

Tips to Stay Organized

- **Colour code** dates and deadlines to stand out
- Keep **folders and files** for important documents
- Consider setting **false deadlines** to trick your mind on due dates
- **Block out time** to complete a task. If it is a common **task**, set out a schedule in line with this knowledge
- Choose a **location with limited distractions** to study (e.g. go to the library)
- Keep your **desk** organized and **clean**
- Use **visual cues** to remind yourself of important information
- **Take breaks** away from the screen
- Keep **realistic (SMART)** goals
- **Reward** yourself for accomplishing your goals

Free Programs and Tools

- **Break down large tasks** into smaller ones
- Try '**body doubling**', or organize a **study buddy**
- Invest in **noise cancelling headphones**
- **Pre-plan meals/medication** and keep water/snacks in times of hyperfocus
- **Listen** to study lectures whilst **on the move**. For example, when you are cleaning the house.
- Invest in a **fidget spinner/fidget rings**
- For additional tools search ADHD Actually, FocusMate and Pomofocus

Studying with ADHD



ADHD Resources

- **How to ADHD** - Youtube Channel
- **ADDitude** - magazine website
- **Dani Donovan** - website and social media channels for helpful **ADHD cartoons**
- **Quizlet** - helps students quiz themselves on the content
- **CrashCourse** - a channel with lots of study content

Tips to Stay Focused

Note taking and cloud tools include:

- Microsoft OneDrive
- Glean
- Otter
- Natural Reader - speech to text

ADHD friendly apps to keep organized include:

- Habitca
- Google Calendar

Find a path where you can use your neurodivergence to your advantage!