

ADHD Revision Techniques



Mind Maps

A mind map is a diagram that helps to organise and condense your notes and show relationships between subjects.

If you're unsure how to make a mind map, go on Youtube and look up 'MooMooMath and Science' channel and 'step by step directions for creating a mind map.'



Fidget bands

Fidget bands for chairs are stretchy pieces of rubber which go around your chair leg. They allow you to fidget with your feet whilst being sat down. For some people, this helps to keep focus.



Sitting on a Gym Ball

Sitting on a large Gym ball instead of a chair can be beneficial for those who like movement in order to keep them focussed. You can gently bounce up and down or roll slightly whilst you work.



Sticking Paper on Walls

Sitting and writing notes at a desk isn't for everyone. Stick large pieces of paper up on the wall and use coloured pens to draw and write out your notes or mind maps. This will help make revision more interesting and active (please check with a parent or carer before sticking things to the wall).



Exercise before studying

Doing star jumps, going for a run or a cycle before getting to work may help remove some extra energy and help with focus ... even if it's just for 10 minutes.



Fidget Toys

Some people like to have a fidget toy in their hand such as a tangle toy or infinity cube to help them think and keep them focussed by working. For others, rolling blue tac between your fingers may be equally beneficial to help manage hyperactivity.



Chewing

Using gum or a chewie toy can help with stress reduction and for some can help with focussing attention when this is linked to a sensory need (e.g. if you usually chew your clothes whilst trying to study). The act of chewing can make some people more alert.

Environment



Get your environment ready for study. That may mean clearing a space to work with limited distractions. It's making sure your chair is comfortable and you have what you need (pens, music, paper, revision cards). Think about if the area is well lit and the right temperature for you and far enough away from things which you may be tempted to procrastinate with (e.g. away from the X/Box / Switch or Playstation).

Associating space with learning



Working in a space that you associate with learning can feel important. This might be working in the library, asking to use a space in school or using the same desk at home. Having a space designated for learning lets your brain know when you're in that space, learning is the activity that you're going to do. Try to avoid your bed or the sofa as this is where you sleep / have down time and therefore is not an associated learning space.

Study buddy



If you find working on your own you get easily distracted, it may be working with a trusted friend or a small study group helps. This would allow you to talk through your ideas and problem solve things you are stuck on in a more social way.

Head phones



Using headphones to block out environmental distractions can be handy. There are study and chill steps playlists on spotify and youtube (and other music apps / sites) so you can drown out sound without words or lyrics

Chunking in manageable time frames



You will know how long your attention span is. Studying in a block of time that works for you will get more done. E.g study for 20 mins then have a movement break before studying for another 20 mins. There are apps to help time this or make the study blocks more interesting e.g. Forest app.

Reward yourself



It's important to still do things you enjoy even around studying. This might mean having a revision morning but going for a bike ride or a swim in the afternoon, or spending time with friends. Having breaks where you do things you enjoy will help with motivation in the longer term as it won't feel all your time is spent revising.

Stick with one subject



For some people moving between different subjects and maintaining motivation is hard. If this applies to you, instead of changing revision subjects, spend a day on 1 subject e.g. science. This may help you connect the subjects you have learnt rather than jumping between subjects and not getting engrossed in anything long enough to understand or consolidate it.



Review notes before going to sleep

Reading over your notes from the day in the evening / before bed can help with consolidating memories and what you have learnt from the day.



Re-reading at set intervals

Make time in your revision plan to re-read your revision notes or topics. This will help with memory of subjects and you may find you pick up on different aspects of information when looking at it a second time.



Use of songs and acronyms

Turning revision content into songs or rhymes can help with remembering details



Use of voice notes / recording notes

Written notes are not for everyone. Try walking and recording notes to yourself which you can play back later. Maybe create a mind map from a voice note ?



Break down questions:

It is easy to rush through exam and essay questions. Stop, re-read the question you have been asked and practice circling the key words. This will ensure your answer is on track and related to the original question. You could even mind map an answer to keep you on track and avoid tangents.



Make your notes appealing

Sometimes we avoid re-reading our notes because they look dull. Use colour (paper or pens) for written notes and try funny voices for audio notes.



Stick up facts and motivators

Consider using sticky notes around your mirror to help remember key facts or provide you with motivation.



Find video's of what you're revising

We all learn in different ways. Finding a Youtube video linked to the topic you're learning can help consolidate information



Get family on board

Getting help from family can be beneficial to help keep you on task. Maybe they could read out questions or test you on flash cards?



Taking accountability

Try checking in with a teacher or trusted adult or friend before getting started on revision and at set intervals. E.g. tell your friend 'i'm going to study for an hour and study all of chapter 3 on photosynthesis'. Check back in, in 1 hour and discuss how far you got and what you learnt.



Staying at school to do the work

For some people, school /college is for school work and home is for relaxing. If this is how you feel, discuss with a teacher about creating study time at school in the mornings or at the end of the school day.



Look after yourself

Sleep is really important for consolidating memories and learning. Make sure you continue to eat well and get plenty of sleep around revising.

Youtube Resources which may help with study techniques:



The Pomodoro technique - is a technique used to help with study at set intervals and the video acts as a timer

How to ADHD – is a series informative videos on ADHD including how to avoid procrastinating

Focused work:- music to help with study

Apps to help you study (and are free to download)



Flora Green Focus - helps you keep off your phone by blocking distracting apps; set a timer for a period of study and grow trees! - *available from app store and play store*

Smart time table - Keep track of classes and add tasks to your weekly schedule with ease - *available on google play and the app store*

Speechify - is a mobile and desktop app that reads any text aloud using a computer generated text to speech voice - *available on google play and the app store*