



# HORIZON

Platform for studying with a disability  
or other special needs

## Study tips for students with ADD/ADHD

### Planning and organising

- Use one orderly calendar (online or on paper) for your week by week planning;
- Put your most important activities and appointments in your week schedule and look at it every day;
- Make sure you know what you have to study, for which subject and which material to use;
- Set priorities and make a separate 'To-Do-list' (no more than 10 items);
- Keep to a fixed bedtime and fixed wake-up time;
- Make the most of the times when your concentration levels are higher to do most of the 'thinking';
- Make the most of the times when you are in the right frame of mind to tidy things up or to tick off items on your To Do list (even if this runs counter to your planning);
- Put appointments in your phone and set the alarm function;
- Set clear deadlines and involve others! Study together with other students.

### Study environment

- Make sure you have an uncluttered study environment, preferably not at home, away from any distractions;
- Consider what study environment will be free enough of distracting stimuli.
- Turn off your phone, the internet, radio and TV;
- If necessary, set an alarm so that you stop on time.

### Reading and understanding texts

- First look at the titles of chapters and sections in order to distinguish main aspects from minor ones;
- Look at all the images, graphs, diagrams, illustrations, etc.;
- Repeat out loud and in your own words, what you have read;
- Make a mind-map of the text you have read;

- Find a study buddy and discuss the course material together;
- Take mock examinations so that you can check which aspects of the material you have a good grasp of, and which not;
- Uses lecture presentations to determine what the main aspects are;
- Having trouble reading textbooks? Look for a suitable alternative, such as text-to-speech software, YouTube clips of lectures on textbooks, summaries, etc.

### Following lectures

- Having trouble following lectures? Use Collegerama or [www.studocu.com/en](http://www.studocu.com/en)
- Read the lecture presentations and notes before going to a lecture;
- Think of key terms during the lecture and note them down on the lecture sheets.