

# MAKING THE GRADE WITH A+D D

**A Student's Guide to  
Succeeding in College with  
Attention Deficit Disorder**



**STEPHANIE MOULTON SARKIS, PH.D.**

Stephanie Moulton Sarkis

## Making the Grade With ADD: A Student's Guide to Succeeding in College With Attention Deficit Disorder



[continue reading](#)

In college, independence, fun activities, and fresh friendships abound. But if you have interest deficit disorder (Insert), these new opportunities also present new difficulties. To adjust to college life, you'll need to figure out how to harness your disorder in fresh ways in order to plan your time and effort effectively, become a successful student, make friends, and benefit from everything campus lifestyle provides. [stephaniesarkis.com](http://stephaniesarkis.com). Visit the author at her site: [www](http://www). This easy-to-use guide can help you create study habits that work with your Add productive and positive ways. You'll learn how to:

- Place up a class plan with your Add mind
- Get along with roommates and set up a comfortable living scenario
- Stay focused, take notes, and research when surrounded by distractions
- Obtain help at your campus health center when you need it
- Make time for socializing and extracurricular actions

Written by a licensed mental wellness counselor who has Increase herself, this guide is a valuable resource during your university years and beyond.



[continue reading](#)

Tailored for getting into freshman, but can be useful for any college student This book provides great information for any freshman looking for knowledge and strategies to succeed with AD/HD in college. Even though you simply want general info about AD/HD as it pertains to a scholar this book will be a good source for you. The author (who has AD/HD) gives you valuable warnings, solutions, common misconceptions and just generally good advice about challenges it's likely you'll face in college due to your diagnosis and methods to overcome them. This includes obvious things such as grades, studying, getting a major etc. but also includes other important things that a lot of people don't really think that their AD/HD might have an effect on such as roommate relationships, romantic relationships, selling your medication and more. This book is interesting so to keep those that would usually get distracted easily (like me! Buy this book in the middle of your child's sophomore and junior year in highschool. You can also flip to any section in the publication you find particularly essential or interesting without having to read the book cover to cover to get useful info. I haven't browse any other AD/HD college survival guides, but I haven't needed to! Overall great job! Very Helpful I loved this reserve, and it holds plenty of really good assets. I bought this publication for my son who is a senior, however, I have used it for my clients aswell, even younger ones. It has great source information in a very readable format regarding medication, college choice and application procedure, things to appear out for which are common pitfalls, etc. My daughter's grades improved from all these lessons. Very good Well written and a great help.) engaged. The parent should examine it first, then give it with their child. Great info for both parties. Five Stars A must read! She has plenty of schooling and knowledge specifically in the ADD realm, rather than just psychology, in general. It was mostly information we'd already learned from me growing up with ADHD but some of it was very interesting and informed us on options about medication and my rights within the school system. Definitely would recommend it for people going into college. excellent book I am a pediatric occupational therapist in addition to a mom of 2 males with ADHD. The one thing I didn't like can be that I wish there was even more. I know the writer made a stage to help make the book short in order that someone with ADD/ADHD can have a straightforward time tackling it, but I can handle more details. The author also will go around and gives lectures and conventions, and I'm half-thinking about going to one. Certainly would recommend it for people going into college My mom and I read the whole thing. One recommendation. Provides sources to back up information.! Four Stars Great book lots or great in info. Lots of food for thought. Five Stars Great materials for my children to help them adapt to college!!



[continue reading](#)

download Making the Grade With ADD: A Student's Guide to Succeeding in College With Attention Deficit Disorder pdf

download Making the Grade With ADD: A Student's Guide to Succeeding in College With Attention Deficit Disorder djvu

[download free The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance \(New Harbinger Self-Help Workbook\) djvu](#)

[download free Helping a Child with Nonverbal Learning Disorder or Asperger's Disorder: A Parent's Guide fb2](#)

[download The Untethered Soul: The Journey Beyond Yourself fb2](#)