

T.I.P.S. (For Getting the Most Out of College)

Time Management, Interventions, Positive Attitudes, Supports

Time Management

- Arrange to live in a single dorm room or apartment
- Do not overload yourself – 12 credits per term is probably enough
- Schedule classes with reasonably lengthy breaks between them
- Keep your “prime time” in mind when scheduling
- Maintain a calendar of all events – assignments, appointments, social
- Break large assignments into smaller tasks to put on your calendar
- Make and prioritize a “to do” list daily
- Plan study time and consider it a serious commitment

Interventions

- Select a college that has services and support you need
- Have a complete treatment plan in place: MEDICATION, COUNSELING AND EDUCATION
- Establish realistic goals
- Attend to physical well-being – exercise, nutrition, sleep
- Develop your spiritual well-being
- Know about your limitations and needed accommodations
- Obtain career counseling from someone familiar with your disabilities
- Share records of your disabilities with those providing assistance
- Request assistance – priority registration, course substitutions, taped textbooks, proctored tests, tutoring, note takers
- Register for developmental English and/or math classes, if needed
- Enroll in a study skills class
- Sit in the front of the room
- Experiment with various study environments until you recognize your best
- Invest in tutoring if it is not available free
- Organize and/or attend study groups
- Tape lectures and listen to them again while walking, jogging, or commuting
- Quiz yourself by taping questions, pauses, and answers; listen and respond to tapes while walking, jogging or commuting
- Take medication as prescribed
- See counselor or therapist on a regular basis
- Increase structure and reduce distractions
- Educate yourself about ADD – strategies, legal rights and advocacy

Positive Attitudes

- Advocate appropriately
- Participate in extracurricular activities you enjoy
- Celebrate small successes
- Remember that ADD is a neurologically based disorder
- Listen to or read the success stories of other students with ADD

Supports

- Seek accommodating instructors
- Develop a supportive relationship with a counselor or therapist
- Talk about problems with appropriate persons
- Participate in an ADD support group or start one
- Request an appointment with each instructor – discuss your needs, explain ADD if necessary
- Request accommodations – note taker, permission to tape, extended time, alternative testing conditions, permission to stand or take breaks, calculators or electronic spellers during exams, permission to hand in long assignments in stages