

Working with ADD/ADHD Students

If your tutee tells you s/he has ADD or ADHD, know that these students can become easily distracted, or appear unable to focus. This does not mean they are uninterested; rather, it means that they need you as the tutor to use strategies to help them focus. Here are some tips for providing a more supportive session:

1. Have the student underline or highlight directions.
2. Use color and highlighting to accentuate certain important words or phrases on worksheets.
3. To ensure understanding, have the student repeat the directions in his/her own words.
4. Have the student progress through the following steps while learning: See it, say it, write it, do it.
5. Teach memory techniques and study strategies because these students may have trouble staying on task once they leave you.
6. Use more than one modality when giving directions, which means you will need to supplement verbal instructions with visual ones.
7. Keep them engaged during the session. Consider having them read to you or write down the feedback you give them.