

THE COUNSELOR'S CLASSROOM

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Organizing The Disorganized: Practical Tips To Keep ADHD Students Together

By Julia Taylor from the [American School Counseling Association](#) for [The Guidance Channel](#)

With the school year now well underway, school counselors are getting their first glimpse at their students' grades. In many cases, they are hearing from teachers and parents that some students are struggling academically as a result of ADD/ADHD. The classroom issues related to this disorder can create challenges for all parties involved, but school counselors can play a crucial role in facilitating these students' success. Here are some practical tips for keeping these creative students on the right track...

Time Management

- Establish weekly "checklists" and prioritized "to do" lists
- Estimate how long specific tasks will take and prioritize accordingly
- Work in more time for projects and studying than generally needed
- Break up the school day into smaller periods by establishing designated times to cover specific topics
- If students are having problems with long-term assignments, establish "mini-due dates" and ask students to turn in parts of their work to ensure they are on the right track
- Write and then highlight the due date on all homework and/or projects

Space Management

- Sit students in the front of the classroom and away from windows
- Allow students to place materials in another area so that they can focus and don't feel crowded
- Allow students to "fidget" with tactile objects, such as stress balls or rubber bands, that may keep them focused longer

Material Management

- Help students get organized with separate folders, notebooks, and bags for their pencils, markers, and erasers
- Schedule a weekly time for students to clean out his or her locker and backpack
- Have teachers check off assignments and make sure they are recorded correctly

- Color-code all materials (textbooks, notebooks, etc.)
- Provide students with two copies of each textbook -- one to be left in school and the other to be left at home

Sometimes the simplest interventions for students with ADHD are overlooked. Taking the time, lending an ear, and keeping patient can make all the difference.

FEATURED RESOURCE: THE STOP, RELAX & THINK COLLECTION

If you work with children who have behavioral problems, you'll want to own this collection. It offers dozens of ways to interest and engage hard-to-reach children, with activities to help them in individual or group counseling, the classroom, or the home. The collection features...

[The Stop, Relax And Think Game](#)

In this ever-popular board game, active impulsive children learn motor control, relaxation skills, how to express their feelings, and how to problem-solve.

[The Stop, Relax, & Think Workbook](#)

This workbook contains more than 60 paper and pencil activities that teach children such important skills as thinking about consequences, staying focused and completing a task, engaging in quiet activities without disturbing others, and more.

[The Stop, Relax, & Think Card Game](#)

In this card game, players are dealt Stop, Relax & Think cards, as well as Stressed Out, Confused, and Discouraged cards. As they acquire more cards, they must choose different self-control skills, and they learn the value of patience and cooperating with others to achieve a goal.

[The Stop, Relax & Think Scriptbook](#)

In this uniquely designed book, children can practice what to say and how to act in eight different scenarios common to children with behavioral problems.

[The Stop, Relax & Think Ball](#)

This fun and educational ball teaches children to control their impulsivity by helping them understand and control their actions

When you order the collection, you'll also get a free canvas carrying bag, regularly priced at \$19.95. With this roomy, sturdy bag, you can easily store your materials or carry them to different settings.

To find out how you can purchase this collection of powerful counseling tools, [click](#)

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ABOUT JULIA TAYLOR

Julia Taylor works as a high school counselor for Loudoun County Public Schools in Virginia and is the Regional Conference Chairperson for the Virginia School Counselor Association (VSCA).

ABOUT THE AMERICAN SCHOOL COUNSELOR ASSOCIATION

Professional school counselors everywhere share the same vision to support their schools by serving their students. School counselors know that guiding students toward personal and social development leads to improved academic achievement. Through their partnership with principals and teachers, school counselors help prepare today's students to become tomorrow's adults.

The American School Counselor Association (ASCA) responds to school counselors' unique needs, helping them grow individually as professionals and providing them with real tools to guide their students. As an international nonprofit organization founded in 1952, ASCA has the benefit of foresight and hindsight. It has grown to fit counselors' changing needs through social and educational movements from desegregation to standardized testing. Responding to the needs of counselors as voiced by counselors has enabled ASCA to remain vital and forward-thinking.

ASCA serves as the voice of school counselors on Capitol Hill and helps members ensure their voices are heard in state legislatures. ASCA has active government affairs representatives who monitor activities in Congress, the Department of Education and throughout Washington to advocate on behalf of school counselors' interests: funding, certification, student-to-counselor ratios and more.

A full-color bimonthly magazine, *School Counselor* provides practical information and how-to articles to help school counselors help their students and themselves. Each issue has a focus on something school counselors care about, from public relations to grief counseling, as well as departments and columns covering a range of topics. Professional School Counseling is ASCA's award-winning bimonthly academic journal, providing peer-reviewed articles on school counseling theory, research, practice and techniques. The journal and the magazine together provide counselors with the most well-rounded and up-to-date information in the field.

For more information, visit www.schoolcounselor.org or call 703.683.ASCA.

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