

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

Another note-taking strategy is 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.

Topic: 4 Basic Mathematical Operations

The image shows a 2x2 grid of note-taking templates for the topic '4 Basic Mathematical Operations'. Each quadrant is a rounded rectangle with a different color and contains a sample problem and an equation. The top-left quadrant is yellow and contains '2. Addition sample: 372 + 248 = 620'. The top-right quadrant is blue and contains '1. Subtraction sample: 402 - 172 = 230'. The bottom-left quadrant is green and contains '3. Division sample: 290 / 5 = 58'. The bottom-right quadrant is pink and contains '4. Multiplication sample: 27 x 14 = 378'. Each quadrant also has several horizontal lines for additional notes.

<p>2. Addition sample: $372 + 248 = 620$</p>	<p>1. Subtraction sample: $402 - 172 = 230$</p>
<p>3. Division sample: $290 / 5 = 58$</p>	<p>4. Multiplication sample: $27 \times 14 = 378$</p>



Name: _____ Date: _____

Topic: _____ Subject: _____

Yellow notepad with 15 horizontal lines.

Blue notepad with 15 horizontal lines.

Green notepad with 15 horizontal lines.

Pink notepad with 15 horizontal lines.