

Why ADHD Student Coaching?



The demands and expectations of school can be anxiety-producing and overwhelming for students. Succeeding in academic life is especially difficult when faced with the daily challenges presented by ADHD. Challenges with executive functions* and communication can create a downward spiral, resulting in poor grades, undesirable behaviors, and feelings of defeat. These results can cause or increase tension and conflict at home.

In our student coaching sessions, we will work together to get back on track, achieve your goals, and reduce the pressures experienced at school and at home. You will partner to create systems, structures, strategies and supports around the issues you would like to address. This may include:

Time Management

- Plan effectively
- Manage time based on workload and goals
- Develop short and long term plans
- Complete homework/projects in an agreed upon time frame
- Understand and move beyond the issues of procrastination

Organization

- Create a successful system to handle multiple priorities and stick with it!
- Prioritize assignment workload
- Minimize distractions (technological, social, and environmental)
- Develop personal study and learning habits
- Manage personal space
- Maintain your daily/weekly/monthly schedule
- Know where "stuff" is located!

Life Skills

- Discover your values and set value-based goals
- Discover and set appropriate boundaries
- Develop healthy life habits
- Make effective transitions
- Improve decision-making skills
- Identify and appreciate strengths
- Improve communication skills
- Manage situations where focus and attention is difficult
- Make time for fun!

* Executive functions include meeting deadlines, organization of thoughts, time and space, issues of working memory, procrastination and poor follow through, planning and prioritizing, goal directed problem solving, and difficulty with focus and attention.

“ Elizabeth helped me make sense of my chaos. She guided me to accept myself. ”

FORMER STUDENT CLIENT

