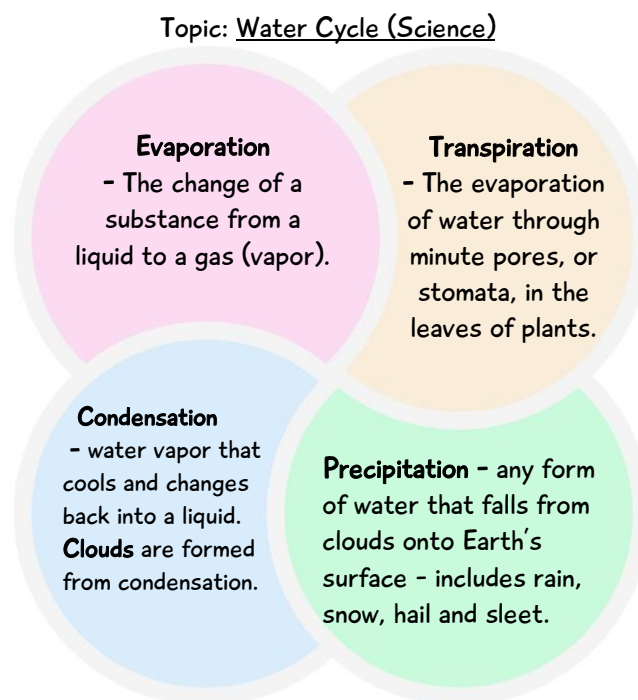


Why Taking Notes Increases An ADHD Student's Learning?

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.

Note Taking

A note taking strategy to put notes related with each other in one area. For each topic, there's a corresponding area assigned for easier recollection and retention. Instead of wasting your time looking for each topic, keep them in one section to cut down your time on reading and reviewing. You can easily write down and segregate your notes, where it helps you focus and memorize the details. As what you can see below, there are four quadrants where you can record a concept that relates to the main concept, like keywords and their definition, test questions, diagrams, equations, or any detail to help you recall the topic regardless of the order.





NOTE TAKING

Name: _____

Date: _____

