

## 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.

### Steps Guide

One of the biggest problems a student clinically diagnosed with ADHD faces every day does not know what to prioritize. This resource is dedicated to help better and ameliorate your studying skills and enhance your participation in a classroom setting. The step guide contains four (4) boxes with icons labeled on each of them. This guide will help you concentrate and focus more on the details that you have yet to handle or you find difficult in handling. For instance, on the box with a question mark icon, you can record down situational questions or test questions you have no idea how to answer. On the next box with the light bulb icon, you can write possible ideas or answers to the problem you have. The third box with the puzzle pieces, you can fit the pieces of the situation, where lastly, may lead to the final box with a star, that is your goal. The circle in the center is where you put the main concept of this study guide.





# STEPS

NAME: \_\_\_\_\_

TOPIC: \_\_\_\_\_ DATE: \_\_\_\_\_

