MANAGING HYPERACTIVE STUDENTS IN THE SCHOOL LEVEL

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Have you encountered hyperactive students in your class? How did you deal with them? Are they disruptive or inattentive? There could be a lot of reasons why the students behaved that way. If you have encountered these types of students, maybe they are suffering from a disorder called Attention Deficit/Hyperactivity Disorder or ADHD.

What is ADHD?

ADHD is a “highly hereditary neurobiological problem characterized by behavioral difficulties that may vary in intensity” (Meyer, Lasky 2017). The learner’s behavior could be influenced by the environment he or she is living, by attitude, or by intrinsic motivation. Students with ADHD tends to transfer from one seat to another, moves too much, or feels restless during situations in which such behavior is inappropriate. He has difficulty engaging in leisure activities quietly and talks too much. He finds it hard to wait for his turn.

But how do teachers manage these type of students?

Teachers could set class rules for hyperactive students. Just make sure that these rules are taken positively. Some of the strategies in managing hyperactive students in the school level are presented below.

1. Offer accommodations for hyperactive students in your classroom. Always give chance to ADHD students to feel that they are being accommodated in the class. If they failed to pass assignemts or missed some activities, give them extended completion period. Let their sitting position be in a place where distraction is low. Teachers can also
encourage these students to sit near their classmates who are role models and who are diligent in their studies. Allow them to move or play but always remind them about the schedule of activities for him to prepare for such.

2. Establish a positive relationship with hyperactive students. As teachers, we should always greet our ADHD students as they enter our classroom, or encourage them to participate in the recitation. We could also make bulletin boards where we can post the students’ progress or accomplishments, whatever it might be. We should also provide positive feedback immediately, because they need it.

3. Coordinate with parents. It is really important to have a strong relationship with parents of ADHD students. Parents could monitor their child’s condition or status in class, or ensure that any medication the child undertakes is effective. It is important to talk regularly to parents about the progress of their child.

4. Employ teaching strategies applicable to hyperactive students. The strategies that teachers employ in their teaching would also help to manage ADHD students. The teachers should be aware of the best or appropriate techniques that will be applied to these types of students. Do not give them homework or activities that are too long. We could also apply differentiated instruction that considers the welfare of our ADHD students.

Even though hyperactive students seem to make us lose our temper, and managing them is not that easy, let us still give them chance to learn and realize how important it is to help themselves learn. By applying some of the suggestions stated above, it might be a successful learning outcome that awaits our hyperactive learners.
References:

