

TAKING ON A NEW SCHOOL YEAR WITH ADHD



Moving on to a new school year can present added challenges to children and teenagers living with ADHD.



Higher academic demands, during and after school



Multiple classes and teachers



Increased importance of peer relationships



Greater workloads



Increased expectations for organization, deadline management, and study skills

CHALLENGES WITH E-LEARNING

As the use of e-learning or online learning is increasing, students with ADHD may face additional challenges.



- Increased demand for independent learning due to lack of in-class support and structure
- More significant online distractions
- Easier to procrastinate
- Parent-child relationship may be strained due to parents acting as teachers
- Lack of focus due to inappropriate learning environments (e.g., the living room couch)

The impact of ADHD: School performance and beyond

SETTING

EXAMPLES



At school

- Disruptive in class
- Late for the bus, school, or class
- Difficulty paying attention
- Results not in line with potential and/or effort
- Difficult interpersonal relationships with classmates, teachers, and authority figures



E-learning

- Easily distracted by other websites, apps, and games
- Organization problems from lack of traditional school structure
- Difficulty staying in the same study spot
- Missing online lectures/classes
- Difficulty waiting for digital programs to load



Home life

- Running late during morning routine
- Disruptions during meals
- Conflicts with siblings
- Relationship difficulties with parents
- Problems during homework time
- Difficulty with bedtime routine



Social life

- Engaging in risky behaviour
- Difficult interpersonal relationships with friends

An individualized treatment approach that combines behavioural interventions together with medication is recommended for patients with ADHD.

Tips to help with the new school year



Tips for the classroom

- Seek preferential seating away from distractions, such as windows
- Seek more time to complete quizzes, tests, and exams
- Request advanced copies of lesson notes if possible
- Explore individual classroom accommodations available from the school



Tips for e-learning

- Set up a learning space that is separate from distractions
- Use electronic reminders or a timer for managing work time and break time
- Allow for movement breaks
- Consider exercise before work to increase focus



Tips for home

- Post visual reminders, such as lists or calendars, in prominent places
- Encourage a balanced lifestyle consisting of exercise, hobbies, good sleep hygiene, and healthy eating
- Keep labelled and coloured containers in prominent locations for items like house keys, electronics, and other easy-to-lose items
- Be patient, encouraging, and understanding

See the resources on the next page for more tips and information about ADHD.

Setting goals for the upcoming school year

It is important to work with your doctor and discuss your specific challenges and goals in managing ADHD.

Goals for managing ADHD should be SMART:



Specific



Measurable



Attainable



Relevant



Time bound

To help evaluate treatment goals, maintain regular and frequent follow-ups with your doctor.

- It is recommended for patients with ADHD to follow up with their doctor every 3–6 months.
- See if your doctor can perform follow-ups and assessments virtually.

LOOKING FOR MORE INFORMATION?

The following sites are great resources to find more tips and information on ADHD:

ADHD: A Closer Look — *Help identify ongoing challenges that you can discuss with your doctor*
www.ADHDACloserLook.com

ADHD and You — *Now updated with e-learning/COVID-19-related resources!*
www.ADHDandYOU.ca

Canadian ADHD Resource Alliance (CADDRA)
www.caddra.ca

Centre for ADHD Awareness Canada (CADDAC)
www.caddac.ca

PANDA (in French only)
www.associationpanda.qc.ca



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