

# Keys To School Success For Kids with ADHD

*Parents and students should work together to fill out this checklist. Then send it to the student's teacher. Providing this information will help the teacher better understand the student's needs.*

## **I learn best by:**

- Using a daily written schedule
- Seeing rules posted
- Reading
- Listening
- Hands on learning, teacher demonstrations, experiments
- Other ways: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **To help me improve my listening:**

- Use a bell or sound signal for important information
- Repeat the directions
- Ask me to repeat the directions back to you
- Provide written directions
- Other ways: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **To let out my energy, let me:**

- Stretch
- Play classroom games
- Hold something
- Doodle
- Stand while doing my work
- Sit in the back of the room
- Walk around (e.g., choose me as a messenger)
- Other ways: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **To help me finish my class work, give me:**

- More time
- Less work
- Extra help period
- Make-up time during class
- Extra work of my choice

- Free time as a reward for finishing class work
- Other ways: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **To help me be successful with homework:**

- Write all my homework on the board
- Initial my assignment book for correct entries
- Contact my parents if I am missing work
- Let me keep an extra set of books at home
- Give me extra credit options to improve my grade:
  - Art project
  - Poster
  - News article
- Other ways: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Ways to improve my behavior:**

- Homework pass
- Class parties
- Positive teacher comments
- Caring teachers
- Developing pride in myself
- Other ways: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **To help me get good test grades, give me:**

- Special class review
- Study guide for tests
- Extra credit question
- Distraction free space to take tests
- Other ways: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_