

REVISION TIPS FOR ADHD LEARNERS

1. Use Background Noise (Yes, Really)

Quiet spaces aren't always best for ADHD brains. Background sound can keep your mind engaged.

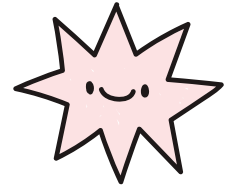
- Play a familiar TV show for low-stakes noise.
- Listen to music — focus on one instrument to avoid zoning out.
- Try a coffee shop or ambient noise app like Coffitivity for that subtle hum.



2. Cut Out Active Distractions

Background noise helps — but interactive distractions (like your phone) will pull you off track fast.

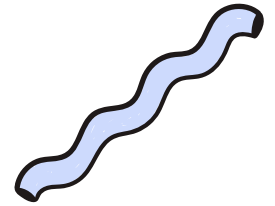
- Put your phone in another room or use app blockers like Opal or Forest.
- Turn off notifications on your laptop or tablet.



3. Fidget With Purpose

Fidgeting isn't a bad habit — it's a focus tool.

- Use fidget spinners, rings, or tactile objects.
- Tap your foot or bounce your leg — movement helps ADHD brains stay engaged.

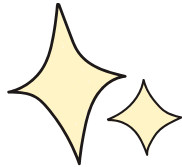


4. Try "Rubber Ducking"

Explain your work or a tricky concept out loud — even if you're talking to a rubber duck (yes, really).

ADHD minds often think clearer when talking things through.

- Jot down notes as you explain to track key points.
- Use text-to-speech tools like Read&Write to hear your work read back.



5. Watch Videos – But Speed It Up

Long videos can lose your attention.

- Increase the speed to 1.5x or 2x — whatever keeps you focused.
- Turn on captions to combine visual and auditory learning.



6. Use the Pomodoro Technique

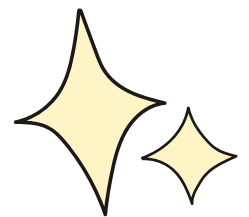
Short, focused bursts are easier to stick with:

- Work for 25 minutes, take a 5-minute break — repeat 4 times, then take a longer 15-minute break.
- If you hit hyperfocus, keep going — use that momentum while it lasts.

7. Plan Your Time (Without Overplanning)

Structure helps, but it doesn't need to be complicated.

- Block out fixed commitments (classes, hobbies) in a calendar.
- Slot study sessions into the gaps — keep them short and realistic.
- Visual learners: Use a whiteboard or big piece of paper to map out your week.
- Write a daily to-do list — keep tasks small and actionable.



8. Switch Up Study Methods

Repeating the same method can lead to boredom. Try different approaches:

- Active Recall: Test yourself without notes.
- Mind Maps: Great for seeing how topics connect.
- Flashcards: Apps like Anki or Quizlet make this easy.
- Teach it to someone else — if you can explain it clearly, you know it.



9. Take Breaks That Reset You

Breaks aren't wasting time — they stop burnout.

- Get moving: A quick walk or some exercise resets your focus.
- Do something you enjoy — a hobby, a snack, a reset.
- Short and sharp is better than long, aimless breaks.

10. Focus on Your Own Progress

It's easy to compare yourself to others — but everyone's brain works differently.

- Track what's working for you — not what others are doing.
- Celebrate progress — finishing a task is a win, even if it's small.
- Adjust as you go — ADHD brains thrive on flexibility.

