



Learning and homework

It may take some students with ADHD longer to do their homework due to the impact of their symptoms.

With this in mind it is recommended that the following options should be considered for students with ADHD regarding homework:

1. Can homework be reduced or differentiated to that which is essential? Is the homework really necessary and if so can the amount or style be adapted for the student with ADHD? Perhaps more one word answers than essays or multiple choice answers for maths
2. Can bonus points be provided for doing more? In some cases, it will be necessary to have extended assignments and in this case can the school provide extra incentives for a student with ADHD to complete the task as this arrangement can help to provide additional focus to task
3. Could there be ways of reducing writing requirements to that which is essential by using information technology? Writing tends to be a difficult skill for many students with ADHD. Providing another option for getting thoughts on to paper will be necessary. Encourage the use of technology to assist the homework process
4. Can students stay at school to finish homework or complete it during the day? It may be more productive to have the student complete homework tasks at school where there will be more structure and fewer distractions
5. Can parents be allowed to be a 'parent secretary' for students with handwriting difficulties? In some cases, technology will not be appropriate and so if writing is a problem then look to use the parent to write down the thoughts of the student, but obviously not to do the work for them

Overall, bear in mind that homework sometimes can be a 'bridge too far' for some students with ADHD and so the main factors are to try to reduce the burden of homework away from the student and family as much as possible.