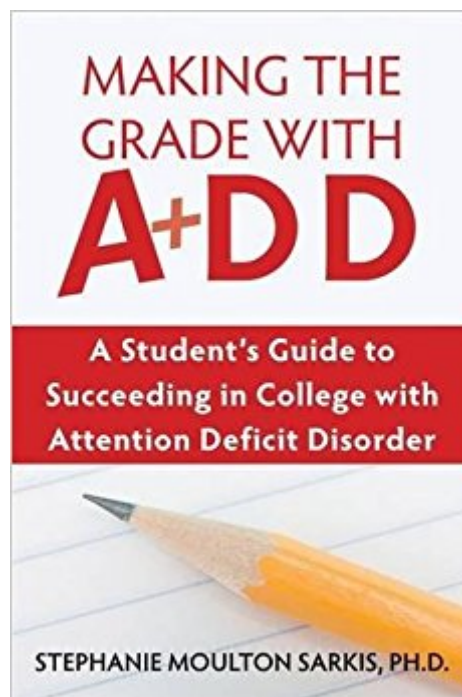




The book was found

Making The Grade With ADD: A Student's Guide To Succeeding In College With Attention Deficit Disorder



Synopsis

In college, independence, fun activities, and new friendships abound. But if you have attention deficit disorder (ADD), these new opportunities also present new challenges. To adjust to college life, you'll need to learn to harness your disorder in new ways in order to plan your time effectively, become a successful student, make friends, and take advantage of everything campus life has to offer. This easy-to-use guide will help you create study habits that work with your ADD in productive and positive ways. You'll learn how to: Set up a class schedule with your ADD in mind Get along with roommates and establish a comfortable living situation Stay focused, take notes, and study when surrounded by distractions Get help at your campus health center when you need it Make time for socializing and extracurricular activities Written by a licensed mental health counselor who has ADD herself, this guide will be a valuable resource through your college years and beyond. Visit the author at her web site: www.stephaniesarkis.com.

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Customer Reviews

From the author of the successful *10 Simple Solutions to Adult ADD*, Stephanie Moulton Sarkis, *Making the Grade with ADD* offers college students tips they can use to succeed in all aspects of college life, including academics, money management, health issues, relationships with friends and intimates, and planning for the future.

This book provides great information for any freshman looking for knowledge and strategies to

succeed with AD/HD in college. Even if you just want general info about AD/HD as it pertains to a college student this book would be a good resource for you. The author (who has AD/HD) gives you valuable warnings, solutions, common misconceptions and just generally good advice about challenges you are likely to face in college because of your diagnosis and ways to overcome them. This includes obvious things like grades, studying, finding a major etc. but also includes other important things that most people don't really think that their AD/HD might affect such as roommate relationships, romantic relationships, selling your medicine and more. This book is interesting so to keep those who would usually get distracted easily (like me!) engaged. You can also flip to any section in the book you find particularly important or interesting without having to read the book cover to cover to find useful info. I haven't read any other AD/HD college survival guides, but I haven't needed to! Overall great job!

I am a pediatric occupational therapist as well as a mom of 2 boys with ADHD. I bought this book for my son who is a senior, however, I have used it for my clients as well, even younger ones. It has great resource information in a very easy to read format regarding medication, college choice and application process, things to look out for that are common pitfalls, etc. Provides sources to back up information. One suggestion. Buy this book between your child's sophomore and junior year in highschool. The parent should read it first, then give it to their child. Good info for both parties. Lots of food for thought.

I loved this book, and it holds a lot of really good resources. The only thing I didn't like is that I wish there was more. I know the author made a point to make the book short so that someone with ADD/ADHD can have an easy time tackling it, but I can handle more info. The author also goes around and gives lectures and conventions, and I'm half-thinking about going to one. She has a lot of schooling and experience specifically in the ADD realm, rather than just psychology, in general.

My mom and I read the whole thing. It was mostly information we had already learned from me growing up with ADHD but some of it was very interesting and informed us on options about medication and my legal rights within the school system. Definitely would recommend it for people going into college.

Great material for my kids to help them adjust to college!

Great book lots of good info.

A must read!!!

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