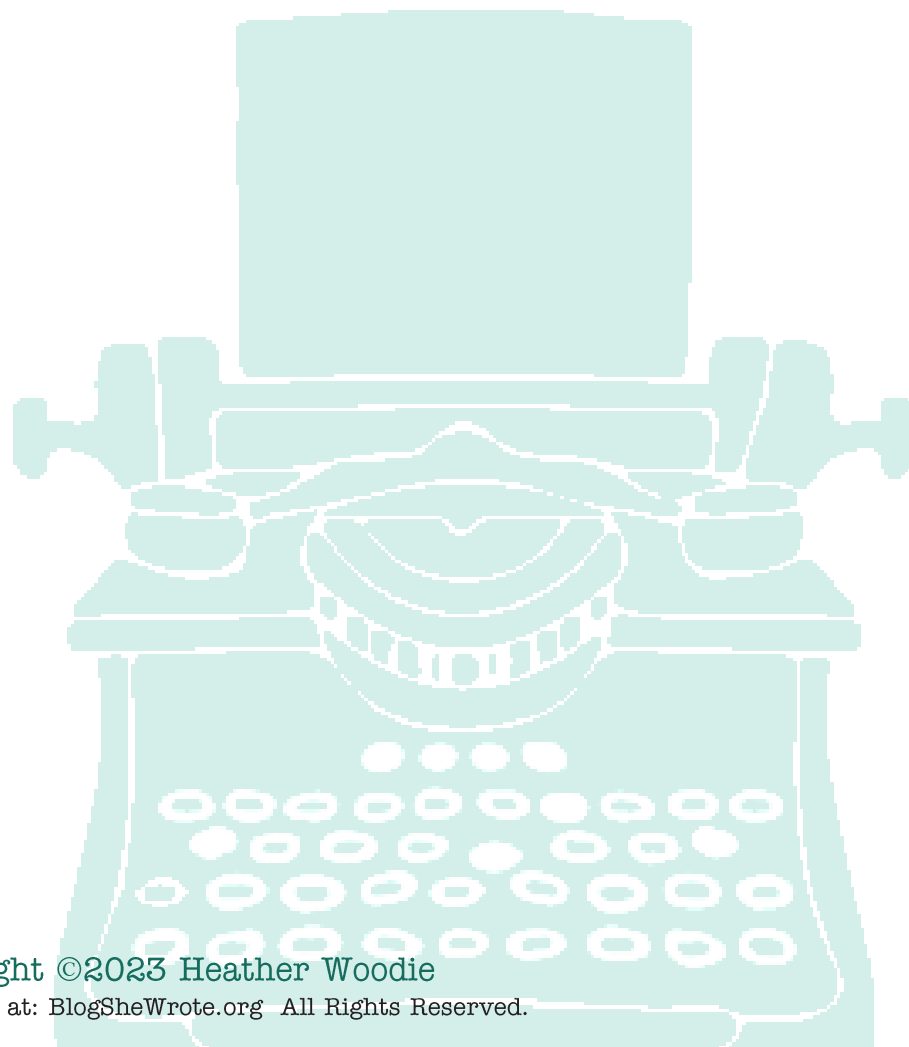


ADHD Accommodations for High School



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My name is Heather Woodie and I'm glad you are committed to helping your teen succeed. Thank you for downloading this free guide to ADHD Accommodations for High School.

You'll find the original 30 accommodations published on Instagram, plus 10 bonus tips, ideas, and accommodations that are exclusive to this e-book.

Our family currently has 3 high school graduates, 2 college graduates, and one last high schooler. All of them have ADHD as do my husband and me. Our oldest is a Purdue University graduate with a degree in Professional Writing and a minor in Anthropology (focused on archeology), who had a large scholarship for all four years. He's now working for an engineering company as a technical writer. Our second oldest graduated with honors from Cornell University with a BS degree in Fashion Design and a minor in Art. She started a company that designs professional clothing for adults with sensory processing disorder which is related to her undergraduate thesis. Our third college graduate chose our local community college to begin his studies in history. He's aiming for a graduate degree in library science, so he can work as an archivist. Our homeschool graduates have chosen different paths and all of them used accommodations in college.

What started as out-of-the-box approaches to learning during their homeschool years, turned out to have a name. ADHD isn't the only neurodivergence our kids have, but that's the one we'll focus on in this little book.

I coach parents of out-of-the-box, sick, and neurodivergent teens so that you can meet your teens' educational needs right where they are and still prepare them for college admission. I do that by offering a membership, consulting, and individual courses.

If you have any questions, you can email me at heather@blogshewrote.org and make sure to read to the end, so you can find out how I can help you beyond this list with a special discount just for you!

Why Did I Make this List?

This eBook is a list of accommodations suitable for learners of any age who have ADHD. You'll find them useful for any of your kids who have learning differences or are differently wired in any way.

Use them to help your student to be successful.

Remember that accommodations are not cheating, and they don't make your teen "less than". They are not a crutch for learning.

On the contrary, they provide your impaired teen with the support their executive functions need, so they can be successful now and in the future.

Resist the urge to avoid using these accommodations, even if your student appears not to need them. Trust me, your teen is working overtime to compensate for their disability and that can lead to burnout both now and in the future.

How to Use this Guide

Keep this list anywhere you need the reminder as you plan your high school lessons with your teen. You can post them up where you'll see them and remember to use them. Or simply keep them with your homeschool planner, so you have them on hand.

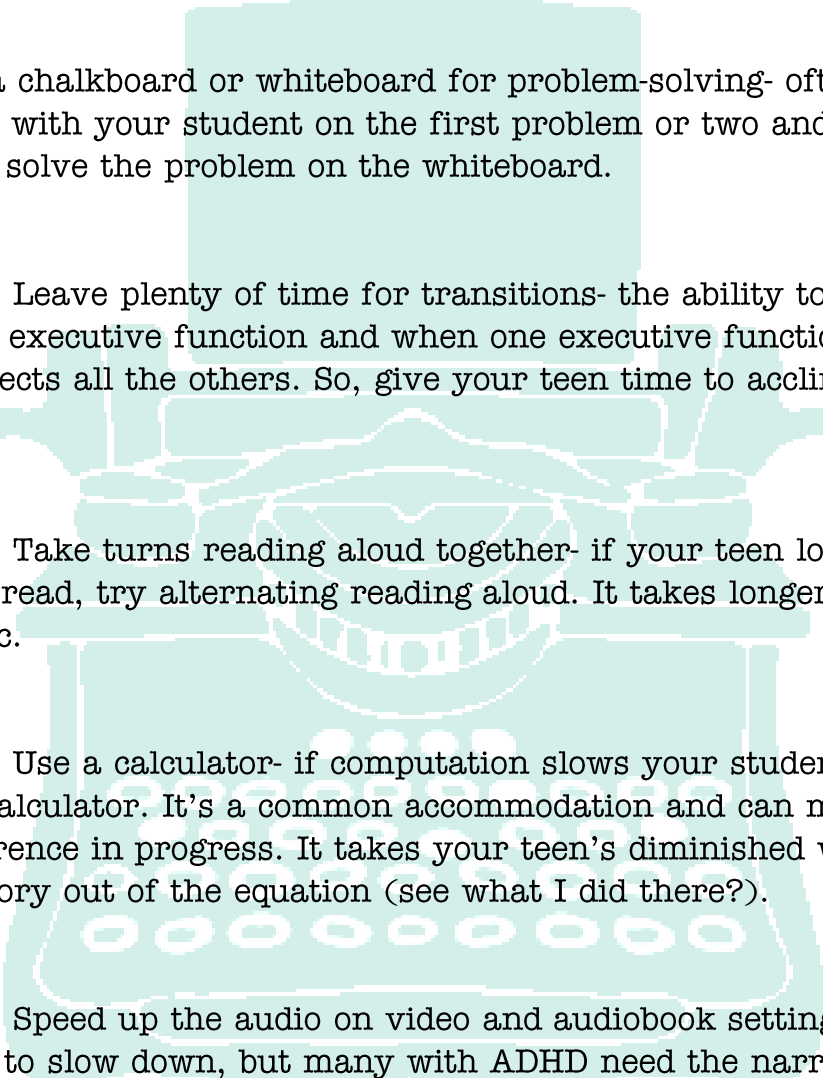
The key is for your teens to begin to recognize which accommodations help the most, this information is so powerful for them, especially as they leave your homeschool.

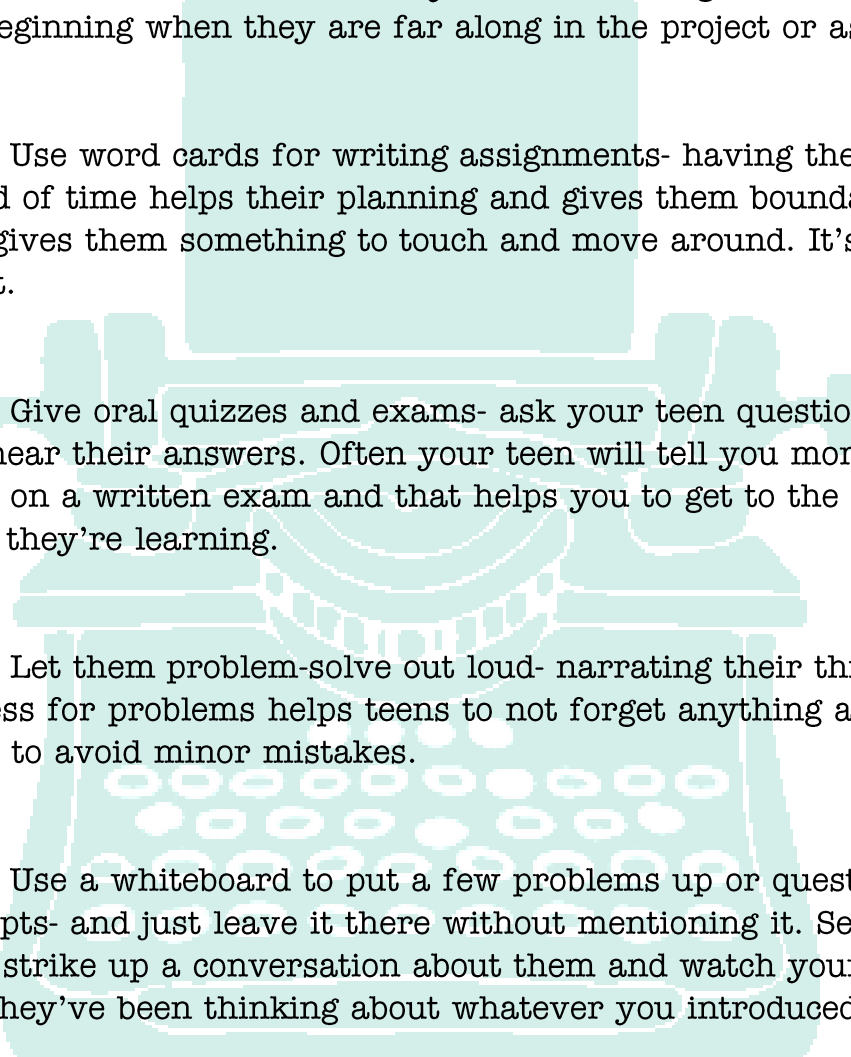
Use these accommodations liberally.

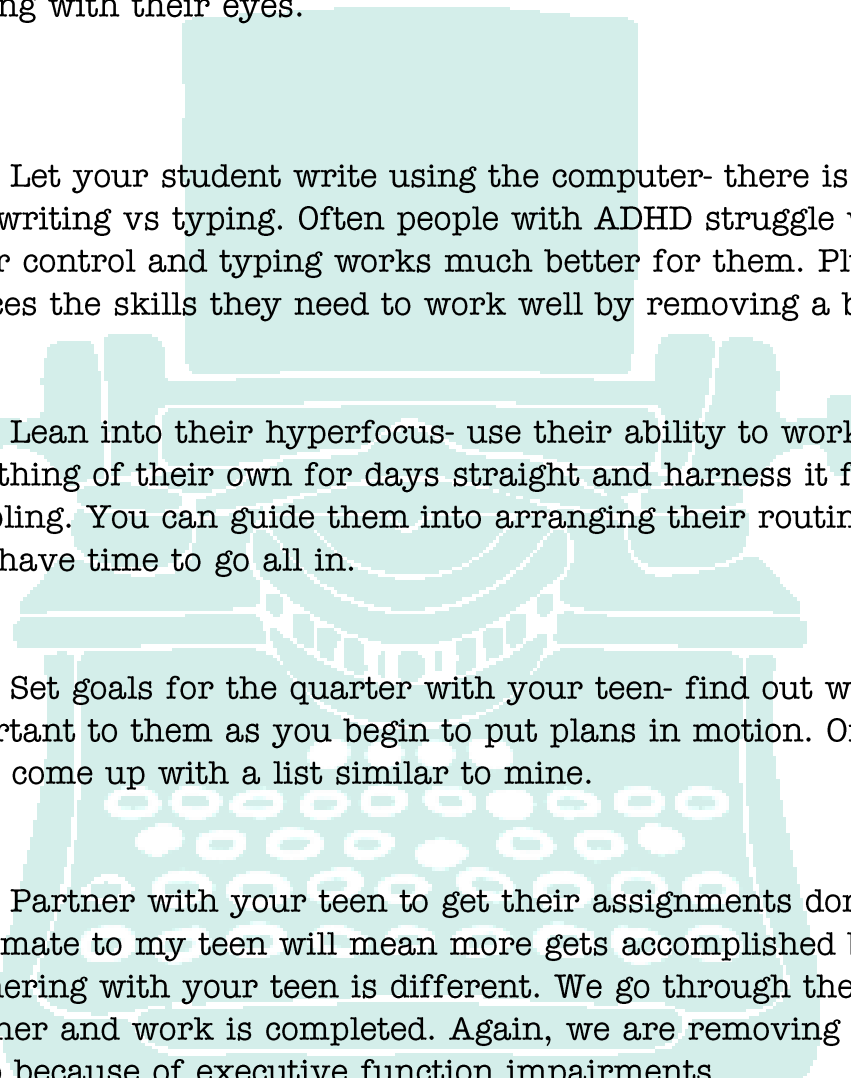
Watch your teen's confidence grow as they get the support they need for their ADHD.

ADHD Accommodations for High School- Tips 1-30

1. Use accommodations- many parents think that shouldn't use accommodations at all, especially when they think their teens are doing fine. Use them! They may look okay, and do well with assignments, but they may still be struggling behind the scenes, which can lead to burnout.
2. When preparing math or other questions to answer, make sure your teen has enough room to solve the problem. Be generous with the space, even if it means copying the problems on a piece of paper. Nothing ends a good work session quicker than running out of room.
3. Deliver assignments in bite-sized portions- so that the work is less daunting to students who struggle with executive functioning impairments.
4. Leave room for problem-solving and answering questions that correspond to the expected length of the answer. A small space will tell them they don't need to calculate a huge thing or that you are looking for one word, not many.
5. Begin assignments with your teen by talking about how to begin- this is removing barriers, so your student will know where and how to start the work.
6. Use a whiteboard for a list of assignments- so your teen can work at their own pace and know what comes next. Bonus for putting checkboxes next to the list item, so they can check it off.

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7. Use a fountain pen- it's a fantastic writing experience with a built-in fidget just by the nature of this writing tool. Besides, fountain pens make everyone's writing look spectacular. (It's true.)
 8. Get up and move around when productivity begins to wane- do some movement or simply move to another space for a change.
 9. Use a chalkboard or whiteboard for problem-solving- often you can work with your student on the first problem or two and they can even solve the problem on the whiteboard.
 10. Leave plenty of time for transitions- the ability to switch gears is an executive function and when one executive function is impaired, it affects all the others. So, give your teen time to acclimate to a new task.
 11. Take turns reading aloud together- if your teen loses focus as they read, try alternating reading aloud. It takes longer, but it's like magic.
 12. Use a calculator- if computation slows your student down, allow the calculator. It's a common accommodation and can make a big difference in progress. It takes your teen's diminished working memory out of the equation (see what I did there?).
 13. Speed up the audio on video and audiobook settings- some teens need to slow down, but many with ADHD need the narrative to get on with it!
 14. Let them listen to music while they work- this seems counterintuitive, but it aids in focus by blocking out the distractions beyond their headphones.

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15. Gamify your student's assignments- work on turning assignments into a form of a challenge. This goes a long way when you have work that your teen wants to avoid.
 16. Practice checking in frequently- checking in on how our students are doing often means catching wrong turns earlier. It reduces frustration because they won't have to go all the way back to the beginning when they are far along in the project or assignment.
 17. Use word cards for writing assignments- having the words ahead of time helps their planning and gives them boundaries, but it also gives them something to touch and move around. It's the perfect fidget.
 18. Give oral quizzes and exams- ask your teen questions out loud and hear their answers. Often your teen will tell you more than they could on a written exam and that helps you to get to the heart of what they're learning.
 19. Let them problem-solve out loud- narrating their thinking process for problems helps teens to not forget anything and to slow down to avoid minor mistakes.
 20. Use a whiteboard to put a few problems up or questions or prompts- and just leave it there without mentioning it. Several days later strike up a conversation about them and watch your teen show you they've been thinking about whatever you introduced.
 21. Have your teen work on their school tasks when they are at their best- that might mean they start late or get done early or maybe they graze on their schooling for the day. Part of what we want teens to develop is an awareness of their own learning process.

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22. Use noise-canceling headphones- they block irritating noises or sounds that are too loud and allow your student to focus, especially if you let them play their music.
23. Play audiobooks whenever you can- it helps to increase your teen's listening skills and for many teens and it's less arduous than reading with their eyes.
24. Let your student write using the computer- there is no prize for handwriting vs typing. Often people with ADHD struggle with fine motor control and typing works much better for them. Plus, it reduces the skills they need to work well by removing a brain step.
25. Lean into their hyperfocus- use their ability to work on something of their own for days straight and harness it for your schooling. You can guide them into arranging their routine so that they have time to go all in.
26. Set goals for the quarter with your teen- find out what is important to them as you begin to put plans in motion. Often my teens come up with a list similar to mine.
27. Partner with your teen to get their assignments done- just being proximate to my teen will mean more gets accomplished but partnering with your teen is different. We go through the process together and work is completed. Again, we are removing barriers that go up because of executive function impairments.
28. Assign short writing assignments- and by short, I mean assignments that can be completed the same day or just one more. As your teen gets older, they'll be able to take longer assignments more successfully.

29. When you visit family make sure your teen has something that will occupy their minds and their hands- this will help you to avoid behavioral issues while with family.
30. Use an e-reader with your teen- e-readers allow your student to adjust brightness and font size, and you have a dictionary built right in to reduce distractions. E-readers are much more friendly on the eyes than print text.

Bonus ADHD Accommodations and Tips

1. Make a set of word cards for your teen to use in their writing- they can be related to the topic and help with word-finding issues.
2. Use a Live Scribe pen during videos and audios, so they can revisit content later to match their notes or doodles.
3. Have your student dictate sentences to you- then cut them out and let them arrange them into a coherent paragraph or essay.
4. Provide your student with notes on a topic rather than having them take their own.
5. Give them extra time to complete assignments.
6. Make sure you give frequent reminders for deadlines and give them in a variety of ways (writing it on a whiteboard, emailing it to them, reminders on their phone, etc.)

7. Encourage them to move while they work, either through a break or while they are listening or watching something.
8. Provide your teen with multiple fidgets which really do help them to focus.
9. Help your teen to stay organized by checking in with them and helping them to keep their papers and assignments together. This models the behavior and gives them practice.
10. Give them extra time to complete tests.

More Ways that I Can Help You

It can be overwhelming to work with your ADHD teen, especially if their diagnosis is new or you find that high school is making their disability more obvious.

1. I work with many moms who thought they had their kids' ADHD figured out, only to have problems arise as they begin high school level work.
2. [Homeschooling High School by Design Membership](#)- membership is the most cost-effective way to get my ongoing help. You'll get a set of courses on planning high school and packaging that experience for college admission, 3 group coaching calls a month, a membership library full of topics related to teaching unique teens in high school, and an online community of parents in your situation.



3. [Consulting](#)- If you want a one-time consultation with me to discuss your homeschool and ask questions, you can do that. Many moms do a consultation to see if membership is a good fit and they apply half of their fee toward joining membership.
4. [Individual Courses](#)- you can purchase courses that teach you how to plan a unique high school and one that teaches you how to approach college admission with your individualized program. All these courses are included with membership.

A Special Discount for You

There is only one time of year when my courses and membership are on sale and that's during the second week in November.

As a gift to you, you can purchase membership or classes for 20% off using the coupon code "adhdawesome".

