

Homework Struggles: How to make it easier and more effective.

Skills for Success with ADHD

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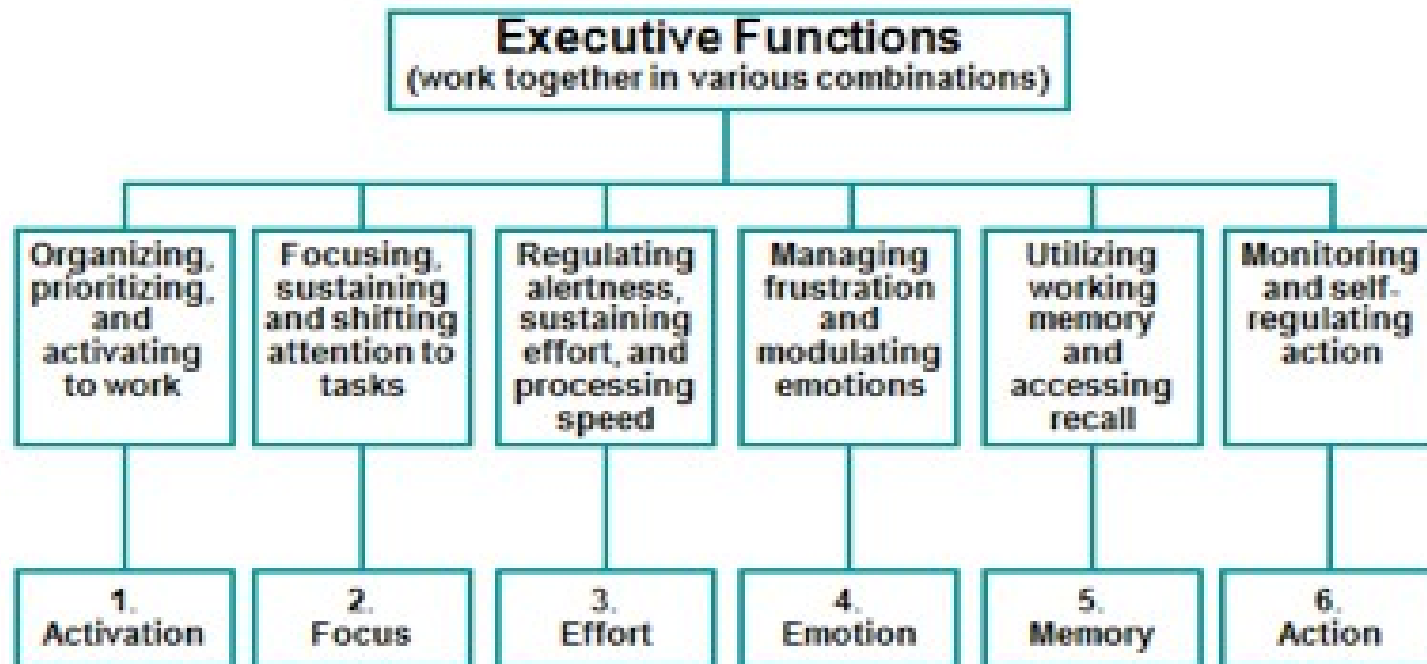




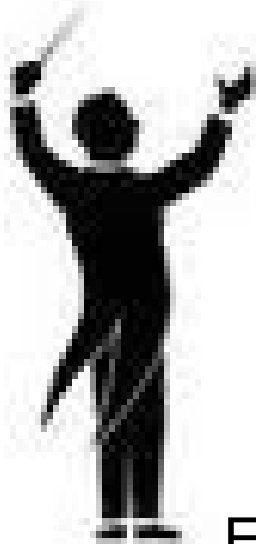
Overview

- Review difficulties with executive cognitive functioning and how these problems affect the child's ability to do their homework and to do it well.
- Discuss strategies to make homework more effective - school and parents working together, how to design homework for AD/HD students and accommodations that will minimize homework problems.
- How to structure, routine and behavioral strategies to reduce homework tears.
- Identify barriers that may keep the interventions from being effective and how to overcome them.

Executive Functions Impaired in ADD/ADHD



(TE Brown (2005))



Executive function (EF) is an umbrella term for cognitive processes that are part of the brain's management system.

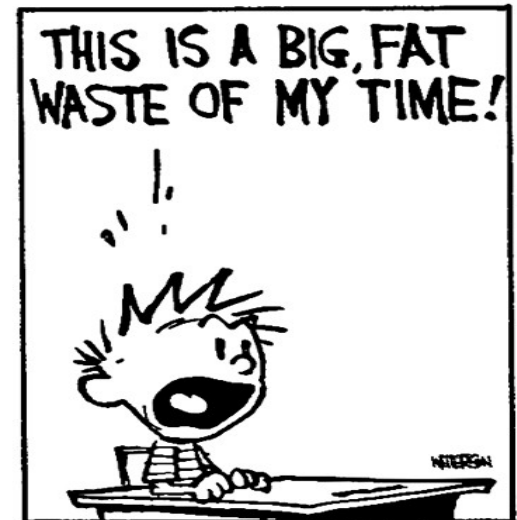
Poor Executive Functioning Affects Homework Completion in Many Ways

- Working Memory
- Perseverance
- Regulation of Emotions



Other Factors That Can Affect a Student's Homework Performance

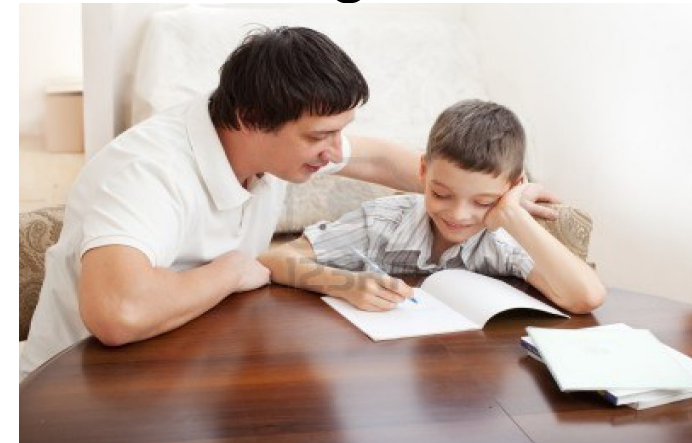
- Learning Disabilities
- Emotional Concerns
- Physical Concerns
- One, two or more, along with ADHD



Strategies to Make Homework More Effective.

Parents and Teachers Working Together

- Don't forget to include the student
- Use knowledge of Executive Cognitive Functioning to fashion homework that fits the child's profile
- Designing homework for ADHD students
- Accommodations – how they help
- Structure and Routine and Behavioral Strategies



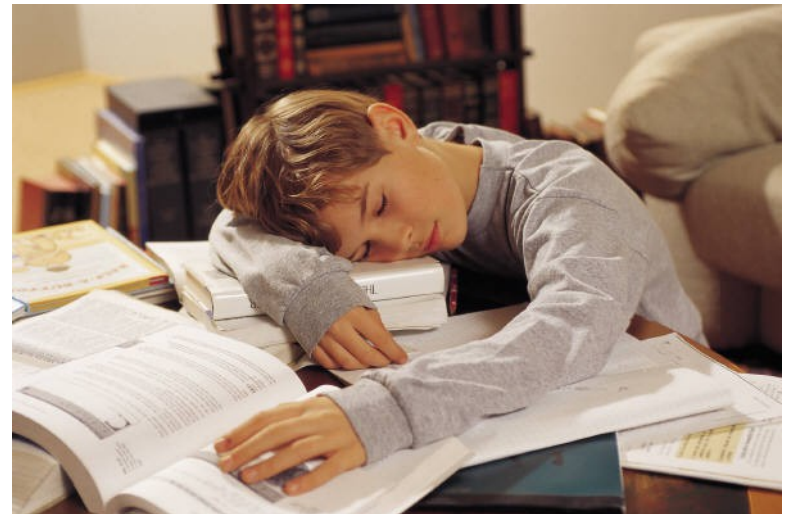
Studying for Tests

- Teachers to prioritize so time is used well
- Teach study skills



Barriers to Effective Intervention and How to Overcome them

- Increasing understanding of the problem
- Educating the educators
- When enough is enough/The law of diminishing returns



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**KEEP
CALM
AND**

**DO YOUR
HOMEWORK**

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