



How To Help Your Teenager Succeed in School

Discussion led by Caroline
Maguire, ACG



Introduction

- Who am I?

Why Middle/High School is a Challenge

- Parent Relationship
- Homework is worth more
- Student can not survive on tests alone
- College Planning
- Social Distractions
- Intensity extra curricular activities

Why High School/Middle School is a Challenge

- Teacher expectations for independence
- AD/HD Student may be less mature compared to classmates
- Long term projects and reading



Common ADD Challenges

- Loosing homework
- Failing to use an agenda
- Late homework
- Difficulty managing long term projects
- Procrastination
- Morning routine
- Stress and anxiety over change
- Last minute completion of tasks

Behavioral Aspects of AD/HD

Behavior manifested by:

- An inability to organize time and space
- A disorder of performance, not skill
- An inability to delay responses
- Driven by what's on their radar screen at the moment

*“AD/HD is not a problem of knowing what to do
it is a problem of doing what you know to do”*

Dr. Russell Barkley

Courtesy of Chadd



Executive Function Challenges

- Remembering important information
- Organizing time and space
- Starting and finishing projects
- Controlling emotions
- Using internal self talk to control actions
- Analyzing and solving complex problems
- Planning ahead for the future



Homework Wars

- Issues in Parent and Teen relationship
- Homework Police
- Negative cycle between parent and teen
- Consistency Inconsistent
- Do not be a historian

What To Do?

- Educate Yourself
- Get support and help if you need it
- Set up a transition meeting re IEP or 504 plan



Changing Behavior

- Focus on one behavior at a time
- Routines
- Check lists



Scaffolding

- Sean
- Structure you have in place to support child
- Scaffolding is what makes ADHD situational can be removed and then ADHD gets worse



Success Deprivation

- Many ADD students suffer from success deprivation
- Celebrate every success
- Most of the school day may be spent on areas of low interest and challenge





Recent Gallup Poll:

- Measured Parents focus on best grades vs. Worst grades across multiple countries and cultures
- US Parents focus most on failure
- What they found fits in with the dominant program and belief system



Gallup Poll measurement of Parent Performance_Focus₁

| <u>Country</u> | <u>Focused on A's</u> |
|----------------|-----------------------|
| UK | 22% |
| Japan | 18 |
| China | 8 |
| France | 7 |
| <u>U.S.</u> | <u>7</u> |
| Canada | 6 |

Focused on F's

52%

43

56

87

77

83

House Rules and Behavior Contracts

- Front end interventions
- Consistency from both parents
- House Rules
- Clarify Expectations
- Listen with empathy





Pick your Battles

- Make decisions in a calm state
- Talk without anger
- Delay consequences if you are too angry
- Focus on preserving the relationship

Incentives and Consequences

- Behavioral contract
- Rewards immediate and discussed before
- Lay out the values, rules and expectations
- Discuss specific behaviors such as completed homework, writing in the agenda



Behavioral Contract

- DAILY BEHAVIORAL CONTRACT

- Name: _____

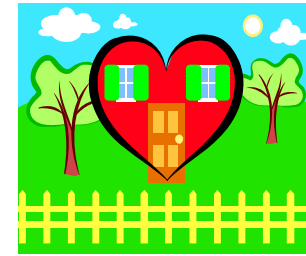
- Expectations

- Student will write in his assignment notebook daily
- On Friday he will get his planner signed by every teacher
- Student will start homework by 5 pm
- Student will use free periods for homework
- Student will meet with teachers for extra help
- Student will turn in assignments and make up any missing assignments by Saturday night

- Privileges Earned/Lost

- No Saturday evening out if Homework is not in! Parents can check assignment notebook on Friday for homework. If 1 assignment undone on Friday student can make up Saturday and can go out Saturday night. If 2 assignments missing student loses Friday night and must make up before Saturday night.
- Parents will not ask about homework before 5 pm in the evening. After 5 pm if student is not doing work, they may ask.

Establishing Daily Routines & Schedules



- Make a daily schedule and put it in writing.
- Set specific times for important daily activities including home work and chore completion, mealtimes, bedtime, practice time and free time.
- Post the routine in a highly visible location.
- The physical world has a powerful influence on behavior of children with ADHD. If the environment is disorganized and cluttered, the child will be more likely to act out-of-control.
- Establish a 15 minute organizational time each night before bedtime. This time should be used to clean up the bedroom and to prepare materials for the following school day.

Courtesy of Chadd

Establishing Daily Routines & Schedules (cont'd)



- Review the daily schedule each night to make sure that the child understands the daily expectations and responsibilities.
- Forewarn your child about upcoming breaks in the routine. This will reduce the likelihood of misunderstandings and avoidable meltdowns.
- Use timers to cue transitions from one scheduled activity to another (e.g., use a timer to inform the child about how much TV time remains.).
- Keep the daily routine simple. Do not overwhelm the child with complicated and demanding routines.

Courtesy of Chadd

Self Advocating

- Work on self advocating skills
- Ask the student what the teacher wants?
- Create a rubric of teacher rules or desires
- Translate for student-what does this mean?
- Extra help

Learning Styles

- Discover the learning style or cognitive strength of the student
- Visual
- Auditory
- Kinesthetic & Tactile



Study Space

- Create a study space
- Body Double
- Distraction in the bedroom
- Create a distraction free zone



Necessary Elements in the Study Space

- Big visual reminders
- Wall calendar
- Digital clocks
- Timers
- Distraction free zone
- Large clock by computer



Organization

- Create a system based on behavior
- Binders
- Color Coded
- Locker clean
- Build rituals to clean backpack, and binder



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HW System

- Missing Homework
- Agenda necessary
- Create strategies to ensure Homework is written in the agenda
- Teachers can sign the agenda
- Email teachers
- School Website
- Group Meeting have guidance, sped or teacher email parents missing homework assignment

Technology Dilemmas

- I ming
- Cell Phones
- Computer
- Game boy
- Game cube



Make sure Homework Makes it to the Teacher

- Set up incentives
- Strategies and reminders
- Homework plan
- Homework folder in notebook
- Evening ritual to put homework away
- Central place to do homework



How to Manage Technology

- Set up technology free time
- Allow student to earn time in 30 minute chunks



Beneficial Technology

- School Website
- Palm Z22
- Time Timer
- Digital Clocks
- Digital watch with multiple alarms
- Audio Books
- Dragon Naturally Speaking
- Kurzweil Software





Study Time

- Small chunks of time with timed breaks
- Designated technology free time
- Getting Started
- Staying on Task



Resources

- Learning Center
- Guidance Counselor
- Tutors
- Coaching
- Cognitive Behavioral Therapy
- Advocate
- Therapy



Area of High Interest and Passion

- Get involved
- Allow area of high interest to continue
- Interest and passion can help students become energized
- Talk about things they want

Breaking Long Term Assignments down

- Planning ahead
- Break down into small chunks
- Use a calendar and show timeline
- Create deadlines
- Ask them for specific steps and make a plan
- Body Double

Long Term Assignments

- Triage work
- Avoid the perfect storm
- Last 25 % editing
- Group projects match with different complimentary style



12 Steps to Homework Success

- 1-Realize assignment
- 2-Write the assignment down
- 3-Understand the assignment
- 4-Checks to see what to bring at the end of the school day
- 5-Student brings home assignment and needed materials



12 Steps to Homework Success

- 6-Completes homework when focus is best
- 7-Checks accuracy
- 8-Puts assignment in homework folder
- 9-Take homework to school
- 10-Keep track of homework until class
- 11-Turn in homework



What is ADD Coaching?

- Customized strategies to address daily challenges
- Trying to find systems to cope with hyperactivity, focus and impulsivity
- Partnering with the school, tutors, psychologists and parents





My contact information

- Caroline Maguire, ACG
caroline@necoaching.com
www.necoaching.com

Questions and Answers?

