

ADHD Tips & Tricks

1. Do what works for you
2. Don't study in your room; too many distractions
3. Place phone out of reach so it takes cognitive choice to pick it up
4. Remove social media bookmarks and/or block it on phone/web browser
5. Create a study playlist without words
6. Highlighters
 - a. One color to highlight keywords
 - b. One color for definition/explanation
7. Talk out loud, A LOT! Teach your roommate/friend/pet/fish/stuffed animal what you are learning. Talking out loud helps maintain one consistent thought instead of 17 thoughts in your head at once
8. The weirder, the better! Associate weird mental images with the course content. It will help you remember a lot more information
9. Use your own language when explaining things/concepts. What do you think you will remember more, boring text or slang/your own language? This will also help move up [Blooms Taxonomy](#) from Understand to Apply
10. Allow for productive procrastination. If you have homework to do but get a sudden urge to clean your room/do dishes/etc, go ahead and do that task then return to studying. Set a 10-minute timer if needed to avoid trailing on to other tasks
11. Keep assignments open on your computer to help you remember you still need to do it
12. Have tiny/arbitrary deadlines to meet throughout the week to get up and moving (club meetings, office hours, exercise class, study groups, daily/weekly call with parent/family/support system)
13. Use visual timers to know how long you've been working on a task
14. Use a wristwatch instead of checking the time on your phone to avoid getting sucked into texts, social media, etc.
15. Do one productive thing first thing in the morning, such as making your bed.
16. NO HOMEWORK IN BED!
17. Break it down now! Break up large assignments into manageable chunks, even if it is just one math problem, one sentence, or one concept. This may also help beat procrastination; if you tell yourself you'll only do one problem then that decreases the chance of procrastinating but then once you complete that problem/sentence, you can choose to either keep going or call it a day
18. 10AM – 4PM workday; block social media during these times throughout the week. Allow time for breaks and lunch, then proceed with fun stuff/relaxing once you are 100% done with tasks for the day or after 4PM, whichever comes first.
19. Keep a small pocket book to write stuff down when you think of them instead of trying to remember everything. You can also send emails to yourself so you can remember when you sit down to do homework/study/check email.
20. Find/create a designated study spot that is conducive to your learning. i.e. a quiet place in the corner of the library away from everyone, a busy coffee shop with commotion in the background, a chill spot outside or on campus
21. Exercise before long times of sitting down (work, class, studying). Helps with memory, stimulating your brain, and increasing metabolism so you sustain energy throughout sedentary period of time.

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22. Use a text-to-speech generator if you are on jam when talking but mind goes blank when trying to write. Create a rough draft and then revise later on
23. Memory Palace: When learning new information, imagine walking through a palace or your house and each room is a different concept/step in a process/subject and visualize yourself walking through each room and making associations to remember info during tests
24. Want to remember to do something? Put an object out of place and verbalize the thing you want to remember. When you see the item later on, you'll remember that thing you didn't want to forget. (if in bed but need to remember to grab lunch out of fridge for tomorrow, throw pillow across the room and say to self "grab lunch in morning", then the next morning when you pick up the pillow you'll remember to grab your lunch before leaving the house)
25. Lie to yourself. Tell yourself you'll only clean one dish from the sink, only do one math problem, or only write one sentence simply to get yourself started on unappealing task. When you finish just the one thing, choose to either keep going or call it a day.
26. Gamify things; when microwaving food, set a mini challenge for yourself to do X before the timer hits 0.
27. Body doubling: Sometimes having another person in the room with you while studying/cleaning can help to persist and actually finish the task at hand
28. Difficulty getting started? Only read the instructions for the homework assignment and write brief notes, then take a break. During the break, your subconscious mind will begin processing the information and it will be easier to start when you return to the homework
29. Create a routine:
 - a. Morning routine: try to create a morning routine to get yourself up and going for the day, such as wake up>granola bar>exercise>shower>class/work
 - b. Reset routine: If you catch yourself not being able to focus, create a reset routine for yourself so when you return you can focus your attention.
Unfocused>acknowledgement>reset routine: close laptop, take a lap around campus, get a beverage from the POD, return to task>focused
30. Trouble pulling yourself away from tasks or find yourself going down rabbit holes way too often? Drink a large glass of water before you begin a big task. Inevitably, you'll have to get up to use the bathroom and use this as a way to ensure you take breaks
31. Get some sun!! Vitamin D is where it's at!
32. Have a specific study mug/water bottle
33. Close your eyes, take a deep breath, and continue deep breathing until you feel motivation to work
34. Rough day/week/semester and didn't do the readings? Make yourself useful to your study group by quizzing them on things you need the most review on. Win Win
35. Eat/drink something sour to increase focus during studying/exams or also as a way to decrease anxiety for public speaking/testing/etc.