



BrainWave Centre

Objective Measurement...
Confident Management

INFORMATION Sheet

ADHD and the Study Skills Program

What are the benefits of study skills training?

Some children and adolescents are unfortunately faced with many challenges in addition to having to deal with the day-to-day school environment. Students may encounter problems with time management, focusing of attention on tasks, concentration and organisation of work – all of which may impact negatively on effective schooling and sound study patterns. These problems put them at a disadvantage when compared to ‘average’ students. They do not achieve as well and this can affect their self-esteem and long term it can affect their employment prospects.

Children and adolescents with Attention Deficit Hyperactivity Disorder are particularly prone to the problems mentioned above. The BrainWave Centre can help these students by providing individualised training in study skills.

What is The Study Skills Program all about?

The Study Skills Program offered at the BrainWave Centre is an individualised program which:

- Provides information on how ADHD affects school performance
- Identifies common and more child specific school problems which result from ADD/ADHD.
- Develops strategies to help the child/adolescent address learning and study problems
- Assists in the implementation of these strategies as a fundamental part of the schooling and study regime.

Areas covered in the Study Skills Program

- Listening and note taking
- Reading comprehension
- Time management
- Homework
- Location and facilities where study takes place
- Examination technique
- Memorisation
- Organisation

How is the Study Skills Program run at the BrainWave Centre?

There is one session per week for five weeks. Sessions are run by our psychologists.

Week 1:
parenting/student skills (60 minutes)

Weeks 2 -5:
group-based, interactive, skills development (60 minutes each)

What happens after the program is over?

If necessary, the BrainWave Centre can further assist in the improvement of school performance in the following ways:

- Achievement follow-ups, where progress is monitored in the implementation of the strategies introduced in the Study Skills Program.
- Academic performance in the key learning areas of reading, spelling and mathematics is tested and monitored by one of our psychologists.
- Our Achievement Testing Reports also provide parents with a psychologist’s analysis of their child in a school/learning environment both before and after completion of the program.
- Psychometric assessments may be required if the child is experiencing other specific and persistent learning difficulties at school.