

# Studying with ADHD



Technique

Time Management

Organisation

Colour

Music

Support

# Technique



Practice Test!

Go through past exam papers,  
assignment questions or create your own

Create a calm and neat space that is used  
only for studying

Start with the easiest/most manageable  
task to ease yourself studying & not get  
overwhelmed

# Time Management



*Be Realistic!*

Make time visible - wear a watch, set timers, block time off on a calendar

Allow extra time for assignments, readings, and studying

Spacing studying out to intervals instead of large blocks of time

# Organisation



Keep a detailed calendar/schedule of due dates and planned study

Prioritise assignments/exams in ascending order

Gather your reference material before you start writing

# Use of Colour & Music



Colour code modules, assignments, exams etc.

Blue hues and warm earth tones are calming - find what works for you!

Music may improve focus and motivation - also white noise and binaural beats

# Support



UL has five Learning Centres, covering a range of subjects and disciplines

UL's disability service offers many supports, including note taking, assistive technology and exam accommodations

If you are struggling to cope, reach out to UL Eist Counselling or UL Chaplaincy