HELPING CHILDREN WITH ADD/ADHD TO LEARN MORE IN SCHOOLS

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Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder is not considered a learning disability, according to the Learning Disabilities Association of America. However, there are parents and teachers of ADD/ADHD students think that the condition itself is a learning disability. The truth is that there are concerns which affects the learning of these students. Adaptive strategies are what is needed to address these concerns or issues.

The first concern is the ability of the ADD/ADHD student to pay attention to what is being learned. They are usually distracted and concentrating for them is difficult. The best way to deal with this problem is to present lessons in the shortest manner possible. Break down tasks into manageable chunks that will not overwhelm the student. Give short breaks periodically. Control the noise as well as other distractive objects in the classroom. The learning environment should be simple and plain so that less distractions catch the student’s attention.

The second concern is hyperactivity. These students are always in motion. They move from one place to another like a trump. It seems they want to hop everywhere. The movement can be used as the learning avenue itself. The teacher can use the act of moving as the learning tool because it permits the student to use up his energy while committing things to memory at the same time.

One exercise that can be used is to use an exercise ball instead of a chair. The student can rock back and forth or bounce on the ball while remaining on his/her seat.
and participating in the learning activity. Another is to keep the student’s hand busy. ADD/ADHD students learn better when they are allowed to do more than one thing at a time. Give them a modelling clay or allow them to draw or write even during lessons.

Last common issue is that ADD/ADHD students get easily frustrated. They do not like lessons that require lots of writing or reading. They do not enjoy repetitive lessons. Make the lessons enjoyable and short. For example, instead of asking them to read a book, read the book or story to them and just allow them to jump around, You will be amazed at how they understood what you read to them afterwards.

It is very important to remember that ADD/ADHD is not a learning disability but students with this condition learn differently. Do not try to make them adapt to conventional learning rather, allow them to learn at their own terms. Thus, patience and adjustments on the part of the educator is a must but it will all be worth it.

References:

