

## Learning and Studying with ADHD



Developing systems and strategies that work for the ADHD brain can be challenging. What works best for you will depend on your strengths and preferences and will change over time. It's not about finding the perfect system, but about moving through trial & error to reflect and adapt to changing needs and environments. Here are some top tips for students with ADHD:

### 1 Map out tasks

What is the purpose or objective of what you're doing? What are the steps? Map out and write down the process to motivate and move with intention.

### 2 Build in accountability

- Book appointments with SMU resources like the Writing Centre
- Schedule and attend professor office hours and Study Halls
- Schedule study groups or set up video chats with a friend to work together virtually

### 3 Externalize!

- Use lists, outline steps, use focal anchors, prompts, timers, etc.
- Track your progress
- Manage distractions with app and browser blockers; jot down ideas unrelated to the priority task so you can return to them later

### 4 Create consequences

that are specific, certain, and immediate

- Gamify! Use apps like Flora, Habitica or Finch or make your own game out of your tasks

### 5 Plan the specifics

Where do you work best? What time of day? Get yourself into an environment that works for you and outline specifically what you want to get done.

### 6 Practice awareness & attunement

Learn your habits. What do they look and feel like? Practice noticing and slowing down your response.

### 7 Follow your joy

What do you like doing? Could you do your task in a way that taps into your joy, creativity, or satisfaction?



The **Fred Smithers Centre for Student Accessibility**  
fredsmithers.centre@smu.ca  
SC 309



**Learning Skills and Strategies**  
StudentSuccess@smu.ca  
SC 301



## ADHD Resources

### SMU Supports



For accessibility, accommodation and advocacy support connect with the **Fred Smithers Centre for Student Accessibility**. [fredsmithers.centre@smu.ca](mailto:fredsmithers.centre@smu.ca), SC 309



For **Learning Skills and Strategy** support, book a coaching appointment or attend a workshop!  
[StudentSuccess@smu.ca](mailto:StudentSuccess@smu.ca), SC 301

### Other Resources



Jessica McCabe has a comprehensive YouTube channel, **How to ADHD**, a toolbox for navigating life and learning with ADHD.



Dr. Russell Barkley is a prolific ADHD researcher. Check out this two-part Ologies podcast for an interview with helpful tips and overview of ADHD, and links to other sources from Dr. Barkley.



Sign up for the **ADDitude Mag** newsletter at [additudemag.com](http://additudemag.com). They have great articles and online webinars featuring ADHD experts. This webinar, "Executive Function Strategies to Externalize Time, Memory, Motivation" by Ari Tuckman is a great place to start!



**ADDvocacy** is a support system providing ADHD coaching services and funding for Canadian post-secondary students.